

W R E N

SPRING SUMMER 19
ISSUE 1
THE UP-AND-COMING
EDITION

TO EMPOWER THE CREATIVES

MAISIE
WILLIAMS



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Meet the editors



All images by Emily Kaliczynskyj

Shyanne Bushay

I'm an aspiring filmmaker, stylist and creative director. Living in London. Fashion has always been my outlet of expression.



Emma Korshavn Jartoft

I'm a Norwegian summer enthusiast who love reading magazines on the balcony with a glass of wine. Fashion inspiration comes mostly from people watching, but I also love fashionable, historical films. Friends, music, food and garden parties are among the many things in life that gives me joy.



Sofia Piza

I'm a Mexican food enthusiast who loves hanging out with friends and shopping! When I'm lounging around I love to read fashion magazines and take multiple naps. On a normal day you'll find me eating Honest Burgers and watching RuPaul's Drag Race. I get my fashion inspiration from social media, blogs, and stalking people on Instagram.





Altynay Jaki

I'm a summer baby, and my biggest hobbies include film photography, painting, reading books and day drinking. I would call myself a party animal as I often go out during the whole weekend as well as during the week. The upside is that it helps me with my networking. Fashion inspiration comes to me through my photography as well as through the people I meet in a club scene at fashion events.

Jade Bailey

I am a makeup and fashion lover from London. I love having a laugh and taking the piss out of everyone. Also I love garlic bread, slides and velvet.



Ellen New

i'm an aspiring podcaster and lover of fashion. When I'm not studying, I can be found at the nearest park or beach, taking inspiration from the environment around me.

One Makeup Look One Product

By Jade Bailey



The endless list of costly beauty 'essentials' shoved down our throats can feel discouraging and unreachable when we cannot justify these expenses. Watching our favourite beauty guru's mastering up a complex look so effortlessly can easily scare us off. But it may not be as difficult as you think to get the look without deciding whether or not to eat for the next month. Social media can make us feel like we constantly need the next new product or collection, however its really simple to keep up with the trends whilst using what you have at home. We can show you how to achieve the monochromatic makeup trend with one product.

You will need:

- One lipstick
- A few brush

Lipstick is such a versatile product and although a first thought may not be to swipe this across your

eyelids, it can actually create a blown out and put together eye look. Such a simple look that will actually take ten minutes can look like you have spent hours mustering up this on trend makeup. Our makeup artist used Two Faced Melted Lipstick in the shade Melted Velvet. By putting a small amount of this on the back of your hand and using a small blending brush you can start to apply the product all over your eyelid using circular blending motions. Start off with a light wash of the colour and slowly build this up to achieve your desired look. Don't be put off if it looks messy it will all come together trust me!

If you want some extra detail, or this is for a night-time look, you can add a similar coloured glitter, (we used NYX glitter in 09). Then run a small amount under the eye for a more blown out effect. If you feel like your eyeshadow may have got carried away, you can take a small amount of concealer to clean the edges. Load up your top and



bottom lashes with some mascara and that is the eye look complete.

For a youthful flush to the cheeks you can use the same lip product on the back of your hand for more control and apply it to the apples of the cheeks and along the cheek bones with a duo fibre brush or a beauty sponge. Build up as you go along to avoid a clown look.... Unless that is the look you're going for then we are not here to judge.

Finally use a similar coloured lip liner to neatly line the lips and apply an even coat of the lipstick all over the lips, a big hack is to outline your lips with

concealer to keep them looking clean and neat. You can achieve this effortless monochrome look with whatever lipstick you have in your collection. Hopefully we saved your next pay check and encouraged you to delve deeply into your collection and get creative with what you have at lying around at home!

#WRENTIP

Pair this look with your favourite Little Black dress for a night out or with a white t-shirt and jeans for a casual day time look.



New Collections You

By Jade Bailey

Unsurprisingly creating the buzz of summer launches, Kylie Jenner will be launching 'Kylie Skin' on 22nd May. After the immense success of Kylie Cosmetics, there is no doubt this line will be just as popular. On first launch the collection will include: a foaming face wash, walnut face scrub, vanilla milk toner, face moisturiser, vitamin c serum and eye cream. The packaging is stunning, simple and sleek baby pink ombre. Prices range from \$20-\$28, or \$125 for the whole set. Although many fans are hyped for the skincare to drop, many fans were concerned about the foaming face wash. One fan commented on the Instagram account "Gurrrrrrrl please let the people know that this won't strip our face like a dish liquid... it's 2019 and we still doing foaming? #gurl" another replied

"anything that foams have a detergent... which means it's going to strip the skin of its natural oils therefore causing your skin to over produce oil and become oily... it's science". Although Kylie assured fans that this product removes makeup and leaves skin feeling replenished. Concerns also emerged for the walnut face scrub, which fans insisted is too abrasive for the skin and can do more harm than good. "Yeaaaaahhhh using a physical exfoliant every day is a no no and walnuts can cause micro tears. This isn't innovative or best practice" one fan commented. The 21-year-old mum of one with two multi million pound businesses, we look forward to see what will come of this.



Need This Summer



WOC owned brand, Juvia's Place, are set to launch brand new 42 shade foundation range where no person of colour will be left out. The 'I Am Magic' foundation is described as a full coverage foundation with a velvet matte finish and will launch 20th May, retailing for \$20. The shades arranged into 8 subsections: Very light, light, medium, tan, rich tan, dark, deep dark and deepest dark. This kind of colour allocation is a massive step in the right direction for the beauty industry. The shades start from the deepest and range all the way to the lightest, for once putting the deeper skin tones first. Foundation shade standards have been flipped upside down with black models being photographed even for the medium category, which may have previously been named as the deep section. The launch is also set to feature 5 new loose setting powders, which is a product that is frequently overlooked for WOC. Juvia's place received rapid growth due to their pigmented eye-shadow palettes with an incredible blendable formula to work for all skin tones. We can only hope that after the undoubted success of this launch other brands will follow.

Just launched product Huda Beauty TAN-tour cream 2-in-1 contouring bronzers are water-resistant, sweat-proof and blendable. They come in 5 shades and retail for \$30 with a sculpt and shade brush \$28. Bronzing and contouring products are often overlooked when catering for deeper skin tones and makeup lovers can struggle to find any colour that will work for them. This product has been compared to the likes of the Soleil tan de Chanel which, like many other luxury brands, only comes in one shade suitable for fair complexions. However, Huda still received massive backlash from customers claiming the shade is purple and comical looking on the skin. "The last shade is purple... deep complexion black women are not purple... first she's stealing ideas from a cancer survivor and now acts like she has the right to do a purple contour". The brand owner was also recently involved in a scandal where many thought she had copied a powder concept from indie brand Beauty Bakerie.



SS 2019 Fashion Trends Based on FW Street Style

By Sofia Piza



Photos:
Sandra Semburg

Cowboy Boots

An upgrade to your usual go to black boot adding a simple twist from the wild west. Making their off desert in runway debut during Raf Simon's FW 2017 Calvin Klein collection. Since their New York Fashion week introduction to the high fashion world, this style of boots has been picked up by everyone from Gucci to Saint Laurent. Since then, you can now see them on every fashion girl's Instagram feed or just feet when walking down the street. With this super comfortable pair of shoes, it's no wonder why they've never been retired by cowboys. "These shoes are my favourite trend at the moment as they give every outfit an edge," mentions Never Fully Dressed main model and designer's left hand woman, Kasia.



Animal Print

It goes without saying that animal print has been dominating streets and runways all around the world. The crazy versatile trend is so easy to wear and to find that you wouldn't even have to look for more than five minutes to find a piece that you'll love. "There was a massive growth in interest on animal print in 2018, and it was no surprise that it's continued on to 2019. My favourite print has been snake, a snake print turtleneck with black jeans and a blazer has been my absolute go to at the moment," said Fashion Journalism Student at Central Saint Martins, Valeria Gherzi. Don't be afraid when exploring this trend as there has been a huge growth in products with animal print you can now find things from silk skirts to cycling shorts covered in animal print. Perfect for fitting anyone's individual style.





Model: Geneva Arystan
Photo: Altynay Jakisheva

Silk skirt

Mini, midi, maxi, whatever you choose as long as it's silky. A modern take on the classic 90s slip dress, it's turn for the skirt to get silky. The silk skirt has been going strong since influencers were sporting it during FW 2018 fashion month, and fortunately for those who suffered a long winter and were unable to give it a try, this trend is still going strong on to SS 2019. This style of skirt is the most versatile as it comes in different styles, colours, and cuts. It is safe to say that comfort has never been so stylish with these skirts. "I think that the silk skirt trend is a trend that is here to stay for a long time as they're super comfortable and versatile as they're easy to pair with anything," added Rosa Sanchez, creator of blog, The Talking Lipstick.

Bucket Hat



Model: Geneva Arystan
Photo: Altynay Jakisheva

Making another rural man article of clothing trendy, what was once known as the fisherman's hat is now Kaia Gerber's go to on a sunny day. Summer 2019 is all about the bucket hat. Originally made fashionable by rappers in the late 1900s like: Big Bank Hank, LL Cool J, and Jay Z; after getting mocked in the 2000s it was Karl Lagerfeld who re introduced them in his SS 2018 Chanel show. Ever since, these hats have been a huge hit on the streets and on the 'gram. An easy way to protect your face from the sun and spice up a bad hair day.

Strappy sandals

Step aside tiny sunglasses, it's time for another classic 90s trend to take over. Re introduced by brands such as Ganni and Attico, this minimalistic shoe is this season's must have due to its simplicity and ability to add colour into any outfit. With different styles and options varying in price, these shoes are easy to find anywhere from high street stores like edgy Vetements to the Parisian chic Jacquemus. "Fashion is ironic, what you used to see months ago as horrible becomes this season's must have in a second," comments Fashion Blogger, Mariana Martinez when asked about her opinion on this style of shoes that appear all over her instagram feed. With shoes so easy to find due to its high demand, there is no real excuse as to why you shouldn't include them in your wardrobe this season.



Model: Geneva Arystan
Photo: Altynay Jakisheva

Vintage

Nothing beats this last trend, as it is a rest assured trend that will never leave. Year after year specific trends from different eras keep coming back. We have 80s neon and 90s jeans at the moment, and what better way to shop than from the source. There are a lot of online and instore authentic vintage stores all over where you can purchase truly unique pieces. This is also a very sustainable way to shop and nothing leaves you with a better feeling than walking around as a trendsetter by helping the environment. The best vintage pieces at the moment are, any type of oversized athletic shirts as dresses, high waisted jeans, and we dare you to spice your blazer up with some shoulder pads.



Model: Geneva Arystan
Photo: Altynay Jakisheva



Model: Maria Ibarra
Hair: Annblle Parking
Makeup: Daniela
Gonçalves
Styling: Maria Ibarra
Photo: Maria Popescu

Neon Vs. Pastel

Totally tubular baby

By Sofia Piza

The thought of Spring is usually accompanied with a vivid mental image of warm pastels and an Easter egg, or two. However, this season, it's all about two colour extremes: neon and pastel. Surely that mental image in itself is enough to send your brain into colour overdrive or possibly make your wildest 80s dreams come true.

But don't worry, whether you're into it or not, you're going to end up feeling inspired by it.

The 1970s were accompanied by a lot of neutral shades when it came to fashion trends. There was no surprise when the following decade showed a complete revolt against these tones as the 80s were all about bright neons. Classic John Hughes movies such as: *Sixteen Candles* and *The Breakfast Club* included teenagers wearing neon coloured clothes which really resonated with their young audience as they brought a sense of innocence and youth. Athletic wear was also sold in bright colours which gave the neon shade even more diffusion due to the athletic craze that accompanied this era.

Pastels first emerged in the 18th century and have truly never left. They've had trendier periods than others like the 1920s with F. Scott Fitzgerald's beautiful pastel imagery in *The Great Gatsby*, and again during the Art

Deco period finally coming back in the 1940s due to the feelings of serenity and relaxation that they brought post World War 2. Pastels have thrived all throughout history but they have recently made a huge comeback in 2016 when the infamous shades of pastel pink and blue, called Rose Quartz and Serenity, were named Pantone's colours of the year and even since they have been seen everywhere, especially during this time of year.

Neons and pastels dominated this season's runways from New York to Paris. In New York, Prabal Gurung and Brandon Maxwell debuted a neon array from colour-blocked pink, purple, and green skirts to a bright yellow jumpsuit. In Paris, Schiaparelli introduced warm pastel pinks, and purples with bright accents of blues and yellows in its Couture week show. For their Ready-to-Wear SS 2019 collection, Louis Vuitton brought a full display of 80s inspired silhouettes with some pastel and neon tones. "Seeing how much coverage these colour ways are getting has really inspired me to step outside my usual colour tones, I'm currently working on a collection that is going to include complimentary neon and pastel hues on a neutral coloured base," comments Atal Designs designer, Arielle Tal.

Shortly after, these colour ways appeared everywhere from Instagram to street style, making it clear that these trends are here to stay. "I'm a massive fan of neon right now, especially bright yellows. You can wear it with denim or pastel colours," comments stylist Vanessa Davinia. This colour combination is not only fun, it is daring and bold. Everything to take your style to the next level whether you need a quick pop of colour or a bold first date outfit.

Taking some inspiration from the 80s or even the 60s, you could pair these colours with a neutral shade like: brown, gray, white, or black in order to keep a subtle balance when going to work or if you're not fully ready to take the trend all the way. For a Spring, you could totally rock these shades all together with a neon green turtleneck and pastel pink suit or you could always pair it the other way around. Make sure you stick to what makes you feel comfortable, and not be afraid to try 2019s hottest summer trend.

Street Style Inspiration



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For a more subtle way to incorporate this trend, use it in your jewellery, purse, or even in your socks to incorporate this look in to your personal style



Models: Tina Ding and You Chen
Hair: Daniela Gonçalves
Makeup: Ji Yoon Lee
Styling: Maria Ibarra and You Chen
Photo: Maria Popescu



Jewellery Trends

By Emma Korshavn Jarthoft

Ears, ears, ears. Spring/Summer 2019 gave us lots of jewellery inspiration, with focus on eye-catching earrings. In her SS 2019 show, Claire Waight Keller gave the Givenchy-models big, asymmetrical earrings, Oscar de la Renta went for pearls in the same asymmetrical style, and Instagram is flourishing with models wearing lots of earrings at once. The runway brought back previous trends. Pearls, traditionally seen on grandmothers, are modern as they have a new, fresh image. The asymmetrical style is more relevant than ever, and now it is time to let all the ear jewellery shine together at once.

Pearls was, in modern history, viewed as a status symbol. Coco Chanel wore pearls in her 1936 portrait to represent her brand, and it radiated luxury and elegance. Audrey Hepburn in *Breakfast at Tiffany's* wore pearls with her black Givenchy evening gown, and it portrayed a rich socialite.

#WRENTIP

This season's jewellery is messy, cool and a lot. Do not think much about it, just put on whatever feels right. The look can be uneven with tons of earrings at once. It even works with the classic pearl, which is not so innocent anymore.

Pearls

In recent years, pearls have been seen as old fashioned. In 2013 however, pearls got trendy as Alber Elbaz made them cool with his Lanvin Fall/Winter 2013 collection. The stone was back on the runway when Glenn Martens bejewelled his Y/Project-models with enormous pearl hoops for his Fall/Winter 2017 show. The trend was back again last year, but this time it was the baroque pearl that got to shine on the Spring/Summer 2018 runway. The irregularly shaped jewel was seen in the shows of Sonia Rykiel, Alexander McQueen, and Céline. This season, the pearl is again seen on the runway.



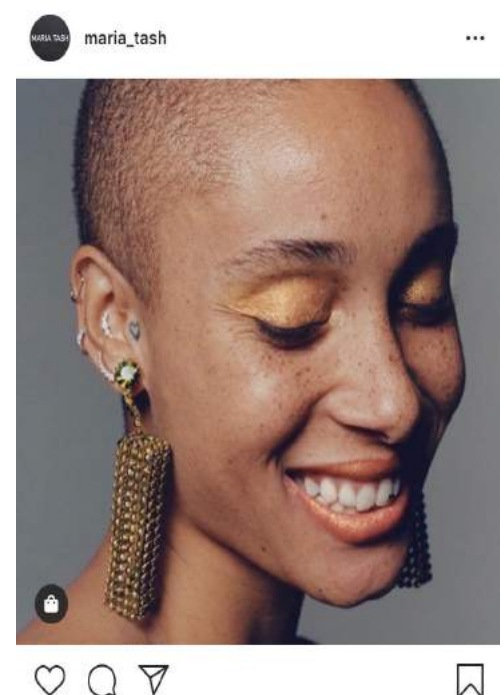
Asymmetrical

If there is one word that can describe this season's jewellery trend, it is 'asymmetrical'. Madonna said in the 1985 film *Desperately Seeking Susan* that all you need for 'a look' is exactly one statement earring, and that was proved on this season's catwalk. Kate Moss said in 2017 that "nobody wears pairs of earrings anymore; it is old-fashioned". The same year, designers such as Erdem and Sportmax styled their models in asymmetrical earrings. It was the biggest jewellery trend in 2017, and it is back again for Spring/Summer 2019. Jacquemus, Chanel and Givenchy were among the many designers who went for the asymmetrical style.

"nobody wears pairs of earrings anymore; it is old-fashioned."

Multiple earrings

Building on the asymmetrical style, one ear is now supposed to carry multiple earrings. In 2016, so called 'constellation piercings' became a huge trend among people both inside and outside the piercing community. Maria Tash, a cult piercer with a store at Liberty London and clients such as Gwyneth Paltrow and Candice Swanepoel, says: "The phrase itself first emerged in late 2015, early 2016. It describes styling of the ear with jewellery in a very deliberate and beautiful way". For Tash, the trend started in 1993 when she opened her first store. For others, who are not piercing experts, the trend occurred for the first time in the fashion industry around 2013. It reoccurred, as Tash says, in the late 2015, early 2016. Now it is back again, mostly seen on Instagram, spotted on models such as Gigi Hadid, Adwoa Aboah, and Caroline Daur.





SABAH KENWAY

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A Musician at the heart of London

By Shyanne Bushay

With the success of the British music industry growing 2% in 2017 thanks to the help of British artists like Ed Sheeran, Stormzy and Dua Lipa. The industry has more room for many young British artists like Sabah Kenway to take the stage. With her first EP coming out this year, Sabah Kenway is the most talked about British artist online.

20-year-old singer-songwriter Sabah Kenway born and raised in North London has her own dreams to achieve.

She was first introduced into music by her family. Being raised by both talented parents and grandparents who are performers. "Honestly I had no way around it," says Sabah with a slight laugh.

With the rise of the British music industry in America, there has been a stigma about 'making it' to young artists in London.

"I feel like there is a certain stigma that comes with UK RnB where you have to move to America to 'make it' in the music industry," Sabah says sitting back in her chair.

"I don't see why we can't support and be proud of our home-grown talent, why should we wait until the US say that a certain person is talented for us to then realise and be proud of them". With the consumption of British Artist in America being prudentially men such as Ed Sheeran, Rag'n'Bone, Sam Smith and

the classic The Beatles. Sabah believes it is time for young artists to pave the way for new music.

"Most of my music talks about the trials and tribulations of relationships and love. Whether that's from personal experience or other people's, I just want my music to mean something to people," Sabah says. "Remind them of a certain time, place or even feeling... I want it to feel personal".

Even with her EP in the making Sabah is still performing at shows in London and even went on to speak on BBC Radio London. "Nerves are still there but I am genuinely starting to let myself have fun and enjoy the moment rather than constantly worry that I'm going to mess up". "But now, I'm definitely starting to let loose on stage a bit."

Sabah Kenway EP is coming this summer.

"I feel like there is a certain stigma that comes with UK RnB where you have to move to America to 'make it' in the music industry."





"Most of my music talks about the trials and tribulations of relationships and love."

"Remind them of a certain time, place, or even feeling."



Online dating

By Emma Korshavn Jartoft

Love is a fundamental human need. Today, half of all single people are using online dating sites to find a potential partner. According to a new analysis of internet daters in the US, scientists say the keys to success is to aim out of your league, send short messages, and to be patient.

The popularity of online dating comes from several things, but an important factor is time. It is now the most popular form for single people to meet, and about half of all 18-34-year olds are using these online dating apps.

A new analysis of online daters in the US says it is a good strategy to aim for people who are considered more attractive than yourself. Scientists analysed online dating habits among heterosexual users in New York, Chicago, Boston and Seattle. The results showed that both men and women reached out to potential partners who are around 25% more attractive than themselves. Author Dr Elizabeth Bruch from the University of Michigan said: "Our analysis shows that 21% of people who engage in this aspirational behaviour do get replies from a mate who is out of their league, so perseverance pays off."

"Our analysis shows that 21% of people who engage in this aspirational behaviour do get replies from a mate." who is out of their league, so perseverance pays off."

Playing out of your league does, however, "reduce the rate at which you get replies," said co-author Professor Mark Newman, also from the University of Michigan. "There is a trade-off between how far up the ladder you want to reach and how low a reply rate you are willing to put up with." But if you do want to increase the chance of getting a reply from a potential date, or at least getting your message read, the secret is to keep the messages brief. Dr Bruch said "We don't really know [why sending a longer message do not work]. One of the reasons might be that people that are desirable may have so many messages in their inbox, they don't read most of them. That lovingly crafted message that you spent two hours on may go unopened."

Studies have shown that 70% of your online dating profile should consist of information about yourself, then the rest should be about what you are looking for in a partner. Observations have revealed that partners strongly resemble one another in several characteristics, such as age, education, physical attractiveness, and attitudes. This suggests that men and women seek partners who resemble themselves.



For introverts, online dating is one of the best things that have ever happened. At least when it comes to dating. As Susan Cain, author of *Quiet: The Power of Introverts in a World That Can't Stop Talking*, said in an interview with TIME: "Shyness is a fear of social judgement and humiliation, and introversion is really preference for less stimulation." Which means, introverts most often prefer chatting online rather than meeting someone up for a date, simply because they do not feel the need for that sort of stimulation. Statistics show that one-third of online daters have never actually gone on a date with someone they met on online. This, however, could be a problem if the goal is to find a stable partner, since research show that people who spend time together, care more about character and personality rather than the superficial information they receive on dating apps.

Today, there are several options when it comes to online dating. The different sites are aimed for different types of people, but they all have some things in common: the key to success is to aim out of your league, to send short messages, and to be patient. It also helps to actually meet a potential partner in person, so you get to know more about each other's character, rather than just get the shallow information that is on a dating profile.



Life in the Spotlight: Maisie Williams on growing up

By Ellen Neww

At 22 years old, Maisie is an award winning actress, podcaster and entrepreneur with over 10 million instagram followers, alongside a career that spans over a decade.

Maisie Williams is an anxious person. She's admitted it publicly more times than she can recall, and you can tell when she walks into a room. While she may of greeted everyone with a big smile, her nervous wave and sitting on the couch with her legs crossed gives it away.

However, Maisie is also grounded and humble, not once mentioning Game of Thrones until asked (Its days after season 8 episode 3 has aired, Arya Stark killing the Nights King is still very much trending in Twitter Moments), and even then she jokes about it, "I was watching it, and I knew what was happening, and I cried".

It's clear to see that her head is in the right place, Williams insists her that within the past year alone she's changed a lot, and that she realised attempting to play a role in the public eye to not 'ruin her career' as a young actor had taken its toll on her, talking at Fearne Cottons Happy Place Live, she said "I was so sad because people would ask me about "how are you keeping it together, a lot of people in your position would go crazy, they really go and ruin everything" and it was like why are you saying that to a 13-year-old, its a lot of pressure, it was like 'okay,

this is why people go insane, I get it now'", Williams pauses, before adding, "so I guess it did take a lot of trying to be a squeaky clean and took a lot of revelations in my personal life that means I try to be a lot more genuine, it just becomes a lot more genuine after that, you just drop it all, that's when you can really have fun."

"I try to be a lot more genuine, it just becomes a lot more genuine after that, you just drop it all, thats whe you can really have fun."

The conversation quickly moved to social media and how Williams managed to cope

with hate comments growing up, laughing, she explained how her mum had managed her social media, and that she didn't have the logins for her accounts when she was younger, turning serious while explaining that her mum would tell her to not look at social media for a while if the comment sections where bad. Now though, Williams knows



Image by Rosie Matheson

her social media limits, saying “it’s about trying to disarm the gun, trying not to consume too much media at all, and when I do feel myself going down a rabbit-hole, because it gets to a point where you’re almost like, craving something negative, so that you can sit in a hole of sadness and its really bazar the way it begins to consume you, so it’s like when you feel close to finding something thats going to ruin your entire day, its about switching it off and speaking to someone human.”

Just like her anxious nature, her mental health is something Williams has been public about the way it has affected her life, talking in an honest way people with platforms usually do not, talking about her fears of battling depression, “I’m still really struggling to let sadness wash over me without it consuming me, I think

there was a period of time where I was very sad, and I sort of came out of that, and now its just really terrifying that you’re ever going to slip back into it and I think thats still something i’m working on. It’s really hard to feel sad and not feel completely defeated by it.”

But Maisie Williams has a bright future ahead of her, visibly becoming excited at the mention of her app, Daisie, that she collaborated with friend Dom Santry to create in 2018. Daisie is an app centred around connecting creative people to help them further their careers, describing it as a ‘social media for artists’, Williams explains how she hopes that by using the app, artists can connect with other creators to make an idea a reality, and that she hopes the app can help creatives navigate the tough industry easier.

“Its really hard to feel sad and not feel completely defeated by it.”

“I want to feel like whatever I do next is something i’m proud of.”

Daisie is already a success for Williams, having its relaunch at the beginning of May, filled with improvements from the 2018 original app, however the topic of success, and how she views it, is something the actor has put a lot of thought into, saying, “I want to feel like whatever I do next is something i’m proud of, and other people might not think it’s cool, and in this industry people are there to drag you down a bit, you’ve just got to do it for the love of it.” But she also makes a point to mention how incredible of an experience being on Game of Thrones has been for her, and that she doubts she will ever be involved in something of that scale again, so measuring her success in comparison to that doesn’t feel right.

Despite her new 9 to 5 in Daisie, Williams doesn’t plan to stop acting, despite taking a months away from acting, she excitedly talks about the new project she’s about to start, and how she plans to embroider a pillow as a pastime on set to keep some balance in her life, laughing at herself, she insists that she thinks it’ll go well despite having never embroidered anything before, and that it’ll keep her busy as she feels like passing time on set is difficult while trying to stay in a headspace,

explaining how she can’t listen to music because “music is emotional, you can’t read a book because you’re getting invested in someone else”, adding she thinks it’ll be a better use of her time than if she was scrolling through Instagram.

Daisie is available to download on the App Store and on Android.



Image via Adam Ali



Daisie logo, via Daisie.com



Maisie Williams By Emily Kaliczynskyj



Controlling the Chaos: How to find peace of mind in a world of none stop notifications.

By Ellen New

Every day, we are exposed to an extensive amount of information from not only the world around us but from the online world, with studies showing the average Brit checks their phone 28 times a day.

Recent years have shown a rise in the trend of wellness, and looking after your mental health, with more and more guides and advice on how to keep your brain healthy, however, the amount of advice can be overwhelming, and it's hard to figure out what really works. While it's different for everyone, these are some tried and tested tips to take care of your mental wellbeing.

Eating Well.

The most obvious of them all, however still very important, with Dr Mark Hyman saying 'Eating well is the most important act we can do to ensure health'. According to the mental health charity Mind, eating the correct foods can result in a clearer mindset, more energy and an improved mood. Eating good amounts of vegetables and protein is essential, so is staying hydrated. Healthy fats are also needed for a balanced diet, fatty acids are needed to keep your brain working, so rather than avoiding fats at all costs, healthy fats can be found in Avocados, oily fish, poultry, nuts (almonds and walnuts are the best sources), seeds (such as chia, pumpkin, sunflower and hemp) and dairy products like eggs, cheese and yoghurt. Less known is the effects of caffeine, due to it being a stimulant, caffeine gives a quick spike of energy, however it can leave drinkers with increased anxiety and depression, disturbed sleep, and withdrawal, this doesn't mean you should be cutting out caffeine altogether, however just be mindful of the effects of it.

Exercising.

Staying physically fit is a part of staying mentally fit. Staying active has shown to positively affect a persons mood, improve sleep and self-esteem, and also help with managing stress, anxiety and depression. Part of the reason for this is that while exercising, the brain releases chemicals such as endorphins and serotonin, which have a proven relationship with the brain. Exercise pumps blood to the brain, which improves a persons ability to think clearly as well as increasing the size of the hippocampus, which is the part of the brain responsible for memory. It also increases the connections between the nerve cells in the brain, which improves your memory and helps to protect the brain against injury and disease.

Practising mindfulness.

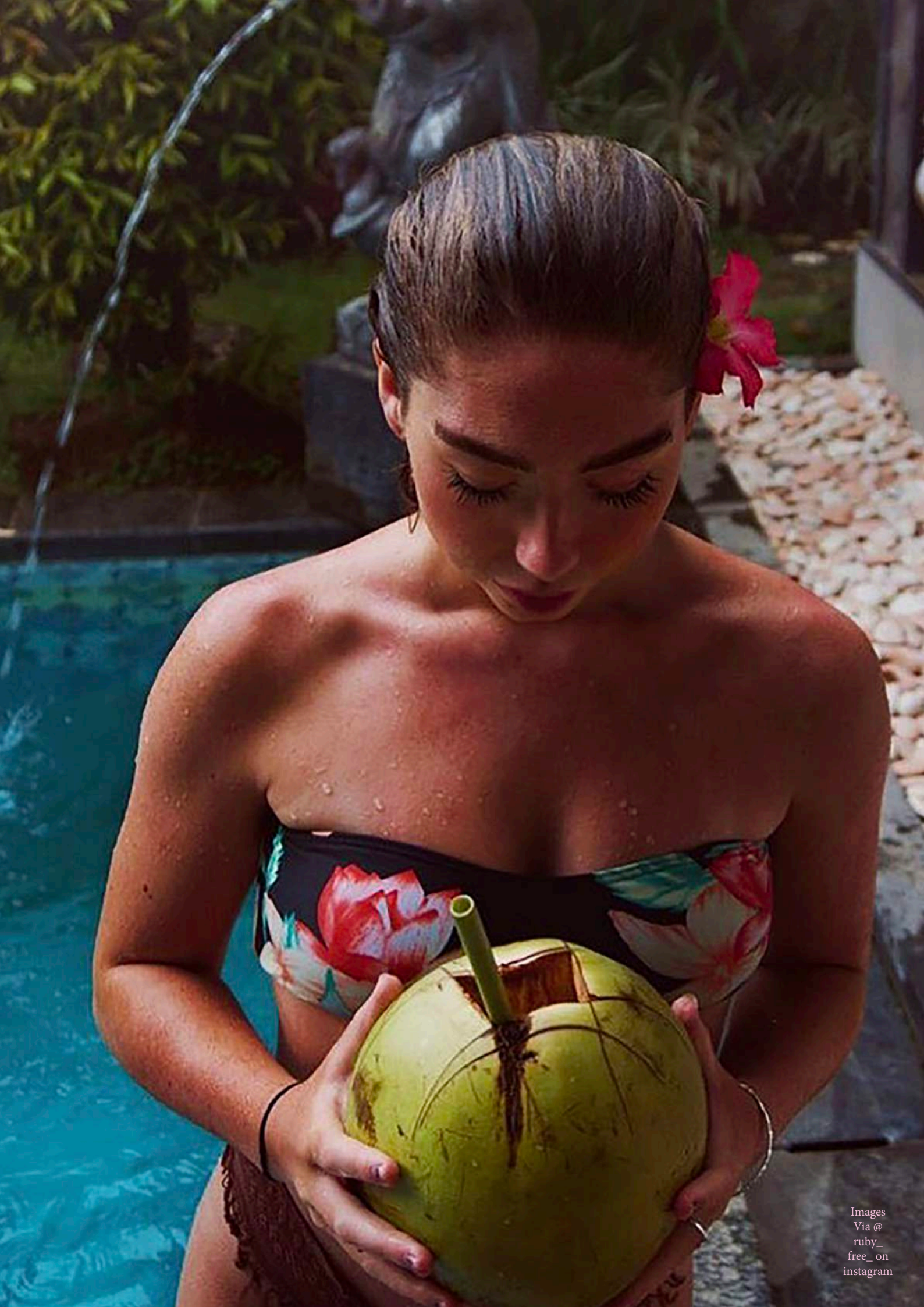
Mindfulness is a buzzword, often misunderstood due to the amount it is thrown around and not explained. However, mindfulness is simply thinking about what you're thinking and choosing where you put your attention, and deciding to look for the good rather than focusing on the bad. This is an easy sounding concept, however, it can be difficult to change a negative mindset, yet it isn't impossible. The brain is a muscle and can be trained to think differently. Apps such as Happy Not Perfect (available to download in the App Store and on Android), use daily mindfulness techniques to help train the brain to think in a more positive way, with founder Poppy Jaime describing the app as a 'mind gym', saying 'it gives you more of an interactive workout [that includes] breathing exercises and journalling activities inspired by cognitive behavioural therapy and neuroscience from the past 40 years". Practising mindfulness can help to improve sleep, and reduce anxiety.

Meditation.

Daily meditation has been shown to relieve stress, increase focus and clear your mind, alongside helping ease anxiety and depression. Meditation does not have to be sitting on a matt on the floor with your legs crossed, it takes many forms, such as walking and drawing. It also doesn't need to be silent, listening to podcasts or music while meditating can also be beneficial to the people who don't work well with silence. For those who want something to listen to while meditating, we recommend Podcasts such as Fearne Cottons 'Happy Place' or Bryony Gordons 'Mad World'.

Doing things you enjoy.

This may seem like the most obvious thing a person can do to look after themselves, but how many things do you do in a day that you love, or that make you truly happy, that doesn't fall into the category of work. Making time in your day to do something you enjoy, whether it is cooking, baking, painting, walking or as simple as listening to your favourite album, can have major positive impacts on your mental wellbeing. Self-care isn't a trend its a lifestyle, and doing what brings you true happiness is a great way to look after yourself.



A Wonderful Life

By Ellen New

Activist Ruby Free talks travel, turtles and kicking climate change in the ass.

At 19, Ruby Free has travelled across the world, moved countries and become the brand ambassador of 2 charities. She's also used the platform she has built to create a difference and bring awareness to issues such as climate change, plastic pollution, and veganism.

For the past 5 years, Ruby has been volunteering with both WavePoint and Surfers Against Sewage, where she has been an ambassador for the past 3 years. As a lover of the environment and the ocean, it came naturally to her that she wanted to join the fight against plastic pollution to protect the environment that she loves.

Following her passions has taken her across the globe, her most recent trip being a 5-week tour of Bali and its surrounding islands. She begins to excitedly gush about

Alongside pictures of stunning beaches, rock climbing and pictures taken at the beach cleans she manages, Ruby's Instagram account has a stream of updates of local vegan restaurants she tries out, and the foods she loves eating. However, the stunning foods she snaps aren't the only reason for her veganism, saying she made the lifestyle change almost 5 years ago for a number of reasons, "When I first heard about the effects on animal agriculture on the environment I knew I had to stop what I was doing (animal

her time there, particularly her experiences on Gili Meno, an island just outside of Bali that's officially part of Lombok, explaining how the locals were 'beautiful caring, giving people,' that the food was incredible, but most importantly, the wildlife, saying how 'we were taken out on a glass bottom boat to swim with some green turtles, and I'd say that day I saw around 20 it was amazing seeing an endangered species thriving in a little corner of the world.'

Her trip to Bali only increased her love of wildlife, furthering her dream to one day work as a full-time marine conservationist, but for now, Ruby is more than content to spend her summer at her new home in Newquay, where she's working for Cornwall wildlife trust as well as my local dolphin/wildlife tour guide boat working as a guide.

agriculture is responsible for the most Co2 emissions released combined as well as the biggest cause of habitat loss and deforestation... there's also half the fish there was 50 years ago!) I then heard what happened in the dairy industry (artificial insemination/calf's being taken from mums etc) I watched a few slaughter videos... and knew the abuse and use of another animals body wasn't worth my taste buds when there are so many other tasty, cruelty free options out there" she laughs before adding, "I also have the best skin I have ever had since going vegan", and it's true, her skin is glowing, skin sun-kissed from the many hours she spends at the beach right next to her home.

Despite the typical stigma around a vegan lifestyle, Ruby insists she has never questioned her decision, but that she's always open to the arguments, opinions or beliefs of others.

Upon being asked how she thinks people can make a change to the environment, Ruby immediately expresses her distaste for fast fashion, and the waste the fashion industry produces, expressing how consumers should buy an investment and ethical pieces of clothing, reducing waste. She also goes on to add how people should aim to buy as locally as possible, not just clothing but groceries as well.

As for her goals for the future, Ruby expresses her main excitement is surrounding our generation, and its ability to 'kick climate change in the ass.'

You can keep up to date with Ruby's work on her Instagram, @ruby_free_, or on the Surfers Against Sewage Instagram page, @SurfersAgainstSewage.



Images
via @
ruby_
free_ on
insta-
gram

“Bill Viola / Michelangelo” at the Royal Academy

The Royal Academy pairs Bill Viola's powerful installations with rarely-seen drawings by Michelangelo. Journey through the cycle of life in our immersive and unparalleled show. Created in close collaboration with Bill Viola Studio this is a unique opportunity to experience two artists, born centuries apart, in a new light.



michelangelo, Sistine Chapel. via Google

“The Young Picasso Blue And Rose Periods” at the Fondation Beyeler

This exhibition is devoted to the paintings and sculptures of the young Pablo Picasso from the so called Blue and Rose periods, between 1901 and 1906



picasso, blue, via Google

“All the Rembrandts” at the Rijksmuseum

Rijksmuseum marks the 350th anniversary of Rembrandt's death in 2019 with 'Year of Rembrandt'. The year-long celebration opens with 'All the Rembrandts', in which the Rijksmuseum will present for the first time an exhibition of all 22 paintings, 60 drawings and more than 300 best examples of Rembrandt's prints in its collection.



Rembrandt, via Google

“Black Models: From Géricault to Matisse” at the Musée d'Orsay

This exhibition explores aesthetic, political, social and racial issues as well as the imagery unveiled by the representation of black figures in visual arts, from the abolition of slavery in France (1794) to the modern day, focusing particularly on three key periods: the era of abolition (1794-1848), the new painting era up to the Matisse's discovery of the Harlem Renaissance and the early 20th century avant-garde movement and the successive generations of post-war and contemporary artists.

The most unmissable Art Exhibitions and Music Festivals across Europe this summer.

By Ellen New and Altynay Jakisheva



Benecassim, via @ellinabarfoot on Instagram

Benecassim Festival - Spain. 18-21st July

Located on the Costa del Azahar region of Spain, Benecassim is a music festival. With a lineup including Lana Del Rey, Fatboy Slim, Kings of Leon, The 1975 and Krept X Konan festival goers are promised 4 days of fun.



Tomorrowland via Google

Tomorrowland - Belgium. 19-21st & 26th - 28th July

Tomorrowland has become one of the most notable dance music festivals across the globe in its 15 years of running, now spanning across 2 weekends in Boom, Belgium. If you're in to EDM, house or techno, the festival promises nothing but the best. This year's theme, The Book of Wisdom The Return, sees the return of the fan favourite theme of 2012.

Sziget Festival - Hungary. 7-13th August

With a lineup featuring Ed Sheeran, Foo Fighters, Florence + the Machine, Twenty One Pilots, Martin Garrix, The 1975 and Catfish and the Bottlemen, Sziget Festival, which takes place in Budapest, Hungary, will provide festival goers with experiences that will be remembered for a lifetime.

Glastonbury - UK. 26th-30th June

Arguably one of the most iconic festivals worldwide, Glastonbury's 2019 lineup doesn't disappoint. Festival goers will watch performances from Stormzy, Kylie, Tame Impala, Miley Cyrus, Billie Eilish and Janet Jackson.



Glastonbury, via Google



By Altynay Jakisheva

Adam Ali: “I think I just fell in love with creating art based on a person’s identity and personality.”

I can hear crowds of laughing friends all around me, bright lights, glaring and hanging off food trucks. Bold coloured graffiti litters the walls, and I can feel the energy of ‘Last Days of Shoreditch’ - a food market and a creative recreational space - rise as the sun slowly slips over the horizon. Adam Ali, a self-made London based fashion and music photographer, walks towards me. An Olympus film camera in one hand, a disposable in the other and a Canon hanging off his neck. He sits down next to me, and I move the portion of cheese topped fries towards him. Having just come from a photoshoot, Adam sits slumped and exhausted.

What is his motivation for getting up in the morning knowing a long day, and an even longer night, of shoots awaits him? “I think I just fell in love with creating art based on a person’s identity and personality.” he says “Being able to see someone or something, understand it in my own way and explore it through photography is the best part of what I do.” You can see this through his photography, each image portraying a unique individual. Red and blue, green and yellow, all the colours in the image lay harmonically against each other, yet flow with so much energy you almost feel as though you are there.

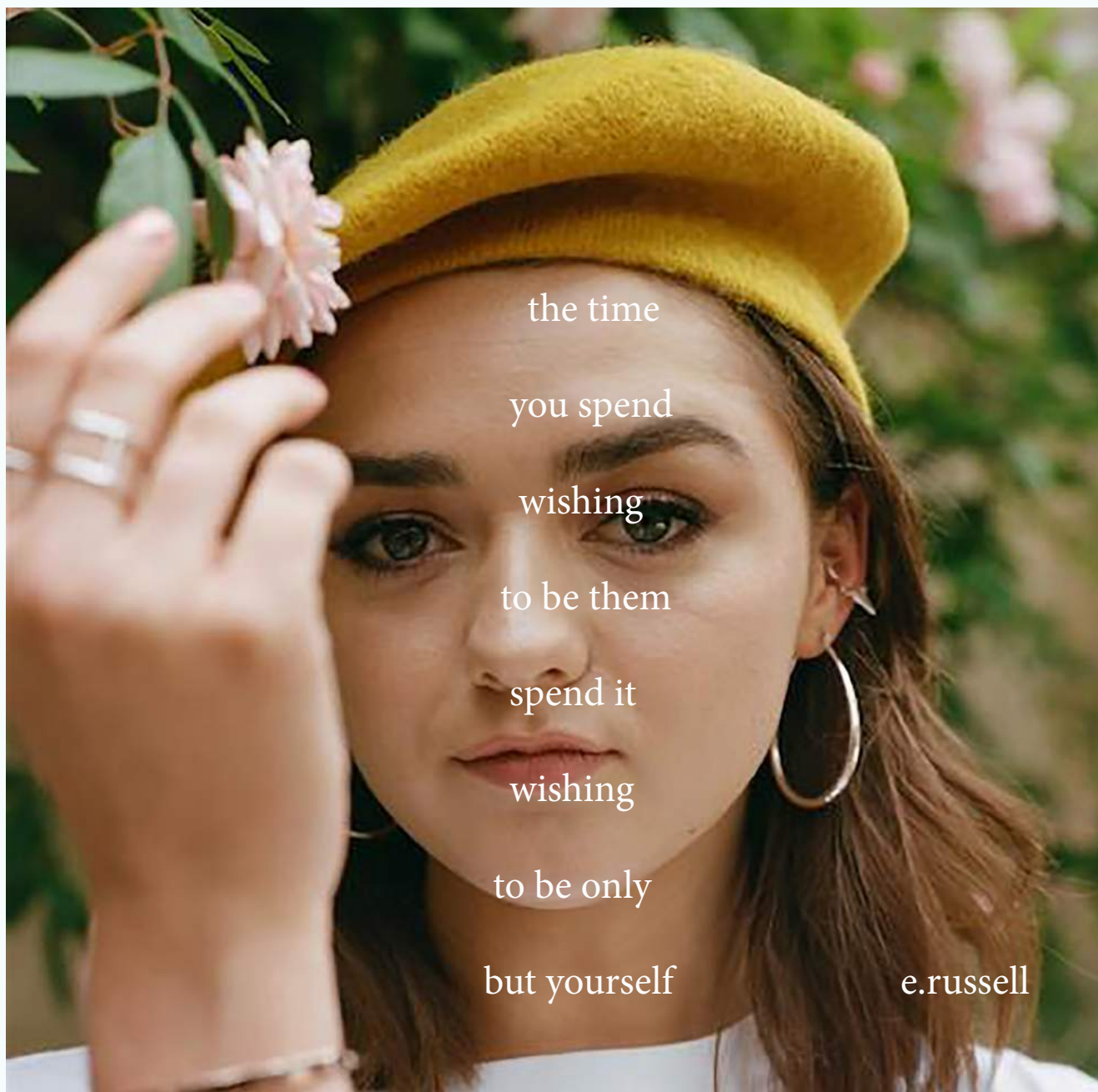
But what makes each photograph an artwork instead of a flat illustration? Adam explains how he embodies each individual he photographs, "The most important part of my work is the person the work focuses on, so I'd say I always have to take into account their personality whether that's through setting, styling, expression or atmosphere." You can try and flick through his work as though it's just a collection of images, but it's impossible, each photograph pulls you closer. Each one has a character. It's not the photography you are used to seeing in everyday magazines where the model is just a figure with no emotion, no depth. Through each model's eyes, I can see their soul reflected, looking back at me as if they acknowledge my presence. From a late night party full of fun and excitement to the eerie blonde haired boy standing in front of a never ending landscape.

So what will be next in Adam's infatuating work? A project he's been working on for a few months now "My most recent project is my identity project, which is a project all shot on film, consisting of portraits of people I know and work with, and a small piece of writing about each person." Adam explains further what his project will entail "This project represents the importance of individuality and personality in the fashion/music industry and exploring how each person is creatively different in their own ways." Adam's work will be exhibited, and you can catch its showing at a soon to be known location.

As the future of the Fashion Industry, us, creative individuals have to take responsibility onto ourselves. What we do now is, and what our work represents is even more so. We are a community quickly growing in numbers, and each one of us has a message to deliver. "I feel our generation will open doors to creative freedom in the future that might not have been open in the past." Adam states as someone who has seen the rapid change in our society. "I think people will feel more open with what they want to create and will feel less pressure to conform to what's normal or what's expected. I feel that change is already happening in the industry."







the time
you spend
wishing
to be them
spend it
wishing
to be only
but yourself

e.russell

