

NEXT BIG THING

Upcoming stars, new releases and cool stuff to do. Because you can't always be shopping

YOUR NEW NIGHT OUT

After-Work Picnics

Swap restaurants for alfresco soirées - no booking needed!

Summer isn't over yet, so make the most of the last few balmy August nights by grabbing your rig to dine under the stars. Whether in your garden or the local park, if you plan your night right, it can be the most decadent affair. Just lock sandwiches and fizzy pop off the menu and order sumptuous hampers (€45 for two) from www.cafeladoc.com. Here are the best places to lay your blanket.

LONDON

KENWOOD HOUSE, HAMPSHIRE
Jamie Cullum is the perfect entertainment for your picnic at London's most beautiful outdoor spot. **Saturday 14 August, 7.30pm.** Tickets from €30 at www.seetickets.com.

BIRMINGHAM

ASHTON COURT ESTATE
Just a 10-minute walk out of the city across the famous suspension bridge, you'll find fantabulous views and sunsets. Mind the red deer don't swipe your feast, though!

STAFFORD

SHUGBOROUGH ESTATE, MILFORD
Watch *Marina & The Diamonds* on the big screen at this outdoor picnic movie night against the backdrop of the mansion house. **Friday 20 August, 7pm.** Tickets cost £20 on the night.

Flamingoes optional

How you eat need a better fix some tea.

Twirl Like Your Gran Used To!

Tea Dances

Forget nightclub, tea dances are the new craze. So what's the draw? Serene and romantic, it's a throwback to a time when you didn't need a strobe light to hit the dancefloor. And the more you watch, the more Victoria sponge you can scarf. Go to town on your outfit and make-up (see our '50s-style beauty guide on p86), then 'Extract to It' for dances in London and Brighton. Visit www.teadance.co.uk.

Fancy a jitter?

Celebs' Favourite New Band

The Drums

Earlier this year, look to who you watch out for The Drums, and as their summer single 'Let's Go Surfing' comes out this week, we're feeling kind of stung. Matt Robinson and the Scissor Sisters are fans. Just like us. Why? Their post-punk sound is infectious. Little wonder, then, that the video for their latest release has been watched two million times on YouTube. Well done, guys.

The boys all pour for their best clubbers' choice

The New Marina & The Diamonds

Download Sky Ferreira's New Heroic

She's just 16, but L.A.S. Sky Ferreira is more and more determined to be her own single. And she seems to have the EM signet ring. Her Sky's success was apparent before, thanks to her last album, which led to her being cast as the main character in the sci-fi poppy, *Time for Ishtar*. Get a bit of the indie rock.

You're only 16 - do you feel pressure to succeed? It's hard. Everyone loves youth, but they also judge you and think you don't know what you're doing. I try to ignore critics now, but for my next release, I'll let the Twitter war you had with Katy Perry after she posted a picture of you with a bottle of vodka between your legs.

Because you had to be in an interview. Right? Being honest about the subject of sex already makes you lame.

Which celebs do you wish you had on speed dial? Britney, Madonna, Timbaland. Any of them would have my style is quite boyish.

Who inspires you? David Bowie. He's that and a guitar hero. Tell us about your tattoos. I have one on my neck, one on my eye, one on my hip and one on my arm. It's not my own. My dad says I'm not cool. I'm 16.

Celebrity Secrets

Must-Try Health Craze

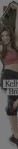
An A-list bod will be yours!

ULTIMATE TONING
JUGARI FIT TO FLEX
Noticed how gorgeous Katy Brock looks lately? Here's the reason - JUGARI Fit To Flex, a muscle-toning workout that uses an elastic band to lengthen and sculpt the muscles. It's the second fitness plan to come from the partnership between Reebok and the Cirque du Soleil group and is available to try now at David Lloyd Leisure clubs. Visit www.davidlloyd.co.uk.

WONDER BEAST BILT
ALTERNATIVES BODY SECRET
Wheatgrass Capsules, £10.95, www.naturalgreens.co.uk
Alicia Parridge has the best body and smoothest skin, and here's why - wheatgrass capsules. Like us, she hates wheatgrass shots - a mildly liquid that detoxifies and aids digestion. Now the capsules melt all the benefits without the nastiness. We're sold!

COOK YOURSELF SLEIM
THE DUKAN DIET RECIPE BOOK
Dr Pierre Dukan, £8.99
This eating plan took the world by storm when celebs like JLo waded hysterical about how it helped them shed the pounds. Now you can do it at home by following 350 yummy Dukan recipes. It's out in September, so pre-order your copy now from www.wiley.com.

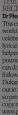
We know all you need the Harem dip.



Katy Brock



Alicia Parridge



Dr Pierre Dukan



JLo



A woman

A woman

A woman

A woman

