

# LIVING SOUTH

January 11 | Issue 207  
livingsouth.greatbritishlife.co.uk



## Health tips for the New Year

- Lust for life – the parkour generation
- Wellbeing is just a walk in the park
- Get a better night's sleep

## OLD MASTERS, NEW CELEBRATIONS

Dulwich Picture Gallery heralds its bicentenary with a Big Bang

## About a boy

Young actor Augustus Prew on growing up fast and tackling his grittiest role to date in south London biopic, *The Kid*



Conversations by  
Janine Greenberg

# Wish List

Living South rounds up four great New Year's resolutions

## 3 – Open new doors

Bespoke door makers The London Door Company recently opened a new showroom in Penge. James Williamson runs the new showroom and, having been with the company for almost 10 years, prides himself on taking a hands-on approach to finding the right door for your home. The company is offering *Living South* readers a 10% discount on orders placed before 30 April – just mention *Living South* when booking an appointment.  
67 High Street SE20 7HW  
020 8634 4080  
[www.londondoor.co.uk](http://www.londondoor.co.uk)



## 1 – Invest in original art...

Accomplished artist, art teacher and jewellery designer Janine Greenberg has received a number of awards for design, enamelling and engraving, including the Goldsmiths Craft & Design Council Gold Award for her enamel panels in January 2010. The themes of Janine's new wall panels, which resemble beautiful stained glass windows, are based both on her spiritual beliefs and everyday life. Variety and colourful flamboyance are central to her work, so why not brighten up your New Year with a bespoke commission?

Call Janine on 020 8386 3356 or 07930 536 418  
or email [jsxg@hotmail.com](mailto:jsxg@hotmail.com)

## 2 – Furnish your home in style

If Father Christmas failed to deliver you anything original this year, head to Cartwright's on Church Road for a range of antiques, art, glassware, contemporary furnishings and fabulous general oddities. Don't miss the January sale, where you'll find a large selection of mirrors, Victorian and Georgian period furniture, lighting and pictures on sale. Go on, treat yourself! Open daily from 11am.

34 Church Road SE19 2ET  
07796 955 735 / 020 8768 5370



## 4 – Discover original fashion

Paraphernalia dress agency offers a completely different shopping experience to the high street. Shun generic fashion, and instead fill your wardrobe with new and nearly new designer clothes and accessories from brands such as Marni, Miu Miu, Gucci, Chanel, Prada and Jimmy Choo at around 75% off RRP. Pay a visit from 4 January when *Living South* readers can enjoy 10% off in the New Year sale – just mention this article.

365 Brockley Road SE4 2AG  
020 8692 3545

[www.paraphernalia-online.co.uk](http://www.paraphernalia-online.co.uk)

