

CLAPHAM BATTERSEA FULHAM

time & leisure

ISSUE 164
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**GET SET,
GLOW!**

HOW TO GET BEACH
BODY BEAUTIFUL

STYLE GURU

HAIRDRESSER TO THE STARS
COMES TO CLAPHAM

BRIGHT IDEAS
FRESH LOOKS FOR
YOUR HOME

**FOOD &
CULTURE**
AWARDS 2018



TELL US WHO
YOU LOVE

**TOM
AIKENS**

TALKING LONDON LIFE AND TOP TABLES

AREA AT A GLANCE

We get the scoop on Clapham's healthy ice cream company Oppo with founder Charlie Thuillier



How on earth can you make ice cream healthy? I've never understood why we have to have indulgent food that's so unhealthy and healthy food that doesn't taste good. So I quit my job at Diageo and set about trying to make one of the most indulgent foods I could think of healthy, and that was ice cream. It took two-and-a-half years to get the recipe right but we managed to create an ice cream that has fewer calories and less sugar than an apple. For a two-scoop portion, our ice cream has about 75 calories.

What's in the ice cream? We use natural ingredients. We take out a lot of the artificial additives that are usually in ice cream, take out all sucrose and reduce the fat and we use natural flavours instead. For example, our salted caramel flavour uses a fruit called lucuma from Peru rather than sugar and caramel flavouring. Lucuma tastes somewhere between maple and caramel. Delicious.

We hear you have some high-profile fans? Yes, Andy Murray invested in the company in 2016. Probably the most surreal experience of our career, though, was when Number 10 rang me and flew me out on the Queen's jet with

three other start-up owners and David Cameron to meet the Italian prime minister in Milan. We went out there to showcase the best of British innovation.

Why are you called Oppo? We are all about opposites, bringing health and indulgence together.

Where are you based? I slept on my brother's sofa for two years in Clapham while getting Oppo off the ground. Fortunately I've now left the sofa but I still live and work here. My brother and I run the business with around ten staff. It's a lovely place to be based – there's a real sense of community and local businesses such as Clapham Picturehouse really supported us, especially when we were first starting out.

Are you sure it tastes as good as the real thing? When we won the Great Taste Award, 400 judges blind tasted our product and gave it a gold star before they even new it was a healthy version so we think we are doing pretty well! January 2018 was our best month ever, which is crazy for an ice cream brand.

■ **Oppo is now available in Whole Foods, Asda and Sainsbury's**

THE DATIA INCIDENT

The multilingual play fused with live music and dance *The Datia Incident* runs from 10 - 29 April at Omnibus Theatre in Clapham and explores the life of Gauhar Jaan, her bold contribution to world music and the origins of the Indian recording industry. A free exhibition will run in the café space throughout April to accompany the production.

■ www.omnibus-clapham.org

VOTE NOW!

Our annual food awards celebrate the local heroes that make up our thriving food scene. Now, for the first time, we will also recognise the achievements being made when it comes to culture with new categories including Most Innovative Arts Project and Cultural Experience of the Year. Our awards have always been about starting a conversation on who we love and why, supporting local, and predominantly independent businesses and celebrating those that are doing great things. Extending the awards to culture is a natural next step, with food and culture bringing people together in their leisure time.

■ **Find out about how to get tickets, how to vote, and details of our reader draw with a fantastic prize up for grabs: Foodandcultureawards.co.uk**

EDITOR'S CHOICE



ACTIVE OM

Head down to The Power Yoga Company in Parson's Green for an introduction to its active yoga classes. Power yoga is a great fit for those keen to build strength, as well as feel more energised, and can be enjoyed by people of varying fitness levels, age and flexibility. Newcomers can try three classes for £15.

■ www.thepoweryogaco.com/

LITTLE BRITAIN WRITERS

The National Young Writers Award, the free writing competition for children aged four to 14, is now open and this year the theme for budding authors is 'heroes'. Comedian and children's author David Walliams will judge the entries and make a surprise visit to the winner's school to present the award. The winner will also receive a trip to Disneyland Paris and £500 of books for their school. To enter pick up an entry form from a local Explore Learning centre, which has hubs in Wandsworth and Fulham or enter via explorelearning.co.uk/youngwriters. The deadline for entries is Sunday 29 April.

