

TALK OF THE TOWN

By *Laura Creal*

Going Up

Rising Power

Vince Power extends his music bar empire out west with the recently opened Liquid Nation on Ladbroke Grove. Expect live music, 1990s nights and cardboard cutouts of Mervyn King, Alistair Darling and Bernie Madoff in the windows. Oh, and all drinks are priced at an economical £2.50. *Liquid Nation*, 161- 165 Ladbroke Grove, W10 (liquid-nation.net)

Odabash jewels

Ex-Melissa Odabash worker turned jewellery designer Lucy Holbrook has collaborated with her former boss to create a striking accessories collection for Odabash. "The shop inspired me, as did the local area," says Holbrook, who designs under the name 8LA Jewellery. (odabash.com / 8lajewellery.com)

Cycle city

Sunny skies and ever-ascending costs have the *Matchbox* team trading in our Oyster cards for the open road and trusty bike. We recommend you forgo sweaty tubes and announcements of "London Transport apologises for the delay", and head to Fudges Cycle Store for the best selection of folding bikes around. (fudgescyclestore.com)



Going Down



IMAGE: MISSONI S/S 09

Sweaty offices

An office akin to a sauna stifles productivity and encourages lethargy. We've been beating the heat with this nifty USB fan (£2) from Hammersmith's Tiger. (tigerstores.co.uk)

Love handles

Nemeses to the skinny jean, muffin tops are never a good look. Hoorah, therefore, for the Yummie Tummie – the body contouring tops that hold you in, while looking rather nice too. Available across London. (yummietummie.co.uk)

Naughty lollies

While sticky, fluorescent ice lollies make for a welcome heat respite, they don't do our waistlines any favours. The answer: Real Nice lollies – delicious organic, frozen fruit smoothies. (realniceorganic.co.uk)

Wall flowers

Carnival season is no time to be shy. Adorn yourself with Brazilian brights and Caribbean colour and join in on Europe's biggest and best street party.