GO WITH THE FLOW IN KINGSTON

Start your journey with this What’s On Guide to summer
Where do you fancy going today? You’ll of course find all the big-name stores, not to mention hundreds of independent boutiques, as well as market stalls to splash out on something new.

Perhaps you’d like to meander along the riverside and dive into one of our restaurants, cafés and bars? From sunrise to sundown, there are places aplenty for a quick coffee, or a lingering lunch.

Or maybe it’s just a matter of submerging your senses against the backdrop of our stunning riverside? There’s an array of music, art, sporting and wellness events going on throughout the town, and everyone’s welcome to glide by.

So, this summer, feel the buzz, soak up the atmosphere, and go with the flow in Kingston.

For details of all the summer events, things to do, where to shop, eat and drink in Kingston, go to inkingston.co.uk
5 things you need to do in Kingston this summer.

1. **TAKE TO THE RIVER**
   Our beautiful stretch of the Thames is often regarded as the prettiest of the whole river, so there’s no excuse to not enjoy it to the full. Ever wanted to learn to sail or paddle a kayak? Head to Minima Yacht Club to get involved. Rather leave the hard work to someone else? Take a relaxing cruise on one of Turk’s stunning paddle steamers. Or if you fancy being your own skipper, grab one of the new GoBoats and head out on their electric-powered picnic boats.

2. **MAKE IT THE SUMMER OF YOU**
   We all need time to relax and in today’s hectic lifestyle it’s more important than ever to take time for yourself and be mindful of the present moment. Many retailers and restaurants in the town are holding special events, offers and workshops designed to help you focus on your own wellbeing, from mental health awareness, yoga and meditation through to nutrition advice and cookery classes.

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3. **BECOME A CULTURE VULTURE**
   From museums and galleries to celebratory festivals, there’s plenty to choose from in our historic town. Stanley Picker Gallery, Kingston Museum and Kingston History Centre are all hosting thought-provoking exhibitions well-worth a look, plus the town plays host to its fantastic line-up of annual community festivals. This summer sees the return of the International Youth Arts Festival, Kingston Regatta and Kingston Carnival, plus later on in September, the Ancient Market Place welcomes the sounds and colours of the Kingston Korean Festival.

4. **SHOP TO YOUR HEART’S CONTENT**
   It’s no secret that Kingston has an unrivalled shopping offer, whether you’re looking for that special outfit and keeping up with the latest fashion or shopping for all those summer essentials. Kingston’s got you covered. Don’t forget July is Independent Retailer Month, and to celebrate, be sure to pick up your guide to all the town’s small businesses and you might even be lucky enough to get your hands on one of our sought-after tote bags!

5. **TRY SOME NEW CUISINES**
   Kingston has lots of culinary delights to choose from, so push the boat out and try something new this summer. From New Orleans street food and the flavours of Latin America, to authentic Bavarian bratwurst, the heady aromas of the Middle East and the fresh spices of Vietnam and Japan to name just a few, Kingston’s offer spans the whole globe. Head to the Eat & Drink Directory on our website for the full list. Some of them are offering special offers this summer - see right.

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**HIDDEN HEARING**
To help you look after yourself, from the top down, Hidden Hearing are offering some exclusive special discounts this summer with half price wax removal and 15% off all hearing systems when you mention this booklet. Pop in to their clinic on Eden Street or call 020 8247 4470.

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**BUSABA**
Try one of Busaba’s summer Thai salads and get a free-Busaba spiced G&T using Silent Pool Gin, or a free freshly blended juice. Available 4-7pm until 30.09.19 when you quote Summer Kingston. T&Cs apply, see inkingston.co.uk for details.

**FRANGO’S**
Frango’s have launched a brand-new range of summer salads, loaded with wholesome goodness. Try one of the new salads, complete with a Frango’s Fruit Cooler, all for just £9.99. T&Cs apply, see inkingston.co.uk for details.

**HAWKERS**
All set for the summer, Hawkers have launched a brand new weekend brunch menu with choices of bottomless Prosecco for £25pp, G&T for £45pp or Bloody Mary for £20pp. Book online at hawkerskingston.com
What’s On?

JUNE

6 7pm South African wine tasting with Doran Vineyards 7000 Jars of Beer
7 11.30am Summer of wellness workshop Vorwerk
8 12-2pm Free sahaja yoga and meditation John Lewis Community Hub
8 10am-12.30pm Indian street food cookery class Chakra Riverside
8 All Day Summer of wellness workshop Food for Thought
9 9.45am T2 x Sweaty Betty: Yoga and tea wellness masterclass T2
11 1-2pm Discover the benefits of plant-based diets John Lewis Community Hub
12 12pm Mental health awareness with Mind charity John Lewis Community Hub
13 All day Summer of wellness workshop Food for Thought
14 12-2pm Free sahaja yoga and meditation John Lewis Community Hub
15 2-5.10pm Recycled wire art workshop Kingston Museum
20 6.30pm Friends’ Talks: Kingston in 50 buildings Kingston Museum
20 7pm Whiskey masterclass: old world vs new world 7000 Jars of Beer
21 TBC CirKT music festival launch

JULY

3 7.30am Riverside Pilates Flow Eagle Brewery Wharf
5-14 Various International Youth Arts Festival Multiple Venues
6 10am-12.30pm Tandoori kebabs & grills cookery class Chakra Riverside
7 4-7pm G&T tasting and make your own bunting workshop 7000 Jars of Beer
7 9.45am T2 x Sweaty Betty: Yoga and tea wellness masterclass T2
10 All day Summer of wellness workshop Food for Thought
11 11.30am Summer of wellness workshop Vorwerk
12 11.30am Summer of wellness workshop Vorwerk
13-14 From 9am Kingston Regatta Canbury Park Gardens
16 TBC Introduction to watercolour workshop with Pullingers Rose Theatre Cafe
16 6.45pm Summer food, wine & cocktail pairing dinner Bill’s
17 7.30am Riverside Pilates Flow Eagle Brewery Wharf
17 1-2pm Healthy eating advice John Lewis Community Hub
18 6.30-8.30pm Turk Launches Sipsmith gin tasting cruise Turk’s Pier
19 12-2pm Free sahaja yoga and meditation John Lewis Community Hub
20 2-4pm Henna workshop, canapes & cocktails Chakra Riverside
20 2-4pm National Mind Craftsmen John Lewis Community Hub
20 All day Celebrating Independent Retailer Month Ancient Market Place
20 All day Summer of wellness workshop Food for Thought

AUGUST

1 10.30am-12.30pm Indian starters & salads cookery class Chakra Riverside
2 Doors 7.30pm Pop Up Screens Outdoor Cinema: Labyrinth Canbury Gardens
3 10-12.30pm Indian starters & salads cookery class Chakra Riverside
4 7.30am Riverside Pilates Flow Eagle Brewery Wharf
5 All day Summer of wellness workshop Food for Thought
8 All day Summer of wellness workshop Food for Thought
8 7pm Belgian beer tasting 7000 Jars of Beer
8 Doors 7.30pm Pop Up Screens Outdoor Cinema: Moulin Rouge Canbury Gardens
9 11.30am Summer of wellness workshop Vorwerk
11 9.45am T2 x Sweaty Betty: Yoga and tea wellness masterclass T2
13 1-2pm Rosé wine tastings John Lewis Community Hub
14 7.30am Riverside Pilates Flow Eagle Brewery Wharf
15 All day Summer of wellness workshop Food for Thought
15 Doors 7.30pm Pop Up Screens Outdoor Cinema: Ghostbusters Canbury Gardens
17 All day Summer of wellness workshop Food for Thought
21 7.30am Riverside Pilates Flow Eagle Brewery Wharf
21 All day Summer of wellness workshop Food for Thought
25 All day Summer of wellness workshop Food for Thought
26 7.30am Riverside Pilates Flow Eagle Brewery Wharf
28 7.30am Riverside Pilates Flow Eagle Brewery Wharf
29 All day Summer of wellness workshop Food for Thought
29 7pm Domaine Bousquet wine tasting 7000 Jars of Beer
31 10am-12.30pm Indian seafood cookery class Chakra Riverside

SEPTEMBER

1 From 12pm Kingston Carnival Town Centre
5 7pm Beer 101: introduction to craft beer 7000 Jars of Beer
12 6-7pm Kingston Tour Guides’ annual pageant TBC
13-22 Various Kingston Heritage Fortnight Multiple Venues
24 All day Summer of wellness workshop Food for Thought
26 7pm Craft-spirits cocktail evening and masterclass 7000 Jars of Beer

At a glance diary of events

From wine tasting, cookery classes, craft sessions and wellbeing workshops to town-wide festivals. Here’s a taste of what’s on in Kingston this summer. For the full, up-to-date line-up, go to inkingston.co.uk

What’s On?
HERE’S A QUICK GUIDE TO SOME OF THE EVENTS AND FESTIVALS TAKING PLACE. HEAD TO INKINGSTON.CO.UK FOR MORE INFORMATION

INTERNATIONAL YOUTH ARTS FESTIVAL - 5-14 JULY
Returning for its 11th year, IYAF brings ten days of celebration, curiosity, and creativity to Kingston. This year’s programme is packed with thought-provoking, funny, beautiful shows that tell classic stories, tackle big subjects, and transport us to different worlds. Great shows for children and families, ground-breaking theatre and dance, live music, comedy and visual arts – there’s something for everyone! Don’t know where to start? Then check out some of their Festival Picks - a small selection of some of the wonderful shows coming to Kingston this summer:

GROWL - SAT 13 JUL
National Youth Music Theatre
An ingenious take on a classic fairytale from the renowned NYMT – GROWL is a new musical that tells the true story of the Big Bad Wolf. Written by best-selling children’s author, Timothy Knapman, this hilarious show for all the family.

Curiosity Week - 8-12 JUL
For the mini Festival-goers!
A week of fun for pre-school and younger children, headlined by two shows – Jack and the Beanstalk and Tom Thumb - from the fantastic children’s theatre company Lyngo Theatre.

Jumper Factory - TUE 9 JUL
Young Vic
A collaboration between the Young Vic and inmates at HMP Wandsworth, this intimate and powerful new piece explores the stories of people behind bars and the resilience they need to face a world that moves without them.

Sassy Stand Up - FRI 12 JUL
Featuring a line-up of some of the UK’s best new female comedians headlined by the brilliant Athena Kugblenu, Sassy Stand Up brings some very funny women to Kingston for a night of brilliant comedy.

STAGE SOUNDS - 6-7 JUL
Live in Kingston Market Place
The In Kingston music stage is back in Ancient Market Place over the first weekend in July. Grab a deckchair, sit back and enjoy a fantastic line-up of great new local, UK and international talent.

To see the whole IYAF programme and to book tickets, visit iyafestival.org.uk
KINGSTON REGATTA
13-14 Jul
Contested on the Thames since 1857, Kingston Regatta is a celebration of the riverside featuring over 720 crews from across the country competing in 320 races over the two days.

Just the other side of Kingston Bridge, the Regatta offers a brilliant summer day out with a public area to bring a picnic or enjoy a spot of lunch from one of the specialist street food stands along with lots of family entertainment while you relax on the banks of the Thames to watch all the action. Alternatively, why not get a group of friends and family together and upgrade your experience with a table at CNM Estate’s Charity Luncheon on Saturday 13 July. Hosted in a VIP marquee, you’ll feast on a three course summer banquet and enjoy live musical entertainment and an auction, all whilst raising money for a fantastic cause.

CIRKT - 21 JUN
This summer, venues in Kingston Town Centre and across the borough, will be showcasing the best emerging music talent in west London.

Building on Kingston’s rich music heritage, CirkT aims to connect venues, audiences and musicians, by building a music circuit, where artists can develop their craft supported by stellar names of the music industry.

Funded by the Mayor of London as part of the London Borough of Culture programme, CirkT will launch on the weekend of 21 June, building to a week long celebration of new music talent in November. Featuring performers chosen, supported and promoted by music industry mentors, this is your chance to hear a diverse range of artists creating their own exciting original sounds.

Visit www.cirkt.com to find out more

KINGSTON ROTARY DRAGON BOAT CHALLENGE - 21 Jul
If you’re looking for a fun day out by the river then don’t miss the annual Rotary Dragon Boat Challenge at Canbury Park Gardens. Hundreds of competitors in up to 60 teams battle it out on the river to determine who makes it into the exciting six boat final for the Challenge Cup.

Market stalls, sideshows, bouncy castles and rides for the kids go to make this a fun-filled day, that each year raises thousands of pounds for local charities.

THUMBS UP IT’S THURSDAY 25 Jul, 1, 8, 15, 22, 29 Aug
The ever popular Thumbs Up it’s Thursday returns during the school holidays with a host of low cost and free activities to keep the kids entertained.

There are plenty of craft workshops, storytelling sessions, river cruises, face painting and much much more, along with some great kids eat free offers at various restaurants around Kingston.

For more information and a view of the full programme visit our website at inkingston.co.uk
KINGSTON CARNIVAL
1 Sep
The sounds and colours from across the world will fill the beautiful Ancient Market Place as Kingston welcomes Carnival for a celebration of the borough's cultural diversity.

The procession starts at midday from the Guildhall with spectacular costumes and wonderful groups showcasing local communities, music, culture and food.

KOREA FESTIVAL - 14 Sep
A true celebration of Korean culture, Kingston Korea Festival and Harvest Fest is a free family-oriented event for all to enjoy. Taking place in Ancient Market Place, this year’s highlight will be a community dance project led by The Move, a professional dance company from South Korea in collaboration with LOKO (London KPop Dance Workshop), a well-established London dance workshop company. This unique dance project will engage with the local people to make a community dance programme together on the day - no experience necessary, just come prepared to get up and dance!

Also on the day, the Master of Kimchi Making, H.Y.Lee and the World Institute of Kimchi (WIKIM) are coming back to demonstrate how to make authentic Kimchi, plus there will be various events and activities to get involved in, including paper lantern making and the opportunity to try on traditional Korean costume.

Kingston Korea Festival is delivered by the Koran British Cultural Exchange in association with Totally Thames Festival and with support from Kingston First, Kingston Council and Overseas Koreans Foundation.

HERITAGE FORTNIGHT
13-22 Sep
Delve into Kingston’s heritage this September with a series of events and open house days celebrating the borough’s rich 1100-year history.

Visit inkingston.co.uk to find out more
7000 JARS OF BEER

Discover a whole range of new craft beers, artisan spirits and unique wines at 7000 Jars this summer with their jam-packed programme of events.

Thu 6 Jun, 7pm, South African Wine Tasting with Doran Vineyards, £25
Thu 20 Jun, 7pm, Whiskey Masterclass: Old World vs New World, £10 (redeemable against purchase on the day)
Sun 7 Jul, 4pm, G&T Tasting and Make your own Bunting Workshop, £25
Tue 30 Jul, 6.45pm, Beer Quiz, £7
Thu 8 Aug, 7pm, Belgian beer tasting, £24
Thu 29 Aug, 7pm, Domaine Bousquet wine tasting, £25
Thu 5 Sep, 7pm, Beer 101: introduction to craft beer, £18
Thu 26 Sep, 7pm, Craft-Spirits Cocktail Evening and Masterclass, £25

Visit inkingston.co.uk to find out more or visit the shop to book your place.

BILL’S

Three course, cocktail and wine pairing event to showcase seasonal produce and give some recipe ideas to cook at home. Plus takeaway seeds to grow your own!

Tue 16 Jul, 6.45pm, £29 per person

Spaces are limited, visit inkingston.co.uk to find out more and book your place.

THE BISHOP

Escape reality for a few hours with an immersive Murder Mystery Dinner packed with plot-twists, suspicious suspects and plenty of red herrings along the way!

Tue 30 Jul, 8pm, £40 (includes three-course dinner and a glass of bubbly)

Visit inkingston.co.uk to find out more and book your place.

CHAKRA

Throughout the summer, contemporary Indian restaurant Chakra will be hosting a number of events designed to uplift the soul. Events include Yoga, henna workshops and cookery classes with Executive Chef Satyabrat Jena, and each event includes refreshments or lunch to compliment the session.

Sat 8 Jun, 10am-12.30pm, Indian Street Food Cookery Class, £40 (includes lunch)
Sat 22 Jun, 10.30am, Yoga Class followed by a healthy indian lunch, £40 (includes lunch)
Sat 6 Jul, 10am-12.30pm, Tandoori Kebabs & Grills Cookery Class, £40 (includes lunch)
Sat 20 Jul, 2-4pm, Henna (Mehndi) Workshop, Canapes & Cocktails, £40
Sat 3 Aug, 10am-12.30pm, Indian Starters & Salads Cookery Class, £40 (includes lunch)
Sat 31 Aug, 10am-12.30pm, Indian Seafood Cookery Class, £40 (includes lunch)

Visit inkingston.co.uk to find out more and book your place.

EDEN WALK

Join Eden Walk for their Storybook Summer and enjoy a literary adventure of famous children’s authors each week with an assortment of free activities including workshops, storytelling and face-painting.

For full details, visit edenwalkshopping.co.uk

25 Jul, 1, 8, 15, 22 & 29 Aug, 12pm – 4pm

FOOD FOR THOUGHT

Food For Thought’s knowledgeable team are here to welcome you to a world of wellness. Do you need more energy and concentration? Or are you having difficulty switching off to relax or sleep? Would you like to get to the bottom of that niggling digestive issue...or know how to speed up your recovery from injury? For all of life’s ups and downs, see what they have in store to support yourself and enjoy life. To get you started, they’ve got a great line-up of in-store events this summer.

Sat 8 & 22 Jun, Summer recipe workshop with Vitamix
Thu 13 Jun, Male grooming workshop + artisan beer & pizza
Sat 20 Jul, Body beautiful summer makeovers & nail painting
Sat 17 Aug, Outdoor living

Visit inkingston.co.uk to find out more and book your place.

Release your inner Poirot

here's plenty to enjoy in the town this year, for the full up-to-date line-up, head to inkingston.co.uk
T2 WITH SWEATY BETTY

Restore balance to your mind and body with this morning masterclass combining yoga and a tea masterclass. First increase your zen with 45 minutes of yoga with a qualified Sweaty Betty instructor, then learn about teas that reclaim what it means to be well in a masterclass with the tea experts at T2.

Sun 9 Jun, 9.45am, Sun 7 Jul, 9.45am, Sun 11 Aug, 9.45am

Visit inkingston.co.uk to find out more and book your place.

TURK LAUNCHES

Take to the water on one of Turk’s famous paddle steamers for an evening of Sipsmith Gin tasting, expertly paired with Franklin & Sons Tonic.

Thu 18 Jul, 6.30-8.30pm, £20

Visit inkingston.co.uk to find out more and book your place.

VORWERK

Helping you on your way to a summer of wellness, innovative appliance store Vorwerk will be holding a series of workshops in their experiential kitchen in store. All events are free of charge, but must be booked in advance as spaces are limited.

Fri 7 Jun, Skin glow detox juice, smashed plum tomato with poached eggs, Fri 28 Jun, Porridge with pear compote
Fri 12 Jul, Hemp and matcha overnight oats, green glow cucumber pear juice, Fri 26 Jul, Versatile chunky soup, soda bread, Fri 9 Aug, Immune boost drink, soufflé with macaroni and manchego cheese, Fri 23 Aug, Green smoothie bowl

Visit inkingston.co.uk to find out more and book your place.
STAY IN TOUCH

Keep up to date with news and events happening in Kingston town centre and sign up to our newsletter at inkingston.co.uk

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