

Platinum

TEN GOOD IDEAS

BE INSPIRED!



Amy and Melissa of JamJar Edit



1

The art of pressing

A day of flower pressing, beauty and botanical wonder.

If you have ever wished you could hold on to the beauty of a summer garden a little longer, JamJar Edit might just be the answer. Founded by Melissa Richardson and Amy Fielding, this South London studio has quietly become one of the most enchanting names in contemporary botanical art, transforming seasonal flowers into exquisite, pressed artworks that feel genuinely timeless.

JamJar Edit sits alongside its sister company, JamJar Flowers, as a specialist flower pressing studio. Their work spans everything from small, framed specimens and beautiful affordable art prints to ambitious large-scale commissions for private homes and commercial spaces. They also preserve wedding flowers with enormous care – pressing and mounting bouquets into beautiful, elegant artworks

that last far longer than any summer vase of blooms ever could. It is beautiful, considered work, rooted in a deep love of nature and a modernist sensibility that gives every piece real artistic weight.

Their workshops, held at some of the most inspiring locations across the UK – from cutting-flower farms in Oxfordshire to the walled gardens at Highgrove – offer a rare day of genuinely slow, restorative creativity. Participants learn to select and press seasonal flowers, then compose and mount their own artworks to take home, along with a flower press they keep forever. Every workshop is beautifully hosted, unhurried, thoughtful and quietly life-enhancing in a way that feels increasingly hard to find.

This August, they return to one of their most special venues: Charleston in East Sussex, the legendary home and studio of Bloomsbury painters Vanessa Bell and Duncan Grant. It is hard to imagine a more perfect setting for a day of flower pressing – a house where art was never separate from daily life but woven into every surface and every room. Guests will learn the process, enjoy an exclusive tour of the house, and sit down to a delicious lunch made from locally sourced ingredients. Places are limited and workshops sell out quickly.

Visit jamjaredit.co.uk to book

Find your inner flower power

2

Celebrating a life less ordinary

Brighten your home with the joyful world of Donna Wilson.



'Where's the toast?' said egg cup. 'Late again.'

Scottish designer Donna Wilson has spent two decades turning colour, pattern and a lifelong love of craft into objects that genuinely make people smile. Her inspiration comes from the natural world – the colours, textures and rhythms of the Scottish landscape she grew up in. Brighten your home this summer with cushions in exuberant florals, bold ceramics and luxurious towels in rich saturated hues. Playful, cheerful and beautifully made.

donnawilson.com



A bird in the hand is worth two eggs in a cup – or something like that



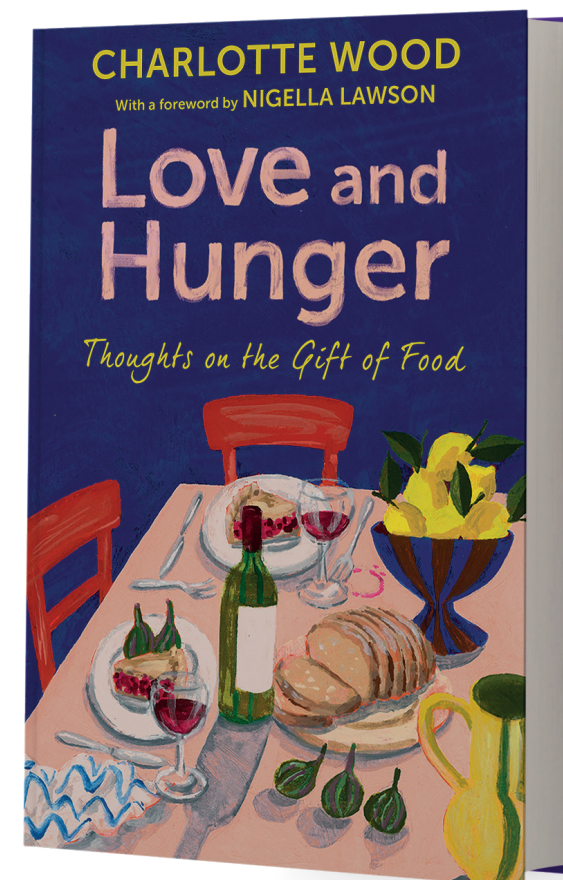
Donna Wilson – all round fabulous!



These will be the "good" towels



Love and Hunger: Thoughts on the Gift of Food (Sceptre, £20) by Charlotte Wood (left)



3 Non-fiction book of the month

Platinum's Non-fiction Editor Liz Allard recommends her favourite book this month: *Love and Hunger: Thoughts on the Gift of Food*

The latest book by Charlotte Wood, the award-winning Australian novelist and keen home cook who finds creative fulfilment in both writing and cooking, brims with practical tips, recipes and reflections on how food nourishes the soul as well as the body. For Wood, cooking is about making a daily chore joyful, where the ritual of sharing food is as important as the menu served up.

I'm hard pushed to pick a favourite essay from this collection, but if I had to, it would be *An*

expression of civilised cuisine: how to be a host, where Wood gathers her friends to hash out what makes a good dinner party. It turns out that it has little to do with fiddly, fancy dishes and everything to do with something far simpler: food you can cook with ease, perhaps a bowl of pasta, and, above all, a warm welcome, conviviality and generosity of spirit. Just as Wood suggests, I find myself gently exhaling, relaxing and thinking about a simple dish to serve friends and family at our next gathering.

Wood also reminds us of the power of food to console. She writes: "When things are too terrible to talk about, an offering of home-cooked food is a silent, loving letter telling your broken-hearted friend or your ailing aunt that they are not alone, that someone cares, that they are loved."

With her pleasure in turning the ordinary into the extraordinary – whether it's a new novel or her recipe for pomegranate honey – *Love and Hunger* is sure to inspire and bring joy. **Out on 20 August**

4

'Full of heart'

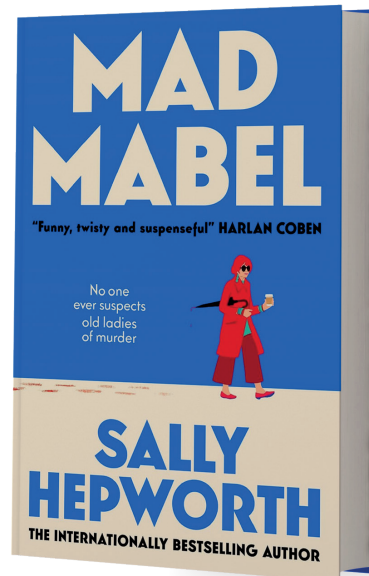
Adele Parks reviews one of her top books for summer

New York Times bestseller Sally Hepworth delivers a gift in every character. I love everything she's ever written so suggest you pick this up pronto.

Elsie Mabel Fitzpatrick is an unapologetically grumpy, fiercely independent 81-year-old. She lives in a quiet Australian suburb, and while she delivers a generous dose of judgement to her neighbours, there's a sense she wants to stay out of trouble. But trouble finds her

when one neighbour dies suddenly and Elsie's old secrets resurface; you can change your name, but not your past. Elsie was born Mabel Waller, known as Mad Mabel, Australia's youngest convicted murderer. It seems wherever she goes, people die. This bittersweet dramedy blends a present-day mystery with a compelling and compassionate look at the past.

Mad Mabel (£16.99, Pan Macmillan)



Lady Luck

Based on the bestselling novel of the same name, we meet con artist Lucky (Anya Taylor-Joy) who is forced to go on the run when a multimillion-dollar heist goes sideways. She's fighting for her life while being pursued by both the FBI and a ruthless crime boss – can Lucky find a way out? Annette Bening stars as dangerous mob leader Priscilla, and Timothy Olyphant is Lucky's father John.

Lucky, Wednesday 15 July, Apple TV+

5



6

Lust for life

Renton on stage



It's 30 years since the iconic *Trainspotting* came out – and now Irvine Welsh has penned a musical version of Renton, Sick Boy, Begbie et al's story. Welsh promises the energy of the original. "This musical has a bigger, loudly beating human heart than the book or film," he says. "People need to think about the world we're living in, but they also really need to sing their hearts out and laugh their heads off – it's what being human is all about."

Trainspotting: The Musical from 15 July Theatre Royal Haymarket, then touring

7

All rise

Edinburgh's unmissable festival of opera, music, theatre and dance returns, 7-30 August

Themed *All Rise*, this year's Edinburgh International Festival is one of the most ambitious in its history – 147 performances spanning opera, classical music, jazz, theatre, dance and visual art, with world premieres, legendary orchestras, extraordinary soloists and thrilling, bold new theatre from around the globe.

Visit eif.co.uk for tickets

This is a serious music festival, honestly





Layered chia, Greek yoghurt & berry compote pot

A beautiful, nourishing jar of goodness that's as pretty as it is good for you



Healthy recipe



SERVES 2

For the chia pudding

- 4 tbsp chia seeds
- 250ml milk of choice (almond, oat or dairy)
- 1-2 tsp honey or maple syrup (optional)

For the berry compote

- 150g mixed berries (fresh or frozen)
- 1 tbsp water
- 1 tsp honey or maple syrup (optional)
- Squeeze of lemon juice

To assemble

- 2 tbsp SUCSEED blend of your choice
- A handful of fresh redcurrants

1 Make the chia pudding (allow time to set): Mix the chia seeds, milk and sweetener in a bowl or jar. Stir well, leave for 5 minutes, then stir again to prevent clumping. Cover and refrigerate for at least 2 hours, or overnight, until thick and creamy.

2 Prepare the berry compote: Add the berries, water and sweetener to a small saucepan and heat gently for 5-8 minutes until the berries soften and release their juices. Lightly mash with a fork, add a squeeze of lemon juice, then allow to cool.

3 Assemble the layers: In two glasses, layer chia pudding, then Greek yoghurt, then berry compote.

Repeat once more for a beautiful, layered effect.

4 Finish: Top with a generous sprinkle of SUCSEED and a scattering of fresh redcurrants.

Why it works

Chia seeds bring fibre, protein and omega-3s; Greek yoghurt adds protein and beneficial bacteria; berries and redcurrants deliver polyphenols for microbiome diversity. SUCSEED ties it all together with a boost of diverse seeds and functional botanicals – and once you've tried it, you'll be hooked. It comes in four varieties: Energy, Focus, Immunity and Gut Health. [Visit sucseed.life](http://Visit.sucseed.life)

Ten good ideas



Listen to Young Again

The wisdom of hindsight, beautifully told



Kirsty Young looks for her next podcast guest

Beloved broadcaster Kirsty Young is on gloriously compelling form in this BBC Radio 4 podcast, asking fascinating guests – from Linda Evangelista and Tanni Grey-Thompson to Nigel Slater and Malcolm Gladwell – what advice they'd give their younger selves. She invites the guests to

open up on their pasts, revisiting those moments that truly shaped them – offering takeaways for the listener in the form of “what we've learned” about that week's guest. Wise, warm and often unexpectedly moving, it's a must-listen.

Available on all podcast platforms



Matt Damon as Odysseus is definitely worth a look

WORDS: EMMA COXON, CAROLINE BLIGHT, LIZ ALLARD AND ADELE PARKS. IMAGES: BRANDS' OWN; SHUTTERSTOCK; RECIPE IMAGE BY SARA KIYO POPOVA; EDINBURGH INTERNATIONAL FESTIVAL BY ANDREW PERRY; IMAGE OF CHARLOTTE WOOD BY CARLY EARL.

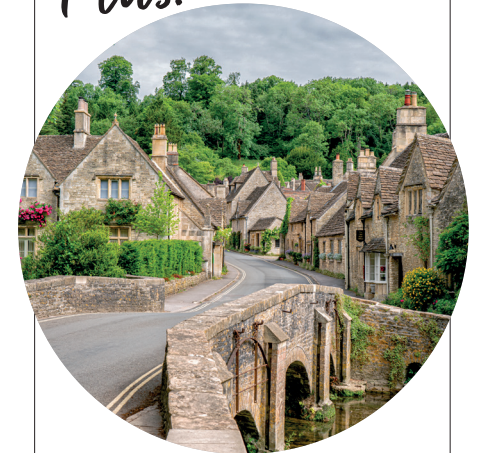


Epic storytelling

Acclaimed director Christopher Nolan has adapted Homer's ancient Greek epic *The Odyssey* to create the must-see movie of the summer, with a frankly enormous all-star cast. We follow Odysseus (Matt Damon), the King of Ithaca, on a 10-year journey home to reunite with his wife Penelope (Anne Hathaway) and son Telemachus (Tom Holland) after fighting in the Trojan War. Along the way he faces mythological monsters, angry gods and dangerous temptations.

The Odyssey, in cinemas from Friday 17 July

Plus!



IN OUR NEXT ISSUE

We will be reviewing the brilliant bolthole The King's Head, the Cotswold's best-kept secret. This summer, the Cotswolds is having a full-blown Rutshire revival with the second series of *Rivals* now streaming on Disney+. Jilly Cooper's world of Champagne parties, polo lawns and gloriously unsuitable men has made this gorgeous corner of England feel utterly irresistible. The Cotswolds has always been pretty. Now it has plot.

Subscribe now (p34) so you don't miss out on the September issue.