

creative

LCCA Student Magazine # 13

LCCA

London College of
Contemporary Arts

THE 5TH ANNIVERSARY ISSUE

Exclusive interview with Sagi Hartov

BRITAIN'S NEXT TOP MODEL

Indrek Galetin behind the lens

NICOLA BACCHILEGA

Surrealistic Extravagance SS18

SHEROES

International Women's Day

WALK THE WALK

Competing for a good cause

BBC AT LCCA

Royal Wedding Watch

FREE



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A WORD FROM THE EDITOR

We are thrilled to present you the latest issue of Creative magazine, which also marks our 5th anniversary! To celebrate the occasion we have showcased all previous issues on the back cover. What an amazing journey we've had and we'd like to send a huge thank you to our audience and to all contributors for making Creative such a success!

Check out our exclusive, heart-warming interview with Executive Dean, Managing Director and co-founder of the London College of Contemporary Arts, Sagi Hartov, where he speaks about his unique experience of seeing all students as part of his family.

Nicola Bacchilega's almost surrealistic extravagance in his latest collection and Indrek Galetin's photoshoot with Britain's Next Top Model candidate Alisha White are prime examples of how our alumni continue to make us proud.

Some of our other latest highlights include the BBC filming a documentary at LCCA for the Royal Wedding Watch and students teaming up to design for Walk the Walk breast cancer charity. Find out all about this and more in the next pages.

Enjoy!

Jackson

bauhauslerins

Pioneers of design

When the most influential school in the history of modern design, the Bauhaus, opened in 1919 declaring equality between the sexes, more women applied than men. With its centennial fast approaching, it's time to shed some light on how this self-proclaimed equality worked in practice and why its female students never received as much recognition as their male counterparts.

Written and designed by Maria Agra, guest writer

Before architect Walter Gropius founded the Staatliche Bauhaus in Weimar, German women from affluent families received art education with private tutors at home. His school provided women with the opportunity of education and artistic development.

However, even though we tend to associate the Bauhaus with radical views and modernism, Gropius's vision was somewhat medieval, as he encouraged female students to pursue "women's work", primarily in the Webereiwerkstatt (Weaving Workshop) and ceramics, rather than in male-dominated mediums such as painting and architecture. He believed women only had the ability to think in two dimensions, rather than in three like men.

As the Bauhaus evolved, students like Lucia Moholy and Marianne Brandt were able to specialise in other programmes as well, thanks to the influence of Hungarian artist, László Moholy-Nagy, who joined the school in 1923, following the departure of Johannes Itten. Moholy-Nagy took over Itten's role in teaching the preliminary course alongside Josef Albers and also replaced the Swiss painter as Head of the Metal Workshop.

After Moholy-Nagy's departure in 1928, and by the time Mies van der Rohe was appointed director in 1930, the Bauhaus had essentially become an architectural school where there was little place for women to shine. The school had moved to Dessau in 1925 and would eventually relocate to Berlin in 1932, where it would close in 1933, after facing constant harassment by the Nazis.

Amongst those women who attended the Bauhaus, we will find familiar names such as Anni Albers and Marianne Brandt. Other fascinating stories of students whose careers and lives were, in many cases, cut short by the advent of World War II, hide behind names such as Alma Siedhoff-Buscher, Friedl Dicker, Ilse Fehling, Marguerite Friedlaender-Wildenhain, Gertrud Grunow, Florence Henri, Lilly Reich, Grete Stern and Lou Scheper.



Anni Albers 1899–1994 ●

Berliner Anni Albers produced drawings and paintings while studying under impressionist artist, Martin Brandenburg. She attended the Bauhaus as a student from 1922, but was discouraged from becoming a painter. Instead, she specialised in weaving and merging textiles with abstract modern design. Probably the best known textile artist of the 20th century, she went on to become the first textile artist to be exhibited at the MoMA. She also taught at the new Black Mountain College in North Carolina and made fabrics for design-led companies like Knoll and Rosenthal.

Marianne Brandt 1893–1983 ●

Brandt was trained as a painter, but in 1923 became the first woman admitted into the metal-work programme at the Weimar Bauhaus, studying under Moholy-Nagy and eventually became the workshop's studio director in 1928. After leaving for Berlin in 1929, Brandt worked for Walter Gropius in his studio. Brandt's iconic designs for tea and coffee services, lamps and other household objects are recognized as among the best of the Bauhaus. They were among the few of the school's designs to be mass-produced before WWII.

Margarete Heymann 1899–1990 ●

Grete Heymann-Loebenstein was a ceramicist who came to the Bauhaus in 1920 after studying art in Cologne and Dusseldorf. In 1923, she established the very successful Hael Workshops for Art Ceramics, which employed 120 people. However, as a result of her Jewish faith, she was forced to sell her business, and in 1935 her artwork was publicly derided as "degenerate" by the Nazis. Grete moved to England in 1936 with the help of Heals, whose London store had previously sold her work. She continued to produce ceramics and paintings until her death.

Lucia Moholy 1894–1989 ●

Lucia Moholy studied philosophy, philology, and art history at the University of Prague. After marrying László Moholy-Nagy in 1920, they would spend five years at the Bauhaus, where she explored photography. Moholy documented the Bauhaus life through her photographs, that became essential in the construction of the identity of the school. After fleeing Germany in 1933 and leaving all her negatives behind, she struggled to receive recognition for her work while Gropius used her photographs without crediting her name.

Gertrud Arndt 1903–2000 ●

After working for several years as an apprentice to an architectural office in Erfurt, Germany, Arndt won a scholarship to pay for her studies at the Bauhaus. She learnt the school did not yet have a department of architecture after her arrival in 1923, and was sent to the weaving workshop instead. Having developed an interest in photography as an apprentice, she produced a series of inventive self-portraits, which she called 'Mask Portraits', which pre-date the work of Cindy Sherman and other post-modern artists. She never worked in textiles or weaving again.

Gunta Stölzl 1897–1983 ●

Stölzl joined the Bauhaus as a student in 1920. After graduating, she returned to the Bauhaus to lead the weaving workshop in 1926. She became the first female department head, and was the only female master at the school. The textile department was a neglected part of the Bauhaus before she took lead, bringing ideas from modern art to focus on designing and weaving abstract textiles for commercial use. Under her direction, the workshop became one of the most successful faculties of the Bauhaus, providing much needed funds for the school.



Clockwise from right: 1. Lux Feininger, Female Bauhaus students on staircase, c.1927 / 2. Coffee and Tea Set, design: Marianne Brandt · photo: Lucia Moholy, 1924 / 3. Gertrud Arndt, Maskenfoto, Dessau, 1930 / 4. Masters' Houses, semi-detached house Kandinsky-Klee from north-west, architecture: Walter Gropius / photo: Lucia Moholy, 1926. Bauhaus-Archiv Berlin · © VG Bild-Kunst, Bonn 2016

SPRING SUMMER 2018 COLLECTION BY LCCA ALUMNI

nicola bacchilega

Written by Nahuel Contreras, guest writer



For SS18, Nicola Bacchilega continues to deliver a form of escapism in fashion, satisfying our yearning for the unconventional. Conceptualizing 'Ad maiora', the Latin adaption of 'towards greater things', Bacchilega proves the pertinence of this proverb by centering the 70s, an era symbolic of transgression, as a source of inspiration for the collection. Nostalgia and introspection are at the helm of Bacchilega's creative thought process, from referencing his hometown of Faenza, Italy, to his childhood dreams and the significance of marine life.

Silk's innate opulence and fluidity lends itself well to channeling Bacchilega's aquatic colour palette. Slits and cutouts in geometric shapes are rhythmically carved into several pieces, in washes of pink, red, blue and green.

CREDITS:

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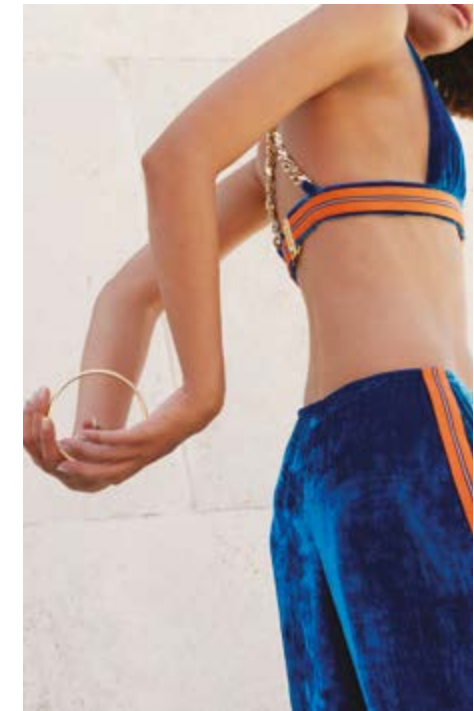
Models: Irene Capi

However, the collection's use of gold is possibly the most majestic part of the colour spectrum. Bacchilega divulges that his fictional muse is 'The Golden Overwoman' are interpretation of the term 'Übermensch', which translates from German to 'Overman', and refers to philosopher Friedrich Nietzsche's conception of a man who surpasses conventional human behaviour and strives for values of emancipation.

Paramount to the collection are elements of golden ceramics, which are moulded and glazed in Faenza, Italy - a city noted for ceramic. From the gold chains used as accents, crossing over exposed backs and incorporated in buckles, the presence is apparent;

"Gold reflects light, which represents the sun and is the origin of divinization"

explains Nicola.



The asymmetrical jumpsuits and tailored tracksuits, equipped with an armored sleeve, are emblematic of how Bacchilega is able to seamlessly merge two distinct periods of time - Romanesque and the 1970s - and deliver a contemporary collection, swathed in silk chenille.



The collection is divided into several themes that manage to tie together, due to Bacchilega's versatility as a designer with a formative background in sculpture. The wearable 'Golden Ceramic Sculpture' is emblematic of Bacchilega's proclivity for decoration and detail, and it would seem that the process of creating golden warrior-like armour is as strenuous as designing a seasonal collection; "in order to get a metal effect, the ceramic is fired three times; the first fire is called biscotto, the second fire is a white glaze called majolica, and the third fire is pure gold and applied with a brush in liquid form," narrates Nicola.

It is Nicola Bacchilega's almost surrealistic extravagance that will establish his SS18 collection as an opus. From an elaborate orchid silhouette, to the wicker-like teal dress, Bacchilega's use of gold, dreamy silks, vivid colours and fluid tailoring, combined with a strength in cultural referencing, continue to establish the brand within the realms of contemporary fashion.

www.nicolabacchilega.com @nicolabacchilega

A black and white portrait of Sagi Hartov, a man with dark, curly hair, wearing a striped shirt and a suit jacket. He is looking directly at the camera with a slight smile.

Exclusive Interview with Sagi Hartov

Executive Dean and Managing Director of LCCA

Interviewed by Joana Nunes, staff writer

What role do you think Creative plays in bringing students and the college together?

Creative is an essential tool of communication between students, a place where students can show their work and their success in their chosen subjects.

Some students begin their own start-up companies, some of them exhibit their work outside LCCA and show their life inside the college, class projects, job affairs, etc. It is a really great tool for students to know what is happening in LCCA, and serves the existing students and alumni. They are able to share their achievements with us and show their vision and success to current and future students. It is a platform that gives motivation to students that are thinking of applying to LCCA. It gives students the confidence that our courses will lead them to future employment.

Why do you think it's important to support creative arts?

For the general public, arts is a as non-essential subject. It is seen as a part-time industry, only serious if someone has the talent for it. It is only appreciated when we get older and get more mature, and this is a shame!

We have two types of students here at LCCA: very traditional ones, the young ones that have an ambition of becoming artists from a young age and the more mature students joining the arts, above the age of 20.

Mature students usually have a bit more passion as they never thought they could succeed and be able to get an arts education. Most of the time, these are the ones achieving better and higher results than the 'traditional' ones.

It is very important for a college to support the arts for generational legacy and culture heritage. Art is an amazing tool to express our feelings, to give comfort and relaxation as an individual, and be able to inspire and give creativity. All these things are only possible through anything that requires the use of our both hands; this is arts.

What do you love most about LCCA?

I love many things about LCCA. I am lucky enough to say I am a co-founder of this college. For me, LCCA is the daily engagement of students with academics, with the community and the employment industry.

We pride ourselves to be seen as a coach in students' lives and helping them to show the best of themselves.

One thing that I like the most about LCCA is to see the graduates when I visit businesses and they say to me "Dean, I have studied in your college". It gives me a lot of pride seeing students succeeding in their careers through LCCA courses, be it our fashion courses or our photography, or even students that want to exhibit their work in our college.

It is an enormous feeling of fulfilment, having the chance to follow our students from day one until their graduation. It is an achievement for us at LCCA to see students succeed in their career and lives.

What makes LCCA different?

There are a few things that make LCCA different. One of them is being a young school, being in the category of 'making art work'.

The most challenging sentence in art is employability. From my experience, I can say for a fact that this is where all top academic institutions struggle. LCCA focuses on career support and career events.

Another reason LCCA is different, is our structure - the fact that we have small classes and a very individual approach from teachers to students. There are very few institutions that offer classes with 15-20 students only in a class. In today's world it's almost impossible to have this kind of luxury. We are very proud of this.

Another reason is the fact that we have an open door policy inside

the college, both for our staff and students. We welcome ideas, we care about people's opinions and we are always looking at ways to make the education we offer more modernised. We look at how to create greater collaboration between departments, we look at more social events and at the end of it, we want to offer a warm and safe environment - a 'homey style college'. I believe when the staff are happy, students are happy.

"We pride ourselves to be seen as a coach in a students' lives and helping them to show the best of themselves."

The majority of our staff have established good relationships between themselves, they are happy to come to work, and are proud to work here. A lot of our students love their academics, they feel very engaged with their courses, and appreciate the academics' effort in delivering courses.

As we are still a young institution, we still have opportunities to explore, we have much flexibility and ability to update our curriculum more often depending on employability needs.

What are your hopes for the future of LCCA and the arts in education?

This year, we want to take into consideration student and staff ideas. These actions will create a change and make the environment and our success rate more positive. We have achieved quite a lot on that side but need to get to 100%.

LCCA this year is looking at a UK university partner to support students in their final year of studies by allowing them to complete their qualifications in an industry of their choosing. I hope students can appreciate this and see this as an opportunity.

Regarding the future of arts and education, I think some of the most important things, just like in LCCA is networking, employability, and more exposure for the general public.

Here in the UK, we will be able to open our doors to more international students. It will not only benefit us, but them also. One of the

most important things in arts and business, and in a better society, is understanding and learning about the success, ideas, and mistakes of others. Having a wide audience will make arts more global.

What kind of an impact has LCCA had on its students that you know of?

"This question is one of my weaknesses. I've seen students who I would never have given a chance, and they have proven me wrong, as they have become the most successful ones.

"The stories are plenty, we've had students that had no chance in other institutions, with very tough home environments who still followed their passion to become an artist. I am so proud of them, they stayed, they worked until late, and they used to come on the weekends. We've have a few in photography, fashion, and computer gaming.

"On the other hand, some students come with no arts experience, and they are more business and management oriented, and they succeed in employment.

"LCCA is networking, employability, and more exposure for the general public."

"The main difference we have seen here is in the arts subjects, art has no language, it allows students with strong talent and hard work to achieve the best results and starting their own careers.

How has LCCA changed your life?

During the last 7 years of the creation of LCCA, I got married and I have two children, and I saw hundreds of students graduate. LCCA grew with me too, with myself and as a father. This is a very unique experience for me, I see each student nearly as part of me and as part of my family.

I have a responsibility to all the students here, and the staff, in making sure all of them are happy and that our academic partners are satisfied with our delivery, this is something that grew with me and allowed me to view things more openly, and gave me the opportunity of overseeing everything.

IT'S SHOREDITCH Beach

By Alberto Moreno, staff writer



Alberto Moreno, LCCA graphic designer speaks about his latest artwork featuring graphic design, illustration, photography and fashion.

Having worked in the graphic design field for over 10 years, Alberto shares his experience of what it means to be a graphic designer and an artist.

My greatest passion is doing illustrations. I produced several exhibitions about my work in Spain and I am currently working on a new series of illustrations called "Feelings", some of which you can already see here. My current work goes beyond galleries and private collections. It moves into the realm of fashion and clothing embellishment. Individuals of various age groups are constantly on the lookout for unique, exciting designs which are not mass-produced.

"Feelings" is about the beauty which is invisible to the eye. It is about the thoughts and emotions on our minds whenever we see an object. With these provoking illustrations, I am trying to push the boundaries and add an element of humour to the art. The message I want to convey is to not be afraid to express yourself. Be bold!

>>>



The concept behind the photo shoot follows this principle. A model dressed in beach clothing and accessories parading through Shoreditch, which is one of the areas of cosmopolitan London where there is no beach in sight.

If I were to give a piece of advice, it would probably be that "whatever you do, you should do it with your heart. Do not stop fighting against conventions, even if they are very opposed to the established canons."

My suggestion to up-and-coming artists is to be passionate about following your dreams and never give up. Anything is possible.

**Normal is boring.
Be different and set the trend!**

CREDITS:

Art Director: @alber_moreno

T-shirt Designer: @alber_moreno

Photographer: @javier_malo

Assitant: @franittographic

Model: @sissy_krissy87



1



2



3

FEELINGS

It is a collage series inspired by the beauty of nature and the individual.

In a world where the external image is everything, I want to reflect the opposite - the beauty and the feelings that we hide inside of us.

The flowers (1,3) represent joy, passion, sweetness and purity that we possess.

When we feel good with ourselves, beauty explodes as if you were a vase full of flowers, or unexpected situations in which you run out of expression explode out of your face.

Landscape (2,5) is everything that enters your visual field. It reflects our feelings of loneliness on a dark path to light, or a future where you imagine an ideal landscape that you can reach.

The thinker (4) is a representation of our self in the past, present and future looking for balance and union of oneself.



4



5

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'Sheroes'

By Diana Ghetau,
HNC Photography

International Women's Day



Photography by Diana Ghetau

"20 UK and international artists gave voice to silenced and overlooked heroines of history at SHEROES Exhibition, from the creative platform Lon-Art. I have noticed the diversity of art forms present at this show such as photography, film, video, sculpture and installation. The curator of this impressive show was our photography teacher, Ana Escobar. I was happy to see

that Jacqueline Taylor, who used to teach at LCCA, performed in this show too.

SHEROES took place at Ugly Duck and it happened to coincide with International Womens Day - 8th March. I can say that the show was a huge success, considering that the gallery was overcrowded by art lovers."



Photography by Diana Ghetau

WHAT WAS THE SHOW ABOUT AND WHAT DID IT WANT TO CELEBRATE?

Sheroes was born out of the insulting few stories celebrating achievement made by women, along society and history.

The show aimed to highlight hidden her stories, both of well-known and unknown women, of ordinary super-sheroes as well as of those who opened the path to positive representation of female leaders for women of the future.

WHAT WAS IT LIKE TO CURATE THIS SHOW?

When Lon-art contacted me I felt honoured and excited. Cristina Cuevas and I co-curated and collaborated closely together for a number of months, taking decisions on the narrative within the space at Ugly Duck Gallery, selection and deadlines as well as artists' communication. Along the way I heard several amazing stories of unknown women that really made me re-think the underestimated capacity of women for strength and battling.

Also, my personal standpoint in feminism is that all genders are to work together in order to establish a fairer society for all of us to benefit from. It was personally very satisfactory to see the amount of male and gender neutral artists submitting work, as well as collaborating for this project.

with Ana Escobar, LCCA academic



www.anaescobar.net (commercial)
www.thespacebetween.eu (art)
[@anaescobarph](#) (commercial)
[@escobar_between](#) (art)

WHAT IS THE MESSAGE YOU WANTED TO SEND?

While I was curating the show, I took part in a tour at The National Gallery, run by Lon-art.(<http://lon-art.org/events/women-national-gallery/>). I learnt that out of the almost 5000 paintings owned by the gallery, all of those paid by public funding, only 17 (17!) of those are under the name of female painters. And sadly, it is not due to the lack of paintings on auction from the period of art covered by the gallery.

This is the kind of message we wanted to send. We are not used to seeing women as artists, leaders etc that we don't even notice it. It is hard to believe and be inspired by what cannot be seen. The show was about making visible the invisible. 'Sheroes' is a celebration to all those unsung women.

I CAN TELL THAT THE SHOW WAS A SUCCESS. DID THIS EXCEED YOUR EXPECTATIONS?

Absolutely yes. The show opened on International Women's Day, and many other great shows focusing on women, were opening in London. Opening day was a success especially due to the energy in the rooms, the celebration of the artworks and the quality of the several live performances that took place. The rest included workshops including family events and a DJ who was phenomenal. It obviously made us all very happy. We are ready now for the next one.



Photography by Diana Ghetau



Photography by Diana Ghetau

www.dianacrownpictures.com @dianacrownpictures



Photography by Yani Hristov

LCCA PRINT ROOM FACILITY

A SHORT INTRODUCTION TO THE PRINT ROOM.

Jue: The Print Studio is a room where students can explore different print techniques to create unique textiles pieces. The studio is equipped with a large print table, heat presses, a dye sublimation machine, exposure unit and a variety of silkscreens sizes. The room is designated to textiles students however, we also welcome other creative individuals to join our open access sessions if interested in learning print.

Alice: The print studios are a new facility to LCCA that allow fashion students to get their designs onto fabrics by using the screen printing method. We also run workshops for all other students based on their course requirements. Despite being dedicated to printed textiles, we are able to print on most flat surfaces, therefore any student interested in the process can come and explore their ideas with us. Our contact details, opening hours and open access information can be found on our studio door.



Photography by Yani Hristov



Photography by Yani Hristov



Photography by Aneta Racheva

WHAT EXCITING THINGS DO STUDENTS GET TO LEARN AND DO IN THE PRINT ROOM?

Jue: In our studio, students get to learn exciting techniques such as flock, foil, fabric dying, puff binder and much more.

We motivate students in being creative by combining different techniques together and have courage to take risks.

Alice: Once students learn the basics of screen printing, we encourage them to experiment using an extensive range of tools and techniques that manipulate a textile. These include making the surface shiny, matte, velvety, glossy, puffy, holey and so much more. The most appealing aspect of screen printing is that it's a manual process, making it subject to human error, this means the results are sometimes unexpected and far more exciting than imagined.



HOW DOES THE PRINT ROOM PREPARE STUDENTS IN TERMS OF EMPLOYABILITY?

Jue: Here we give all the tools and support needed for every student to succeed, however, it is up to every students to work hard and give 100% in their work.

Alice: The skills learned in our studios equip students with a valuable insight to processes used in a range of creative industries, from fine art to fashion. This knowledge can be applied to a variety of professions, giving our students wider employment opportunities.



Photography by Aneta Racheva



Photography by Aneta Racheva

Alice Idriss and Jue Djalo: Print room technicians

Aneta Racheva and Yani Hristov: HNC Photography students



BRITAIN'S NEXT TOP MODEL

BY INDREK GALETIN, PHOTOGRAPHY ALUMNI

LCCA Photography alumnus Indrek Galetin collaborated with Alisha White from Britain's Next Top Model for one of his projects and had his work featured in a fashion magazine.

Alisha was second on series six of the British show, and then reached the top four in season 18 of America's Next Top Model.

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SNAPSHOT

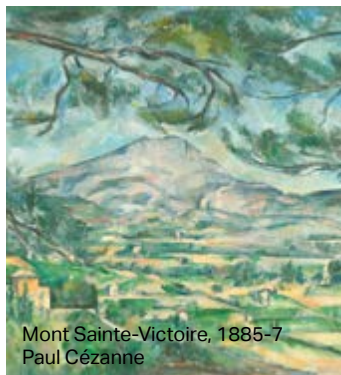
A visit to The Courtauld Gallery

Somerset House, London

As Art and Design Foundation students at LCCA, we have studied and discussed Impressionism and Post Impressionism. These movements are associated with some of the most iconic artists in modern history. Their work is characterised by their treatment of movement and light, capturing fleeting moments and moving towards a more abstract form of painting where the effect of the painting itself is more important than its content.

In Nick Pearson's lectures, we saw many famous Impressionist and Post-Impressionist paintings projected on the screen and we learned something about the lives and times of the artists associated with the movements, e.g. Renoir, Degas, Van Gogh and Cézanne, to name but a few.

It's one thing seeing photographic images of iconic art projected on a classroom screen, but surely nothing could compare to seeing these works of art first-hand to make a true personal assessment of their merit.

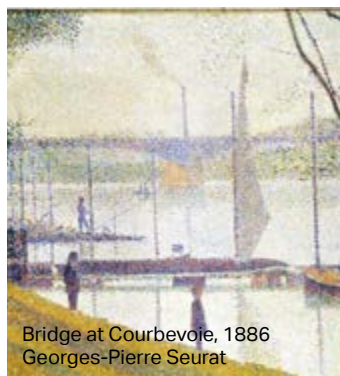


Mont Sainte-Victoire, 1885-7
Paul Cézanne

In lectures, Nick enthused about this painting. He spoke passionately about the way Cézanne had adjusted the actual view of the landscape to create a more dramatic painting.

The tree trunk in the foreground frames the image, but extends its branches out and over the scene, becoming almost one with the sky, playing with our perception of distance. The branches are echoing the contour of the mountain, creating a flow and movement.

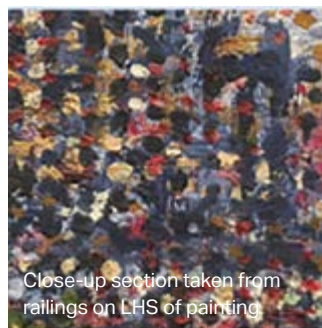
Despite Nick's enthusiasm, I wasn't enamoured by this work. I found the image flat and the colours muted. The trees appeared menacing and angry to me, casting a shadow over the beauty of the landscape. I also feel Cézanne could have made more of the light; it felt quite a sad painting to me.



Bridge at Courbevoie, 1886
Georges-Pierre Seurat

In the lecture, we learned that Seurat used colour science to develop a technique known as pointillism. This involves painting individual dots of colour, which are mixed by the eye and not on the palette.

On the screen, the work appeared muted in colour; the disconnected dots gave the painting a ghostly, slightly ethereal effect. I imagined Seurat working painstakingly on this painting, building up dot after dot of colour to produce this effect. Even though I found the image overall, a little twee, I was keen to take a closer look at pointillism.



Close-up section taken from railings on LHS of painting

SPRING INTO ACTION

By Alexander Kennedy, staff writer

With the winter chill fading, spring is starting to bloom. Much of the nature and culture in the coming months ties to rebirth, renewal and new beautiful sights budding.

It is time to come out of the hibernation that happens in the colder months and look outside your comfort zone and search for inspiration and catalysts for new work. With this at the forefront of your mind, the coming weeks are a great time for new experiences around London.

EXHIBITIONS

There are some great exhibits from the V&A, Hauser & Wirth, Tate Britain, ICA and the National

By Carrie Bateman, Foundation Art and Design

I felt a new admiration for the skill and perseverance of this artist, which I hadn't acknowledged in class; It was almost a magical experience. Close up, almost any section of the painting could have been cropped to be a little abstract artwork in its own right and yet standing back, the colours merged to become quite drab and 'rainy day' looking.

This is a really great example of how a work of art (and the artist) can be better appreciated when seen first-hand.

During the visit, I saw many iconic Impressionist and Post-Impressionist paintings as well as the work of some other modern artists. I found the thickly layered black, white and greys of Carreras Factory at Mornington Crescent (1931) by Frank Auerbach haunting, fascinating and well worth a closer inspection.



TO BEGIN MY ART CRITICISM, I DECIDED TO SELECT 2017's ARTIST OF THE YEAR- JEAN-MICHEL BASQUIAT.

Jean Michel Basquiat was born in 1960 in New York. Even though he only lived 27 years, that was enough for him to achieve what we denominate as SUCCESS.

His successes include developing an anti-artistic movement (non-expressionism) and getting it to become a new artistic movement is the same as spitting in the face of the government, and leading to its fall. It looks impossible but Basquiat did it.

His fame is not new, but during 2017 Basquiat was 'on fire' again because of the price that one of his pieces reached at a Sotheby's auction. On 18 May 2017 his 'Untitled' piece set a new world record, being sold for £83 million, making him the most expensive American artist ever.

You might be thinking that this value is profuse, but if we go back a few centuries, even Adam Smith would defend that the exuberant rewards of the artists were fair, because the rarity and beauty of the talents. The discredit of the artists, was unfortunately perceived (and still) has public prostitution.

More than an art genius, Basquiat was a marketing genius. His art, which was previously sold as 1 dollar postcards on the street, is being sold for millions today. Doing graffiti in Downtown Manhattan signing as SAMO, was what attracted art dealers and galleries. Annina Nosei was the gallerist that got the artist in 1981 on her gallery in a non-tragic apotheosis that ended up selling out the artist pieces in one night.

Soon arrived partnerships with Andy Warhol and a beautiful romance of friendship between the two ending in their death in the same year. Basquiat was able to show the world that art does not intrinsically need to be beautiful, thus putting us in touch with the most human

BY Mariana Custodio,
BA Fashion Design alumni

visceral emotions, waking us of a rotten peace to a reality that we ignore in order to fall asleep.

A Basquiat painting is a poem without words, and if a picture is worth a thousand words, a Basquiat painting is the best example of it.



BBC at LCCA

By Irina Gedroyts, staff writer

A group of LCCA students participated in the show 'Royal Wedding Watch.' The series follows the relationship between Prince Henry of Wales and Meghan Markle.

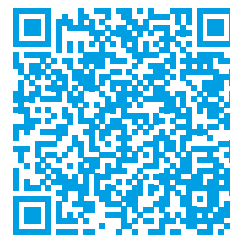
Five LCCA students were invited to feature in the show and asked to recommend a wedding dress design for Meghan Markle. Prior to the show's shooting, they came up with potential design options, prepared mood boards, worked on sketches and selected materials. The students were filmed discussing the designs they have suggested.

Reunne Green, HND in Fashion & Textiles, commented: "I love wedding dresses and watching wedding shows. I know what looks good and got to put my flair into designing a dress. I designed a corseted wedding dress with huge pleats and copper mesh with accents.



The project was coordinated by Sadie Clayton, BA Fashion Design Course Manager at LCCA, and the show was broadcasted in the USA by Public Broadcasting Service (PBS).

Video link:



"THE SHORT TIME SCALE WAS CHALLENGING, BUT I ENJOYED HOW WE ALL WORKED TOGETHER FOR THIS."



Sadie Clayton (LCCA's course manager for BA Fashion Design) presented her A/W 2018 collection at AltaRoma, Rome's biannual fashion week.

The event focused on celebrating diversity through innovative fashion and design, featuring 16 models of different sizes and ethnic backgrounds. Sadie, who is known for incorporating copper into her dresses, was honoured to be invited.

"I'm a fusion of races and places, so for me this event was a perfect fit," she said. "Being of mixed race, I grew up feeling very different, but I decided to embrace that diversity and incorporate it in my creation."

The show was promoted by the British Ambassador to Italy Jill Morris, and took place at her ambassador's residence as part of the Fashion Is Great campaign.

LCCA lecturer at Rome Fashion Week

By Fabiana Forni, staff writer



Walk the Walk

By Irina Gedroyts, staff writer

LCCA has teamed up with charity 'Walk the Walk' to raise money for breast cancer and students were presented with the opportunity to dress the founders of the charity with their signature, customised brassieres.

The participating students had several weeks to create rough sketches of their ideas and reveal an eye-catching bra to match this year's theme – The Wild West.

The charity founders visited LCCA to select their favourite designs and announce the winners. The overall winner was Camelia Hunt (HNC in Fashion & Textiles) and the pictured bras were designed by Holli Henry (BA Fashion Design), Melina Rassaa (HND in Fashion & Textiles) and Carla Vicente (HND Fashion & Textiles).

A big thanks to all the participating students for taking part in this amazing project to help a good cause!



Photography by Janaka Vidanagama



Photography by Janaka Vidanagama



Photography by Janaka Vidanagama



Photography by Janaka Vidanagama

Alessandra Maffei, staff writer

As most of you might already know, Mother's Day is celebrated on various days in many parts of the world and this year it was celebrated on 31st March in the United Kingdom. However, most countries do celebrate on 13th May and this date is known as International Mother's Day. On this occasion, we asked a few international students from the London College of Contemporary Arts (LCCA) to share their thoughts with us about motherhood and what being a mother truly means to them.

International Mother's Day

Mary

from Congo, currently studying Hospitality Management at LCCA and dreaming of running her own guesthouse one day. Mother of three – respectively 12, 11 and 4 years old, Mary claimed that the most rewarding aspect about being a mother is seeing her kids perform well in school and be kind to each other. Showing a great deal of honesty, she also admitted that the most challenging aspect of motherhood is having to realise that her kids won't stay little forever.

Yelena

has been living in London since 2006 but is originally from Almaty, Kazakhstan. Currently studying Fashion and Textiles, she aspires to establish a school for unprivileged children in her home country. Mother of two boys aged 10 and 8, she thinks that the most challenging part of motherhood has to do with helping her children gain their own experiences and become more independent.

Diana

is originally from Romania but she moved to London at the end of 2014. Currently studying Photography at LCCA, her biggest dream is to become as famous as her idol David LaChapelle. She is mother of a 3-year-old boy and she finds motherhood very challenging but also very rewarding. "The most challenging aspect is to be patient even when you can't" she admits. "But then" she says "when your child says that he loves you, you know you're doing great as a mum". When asked where she finds the inspiration to be a good mother, she admits "My mum is the person who inspires me".

Samantha

from Montserrat who's been living in London for 22 years. Currently studying Business Management, she is also a mother of 3 children aged 12, 10 and 2. Although it is hard to combine her home life with being a student, the best part of being a mother, for Samantha, is seeing her

kids happy. A mother – she says – is someone who ensure their kids are a priority and love them unconditionally. When asked who her role model is, Samantha admits that her kids and her desire to make them happy is the inspiration she needs in order to be a good mother.



The Mother's Day campaign was lead by Social Media Executive, Olivia Wingrove with help from her colleagues, Maya Essu-Taylor (Social Media Executive) and Alessandra Maffei (Communications Manager).

By Rineya Umran Ka, HNC Business Management

I'm writing this article at 11pm on a Saturday night in late April 2018. I'm dwelling in the sanctuary of my home in South East London, taking in the serenity and comfort of my candle-lit room with it's different textured walls adorned by erotic yet tasteful art of beautiful ebony women and empowering affirmations.

I have an oversized brown and black vintage clock which is a feature piece on the wall that faces my bed and the soothing scent of lavender flirts with my nasal passages, opening me up to relaxation. The rhythmic tick tock of the clock acts as my background music, it's two giant friendly hands appease me to dance, a gentle reminder to rejoice in the fact that I still have time.

But why am I telling you this? Well, in late April 2017 I was sat in this same room, the difference being it had no feeling, no animation, no life. Much like myself, it was empty, cold, blank and full of destruction.

Instead of the sweet scent of lavender, my nasal passages were being filled with illegal class A drugs such as Cocaine and MDMA. The atmosphere was filled with smoke from substances that would snap, crackle and pop from the kiss of a dancing flame. The only background music I ever heard was the taunting thoughts of insanity racing through my mind saying things like: "you were only meant to have one drink, why are you so frigging weak? Why can't you just stop this? You knew what was going to happen after you took this line yet here we are again! You have to stop this, but after one more line and one more shot." The truth is that there was never just one of anything for me, once I started, there was no stop button. And it didn't matter whether I had a break or didn't touch any sort of substance for two, three or even four months, as soon as that first drink or drug hit my system, the cycle subtly but surely begun again.

By the age of 28, with 16 years of progressive alcoholism and substance misuse, I had officially graduated and held a master's degree in active addiction. On April 30th 2017, I had no hope, faith or belief that I would still be alive the following day yet alone enrolled on a HNC Business Management Course at LCCA the following year.

Yet here I am, sober and clean! I also have dual diagnosed mental illness, which means along with addiction I am living with depression and anxiety and learning how to manage all of these things is certainly interesting.

The great thing however, is that LCCA has been very understanding and accommodating towards my mental health issues with no prejudice or judgement. I am receiving support, guidance and love through the help of my doctors, mentors, college peers, tutors and an excellent 12 step recovery programme. During the past 10 months of being clean, sober and in recovery I have mentored young women for International Women's Day; co-produced a self-development website; contributed towards empowerment workshops; been asked to speak at events; had two articles published online and have been given this great opportunity to feature this article in the college magazine.

As a young, spiritual, educated, British, black, gay woman of African and Caribbean heritage, I can surely tell you that the disease of addiction carries no prejudice or bias. You are not too much or too less of anything for it to come for you. Therefore, if you suspect that you or a loved one may be experiencing a struggle with any form of substance misuse, it is ok to research more on the topic and ask for guidance and support.

I am part of an all-inclusive 12 step recovery programme that anyone can join regardless of age, race, sexual identity, creed, religion or lack of religion. You don't have to be dead for addiction to take your life, however, recovery gives you the opportunity to live again.

New beginnings

An inspiring story

Tribute to Leyla

As some of you are aware, we have received tragic news regarding the death of Leyla Mtumwa, one of our best HND Hospitality Management students. Leyla was a very well liked, respected and hardworking individual with a bright future ahead of her, and our thoughts and prayers are with her family, friends and loved ones at this difficult time.

Many regarded her as an inspiration and we have many cherished memories of her; what we will remember the most is her kindness, generosity and positive spirit.

On behalf of all LCCA, we extend our deepest sympathy to all those who were close to her.

Leyla will be greatly missed, and here at LCCA we will make sure that she is remembered among students and academics.



By Hospitality Management students

"Rest in peace beautiful soul!"

Ramona Pascalau.

"Madam Ley! Do miss your banter at LCCA. Rest in perfect peace. Angels will watch over your son."
Xavier Epelle.

"I found her a happy and easy to get along with classmate, who was very bright and had a good sense of humor. RIP."

Sam O.

"Sometimes God needs trusty and responsible people over there to make heaven work properly. Leyla's jokes will now make heaven laugh. Goodbye aunty, we will miss you a lot!"

Alina I.

"Our Leyla could light up a room just by entering it, she could keep laughing until you're in pain. She could comfort you and give you motherly advice while telling you you're wrong, she is one of a kind, a very unique gem that was taken too soon. RIP."
Xavier Epelle.

"Those we love don't go away. They walk beside us every day... unseen, unheard, but always near. STILL LOVED, STILL MISSED and very dear. Miss you My girl."
Melina O.

"It was a joy to meet you, and to be your colleague, you always were there to help, to give advice, to make me smile, there are no goodbyes, wherever you'll be, you'll be in my heart always, rest in peace."

Ramona Petrescu.

"You were a big sister to me, you had such a good heart that I will never forget you. My only memories are our conversations. Rest well my beautiful."

Marina T.

Mentoring Service

Need help making £1m in 10 minutes, a new car, or a deposit for a mortgage? While we cannot help with any of the aforementioned, we can offer invaluable support and encouragement through the power of mentoring!

The LCCA mentoring team is committed to supporting students with academic, professional and creative progress. All 1:1 consultations offer in-depth, bespoke advice and activities to support you with effective time-management, adopting good study habits, implementing research strategies, improving your essay writing and portfolio management skills, increasing your understanding of real world context and developing functional skills.

As well as being a hub of academic support, the mentoring service is a safe space to voice any concerns that could be impacting your studies whether related to well-being, home-life or employment.



Nadia Gasper, Senior Learning Mentor

WE LOOK FORWARD TO BEING PART OF YOUR LCCA JOURNEY!

All students are eligible for mentoring, so swing by room 304, book an appointment or follow the recommendation of your tutor, and use the service to create tailored goals, timetables and other useful resources that will propel you to success.

BAC Accreditation

We are happy to share the news that LCCA is officially an Independent Higher Education institution recognised by the British Accreditation Council (BAC). This recognition marks the college as a provider of high quality education.

BAC inspected LCCA in the following four areas:

- Management, staffing and administration
- Teaching, learning and assessments
- Facilities
- Student welfare



Photography by Aneta Racheva, HNC Photography

Welcome

LCCA has appointed Graham Wills as their new Head of Visual Media, having previously been Manager of Creative Industries of Business and Fashion Retail at Derby College.



Graham Wills

He has extensive experience of academic management, curriculum design and development, including over 15 years teaching in both further and higher education throughout the creative sectors. Graham has also worked as a freelance practitioner with artworks held in private and public collections.

His academic qualifications include postgraduate and undergraduate degrees in fine art and graphic design. We send Graham a warm welcome to LCCA!

Programmes in Pakistan



LCCA has signed a Memorandum of Understanding (MoU) with Roots IVY International University College in Rawalpindi, Pakistan.

This collaboration means LCCA will now offer BA Fashion Design and BA Luxury Fashion Business and Marketing to Pakistani students. The courses will be delivered in two intakes a year, with the first students starting in September 2018.



Careers with Carmen

Carmen Andreica, Careers and Student Services Manager

Using The Gallery space free of charge:
To organise exhibitions, shows or networking events

Campus library:
Access to campus and online resources

Discounted further study:
on short courses or executive education programmes

Networking opportunities and careers support:
Access to LCCA events

Industry information:
Through Creative magazine and newsletters

Annual Alumni Publication:
To be released soon

You also have the chance to support and inspire future generations of LCCA students through:

Mentoring
The opportunity to make a difference to student's future, by offering advice and sharing your experience with them.

Internships and work placements
Offering current student internships available in your organisation.

Live project briefs
Offer students the opportunity to take part in projects organised by the company you work for, or your own business.

Deliver lectures
Provide students with valuable information and advice about working in their chosen industry, drawing from own experience.

Make donations
It can be equipment or your time.

Host a field trip
Offering students the chance to visit the company you work for, get a tour and speak to employees about their roles.

Encourage new students
Be an ambassador for the college at recruitment fairs and open days.

Other opportunities:

Host a round-table event on LCCA campus or organise a class reunion.

Graduates can contact the alumni office at alumni@lcca.org.uk for further information.

We look forward to keeping in touch with them.



Photography by Janaka Vidanagama

Students and graduates at LCCA recently attended the Spring Job Fair.

Employers present at the event included: High Society, Nando's, Deft Uk, Macmillan Cancer Support and Catapult.

The event was well attended and students who applied for available roles received interview appointments shortly after.

Employers have expressed their interest in continuing their collaboration with the college for future events.

Career event with Industry Guest Speaker Jesus Alvarez Paz



LCCA students attended a Q&A session with Jesus Alvarez Paz, Head of Guest Experience at The Curtain Hotel.

Jesus has 10+ years of PR and marketing experience in top tier hospitality and fashion brands. His work involves implementing public image campaigns and communications programmes.

His other areas of expertise are customer service, people management, cross-border

marketing, brand management, strategic relationship building, and customer behaviour.

Students have received very useful information about leading trends in hospitality business, popular areas of employment in the industry, high-standard customer service and much more.

The event has also provided students with useful contacts they can use in their career development.



Interview with Jesus Alvarez Paz

Who or what inspired you to choose a career path in PR & marketing?

I have been always interested in personal relations with people and their behaviour and this path was the most suitable to develop such an interest.

What are the highlights and some of the challenges of working in this industry sector?

Every job has its own challenges but lately being involved in the opening of such a prestigious hotel such as The Curtain has been a great one.

Is there a particular client that you have enjoyed working with the most?

I couldn't say, but if I had to, when I was freelancing, I enjoyed managing my own time.

Which professional achievement are you most proud of?

Every time that my company gets good reviews and media exposure makes me very proud.

Do you have any advice for young graduates who are trying to break into the industry with this career?

Believe in yourself and never forget that you are the face of your company.

Is there anything you would like to add?

Never give up!

LCCA Spring Job Fair

WHAT'S ON IN LONDON

By Maria Agra, guest writer



2



6



7



1



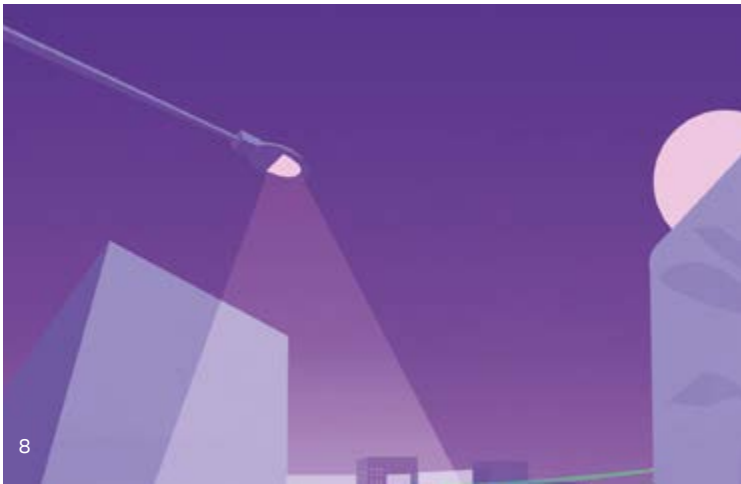
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8

1

Frida Kahlo: Making Her Self Up

This highly anticipated exhibition of personal artefacts and clothing belonging to Frida Kahlo - Mexico's most famous painter - brings to London more than 200 items that have never been exhibited outside Mexico.

The collection includes some of the iconic dresses made famous by her numerous self-portraits, including more than 20 Tehuana garments, but also make-up, jewellery, and objects reminding us of a life marked by pain such as her plaster corsets.

16 Jun – 4 Nov
Victoria & Albert Museum
South Kensington
£16, £14 concs.

2

Azzedine Alaïa - The Couturier

Conceived and co-curated with Alaïa prior to his death in 2017, this exhibition examines the work of one of the most respected fashion designers in history. Over 60 rare and iconic garments are on display alongside photography illustrating his life and personal quotes that provide insights into Monsieur Alaïa's work as a designer, his incredible attention to detail and his personal inspirations that encompassed fashion, art, photography, and design.

22 Jun – 2 Sep
Barbican Art Gallery
Barbican
£13.5, £9 concs.

3

Serpentine Pavilion

Mexican architect Frida Escobedo, celebrated for dynamic projects that reactivate urban space, has been commissioned to design this year's Serpentine Pavilion. Her atmospheric courtyard-based design draws on both the domestic architecture of Mexico and British materials and history, specifically the Prime Meridian line at London's Royal Observatory in Greenwich. The Pavilion 2018 will once again be a platform for Park Nights.

15 Jun – 7 Oct
Serpentine Gallery
Lancaster Gate
Free.

4

Edward Bawden

Major retrospective of the work of British artist and designer Edward Bawden who is widely respected as an innovative graphic designer, book illustrator and printmaker. Bawden is best known today for his monumental linocuts and for the designs he made for companies such as Shell, Twinings and Fortnum & Mason. Featuring 170 works, half of them from private collections, the exhibition will follow the evolution in his style.

23 May – 9 Sep
Dulwich Picture Gallery
Herne Hill
Price TBC.

5

Dorothea Lange/ Vanessa Winship

Part of the Barbican's 2018 season, The Art of Change, explores how the arts respond to, reflect and potentially effect change in the social and political landscape. Witness the work of the most influential female photographers of the 20th century, the American documentary photographer Dorothea Lange (1895-1965) and the first major UK solo exhibition of British contemporary photographer Vanessa Winship.

22 Jun – 2 Sep
Barbican Art Gallery
Barbican
£13.5, £9 concs.

6

Crafty Fox Market

Crafty Fox Markets take place seasonally across London. This summer, you can find them at foodie spot Mercato Metropolitano, showcasing a hand-picked selection of prints, cards, ceramics, textiles and homeware from a selection of independent designers and makers. The market is accompanied by street food stalls, DJs and crafty workshops and is a great way of supporting independent makers.

First Saturday of the month
Mercato Metropolitano
Elephant and Castle
Free.

7

London Fashion Week

Showcasing all the new trends for this season, LFW returns to the capital. It's a chance to see the best of British design, with catwalk shows, presentations,

Designer Showrooms, and other events organised throughout the week. The four day festival allows shoppers to buy curated collections at exclusive prices and get a head start on the most important trends for the upcoming season, as well as listen to talks led by industry experts.

14 Sep-18 Sep
Several locations.

8

Art Night

Art Night is a free contemporary arts festival that transforms London for one unforgettable night a year, presenting art in unusual locations across the city.

This third edition will be curated by Ralph Rugoff and the Hayward Gallery to celebrate the institution's 50th anniversary. That's why this year's key areas will run south of the river, from Southbank Centre to Battersea Power Station and Vauxhall.

7 July. 6pm until late
Several locations
Free

MP

MOVIE PREVIEW

By Erin O'Neill,
guest writer

Based on Steve Alten's 1997 book *Meg: A Novel of Deep Terror*.

Former diver and naval Captain Jonas Taylor (Jason Statham) claims he was attacked by a gigantic 70-foot shark, thought to be extinct for millions of years. When the prehistoric Megalodon leaves a submersible carrying a group of scientists trapped on the ocean floor, he is the only one who can face down The Meg and save the day.



THE MEG - AUGUST 10.



OCEAN'S 8 - JUNE 22.

An all-female spin-off of the *Ocean's Eleven* film series, *Ocean's 8* features an all-star cast, with Sandra Bullock, Cate Blanchett, Anne Hathaway, Mindy Kaling, Sarah Paulson, Awkwafina, Rihanna, and Helena Bonham Carter.



Criminal mastermind Debbie Ocean attempts an impossible heist at New York City's annual Met Gala and must assemble a perfect crew.

Expect a number of cameos, with Kim Kardashian, Serena Williams and Vogue Editor Anna Wintour all making appearances.



MAMMA MIA: HERE WE GO AGAIN - JULY 27.



THE FIRST PURGE - JULY 6.

A prequel to *The Purge* trilogy, focusing on the first Purge event.



When the New Founding Fathers of America take control of the US government, they legalise the Purge – one night a year where crime becomes legal. Using Staten Island as a testing ground, people are encouraged to vent their aggressions to decrease the crime rate for the rest of the year. However, the experiment begins to spread across the nation.

A sequel to the 2008 film *Mamma Mia!* which is based on the musical of the same name.



Flashing between the past and the present after Sophie (Amanda Seyfried) confides in her mum Donna (Meryl Streep) that she's struggling with her pregnancy. Donna tells the story of her own pregnancy, and how she coped with the emotional turmoil that came with it.

Cher joins the cast as Sophie's glamorous grandmother Ruby Sheridan.

Beauty

By Valentina Franconi, guest writer

Ageing can be scary for some of us as you start to see those wrinkles pop up one by one. You might be looking for that magical fountain of youth that will keep you looking and feeling young forever – I know a lot of us are. People are so interested in staying youthful that an incredible amount of money is spent on potions, lotions, and cosmetic surgery, making beauty a multi-billion dollar industry. But, although these products may help, they don't actually address the underlying cause of wrinkles—lifestyle and diet.

Before we get to the foods, let's talk about what causes wrinkles. Wrinkles have two primary causes: sun damage and skin changes due to aging. Sun exposure decreases collagen in the skin, which is a big deal because collagen makes up the structure of the skin. Once the collagen is depleted, the skin becomes weak, leading to drooping and the appearance of wrinkles. Also, as you age, skin naturally gets thinner, drier, and less elastic. The skin is unable to spring back as easily from any damage because it is weaker, which leads to wrinkles.

Wrinkles usually begin in areas with facial expressions—such as smiling, frowning, or furrowing of the brow—and in those exposed to the sun regularly. Pollution, smoking, weight, dehydration, diet, stress, and other lifestyle factors can also impact the appearance of skin and how quickly wrinkles appear.

There has been a lot of research focusing on the impact of diet and skin appearance. The secret to preventing wrinkles seems to be to consume a combination of foods that are high in antioxidants, protective against sun damage, and that provide essential fats.

Lastly, certain dietary fats are necessary to help the skin stay moisturised. When a food is high in these specific beneficial nutrients, adding these foods to your diet these foods can help protect your skin against wrinkles and keep you looking youthful forever.

1 LEGUMES is definitely high on the list of skin-friendly beverages thanks to its impressive storehouse of polyphenols. If applied directly to the skin it can help to even out your complexion, whereas if you drink it, it helps to flush out toxins from the skin and reduce inflammation. Win-win!

2 A high intake of **VITAMIN C** containing foods has been connected to a decreased appearance of wrinkles and dry skin. This is because vitamin C is an antioxidant, which means it can help reduce the effect of wrinkle-causing oxidative damage, which can be caused by poor diet, stress, and even pollution. Vitamin C is also powerfully protective against sun damage.

3 Without enough **VITAMIN A**, the body cannot heal from cuts, scrapes, or damage. This is the reason why vitamin A is such a powerful wrinkle fighter, it keeps skin cells bound together tightly, reducing the appearance of wrinkles.

4 OLIVE OIL helps the skin in two ways. Not only does it provide healthy monounsaturated fats, necessary to hold water in the cells, it is also incredibly high in antioxidants. It contains large amounts of vitamin E, more than most plant-based oils, as well as other protective antioxidants such as lutein and vitamin A. This makes it one of the best fats for preventing wrinkles and keeping skin moisturised.

5 FOODS RICH IN POTASSIUM is an electrolyte commonly found in many foods, particularly fruits and vegetables. Potassium plays a major role in helping maintain fluid balance particularly in the individual cells of the body. It works against the dehydrating effects of sodium to keep water inside the cells. When water stays inside the body's cells, it helps the skin look hydrated, plump, and wrinkle-free.

6 FISH is an amazing food for skin and overall health due to its high omega-3 content. Omega-3s are an essential fat, needed to help the skin maintain fluidity and flexibility, reducing the appearance of wrinkles. They are also one of the primary types of fats used to help with hydration inside the cells.

7 Eating enough **PROTEIN** is essential for healthy skin. Skin is made from protein, so without adequate amounts in your diet, your skin cells will not be able to regenerate and will begin to look dull and dry. Foods that contain protein include animal foods such as chicken, fish, pork, and beef, as well as beans, legumes, and dairy.



