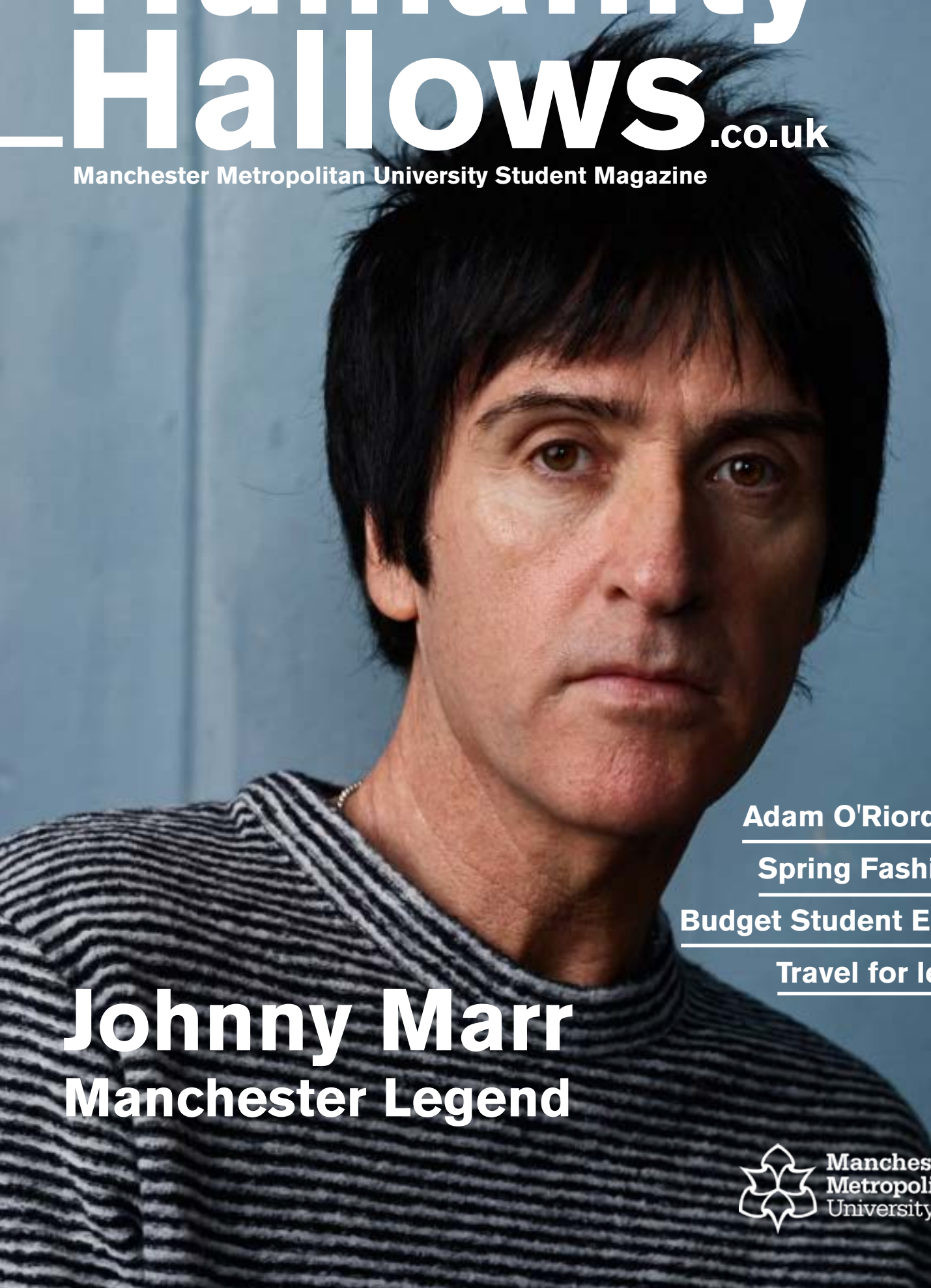


Issue 5  
Spring

# Humanity Hallows.co.uk

Manchester Metropolitan University Student Magazine



Adam O'Riordan

Spring Fashion

Budget Student Eats

Travel for less

**Johnny Marr**  
**Manchester Legend**



Manchester  
Metropolitan  
University



**THE KING BLUES**  
TUESDAY 31ST JANUARY  
ACADEMY 3

**KYOTO SPRING**  
FRIDAY 3RD FEBRUARY  
ACADEMY 3

**UNION J**  
SUNDAY 5TH FEBRUARY  
ACADEMY 3

**BRY**  
TUESDAY 7TH FEBRUARY  
CLUB ACADEMY



**LOYLE CARNER**  
THURSDAY 9TH FEBRUARY  
ACADEMY 2

**SANCHEZ**  
FRIDAY 10TH FEBRUARY  
MANCHESTER ACADEMY

**LADYHAWKE**  
SATURDAY 11TH FEBRUARY  
ACADEMY 3

**SLAUGHTER AND THE DOGS**  
SUNDAY 12TH FEBRUARY  
ACADEMY 2



**THE NAKED AND FAMOUS**  
MONDAY 13TH FEBRUARY  
ACADEMY 2

**ANTHRAX**  
TUESDAY 14TH FEBRUARY  
MANCHESTER ACADEMY

**TRIVIUM**  
WEDNESDAY 15TH FEBRUARY  
MANCHESTER ACADEMY

**JACOB SARTORIUS**  
TUESDAY 16TH FEBRUARY  
MANCHESTER ACADEMY

**FIREWIND**  
THURSDAY 16TH FEBRUARY  
ACADEMY 3



**HOPSIN**  
SATURDAY 18TH FEBRUARY  
ACADEMY 2

**AMBER RUN**  
THURSDAY 23RD FEBRUARY  
ACADEMY 2

**JOE & ASHANTI**  
FRIDAY 24TH FEBRUARY  
MANCHESTER ACADEMY

**KREATOR**  
TUESDAY 28TH FEBRUARY  
MANCHESTER ACADEMY



**LUKAS GRAHAM**  
THURSDAY 2ND MARCH  
MANCHESTER ACADEMY

**STORNOWAY**  
SATURDAY 4TH MARCH  
MANCHESTER ACADEMY

**LIMEHOUSE LIZZY**  
SATURDAY 4TH MARCH  
CLUB ACADEMY

**TARJA**  
THURSDAY 9TH MARCH  
ACADEMY 2

**THE WAILERS**  
FRIDAY 10TH MARCH  
MANCHESTER ACADEMY



**LOWER THAN ATLANTIS**  
SATURDAY 11TH MARCH  
MANCHESTER ACADEMY

**GOJIRA**  
TUESDAY 14TH MARCH  
MANCHESTER ACADEMY

**MONSTER TRUCK**  
SATURDAY 18TH MARCH  
CLUB ACADEMY

**LITTLE COMETS**  
SUNDAY 19TH MARCH  
CLUB ACADEMY



**CIRCA WAVES**  
THURSDAY 23RD MARCH  
MANCHESTER ACADEMY

**THE JESUS AND MARY CHAIN**  
SATURDAY 25TH MARCH  
MANCHESTER ACADEMY

**CREEPER**  
SATURDAY 25TH MARCH  
ACADEMY 2

**JAMES MASLOW**  
SUNDAY 26TH MARCH  
ACADEMY 3

**BLACKBERRY SMOKE**  
FRIDAY 31ST MARCH  
MANCHESTER ACADEMY

**ROYAL REPUBLIC**  
FRIDAY 31ST MARCH  
ACADEMY 2



**YOU ME AT SIX**  
SUNDAY 2ND APRIL  
MANCHESTER ACADEMY



**TORY LANEZ**  
TUESDAY 4TH APRIL  
MANCHESTER ACADEMY

**JON BELLION**  
TUESDAY 11TH APRIL  
ACADEMY 2



**KID INK**  
SATURDAY 15TH APRIL  
MANCHESTER ACADEMY



**REJJIE SNOW**  
SATURDAY 22ND MARCH  
ACADEMY 2

**KEYWEST**  
FRIDAY 21ST APRIL  
ACADEMY 3

**JAWS**  
TUESDAY 25TH APRIL  
CLUB ACADEMY

**HAYSEED DIXIE**  
TUESDAY 27TH APRIL  
CLUB ACADEMY



**CABBAGE**  
FRIDAY 28TH APRIL  
ACADEMY 2



**SHALAMAR**  
SATURDAY 29TH APRIL  
MANCHESTER ACADEMY

**WHILE SHE SLEEPS**  
SATURDAY 29TH APRIL  
ACADEMY 2

**SOUL II SOUL**  
SATURDAY 20TH MAY  
MANCHESTER ACADEMY

# Humanity Hallows.co.uk

By Students. For Students.

Welcome to *Humanity Hallows*, Manchester Metropolitan University's official student magazine.

Firstly, congratulations to our Student Photography Competition winner: Georgina Beth Hurdsfield. Our followers loved your photo 'One man in Salford Quays' and so did we. Well done!

This issue is packed with lots of great Manchester-themed features. We've got an interview with the one and only Manchester music legend Johnny Marr, talking about his new autobiography, writer and Manchester Writing School Director Adam O'Riordan, Manchester band Sly Antics, Manchester fashion, and up and coming Manchester poet and winner of the Bridport Prize Mark Pajak. We also have lots of hints and tips for students, including how to move successfully from halls to a house and how to make the most of an exchange year.

If you're a Manchester Met student looking to get involved in a new project this year, we are always looking for writers, illustrators, filmmakers, photographers, designers on an ongoing basis to help make *Humanity Hallows* an informed, inspiring, witty and opinionated collection of student voices and talents that make our city brilliant. All current students and alumni are invited get involved. For more information turn to page 43.

Enjoy!

**Jacqueline Grima**  
(Student Editor-in-Chief)

*Humanity Hallows*, Manchester Metropolitan University's official student magazine, is a Student Media Make a Difference project run by the IDEA office based in the Faculty of Arts and Humanities.

For information on upcoming features, advertising opportunities and more contact: N.Carragher@mmu.ac.uk

**Natalie Carragher**  
(Student Media Officer)





#HumanityHallowsPhoto Winner: Georgina Beth Hurdsfield

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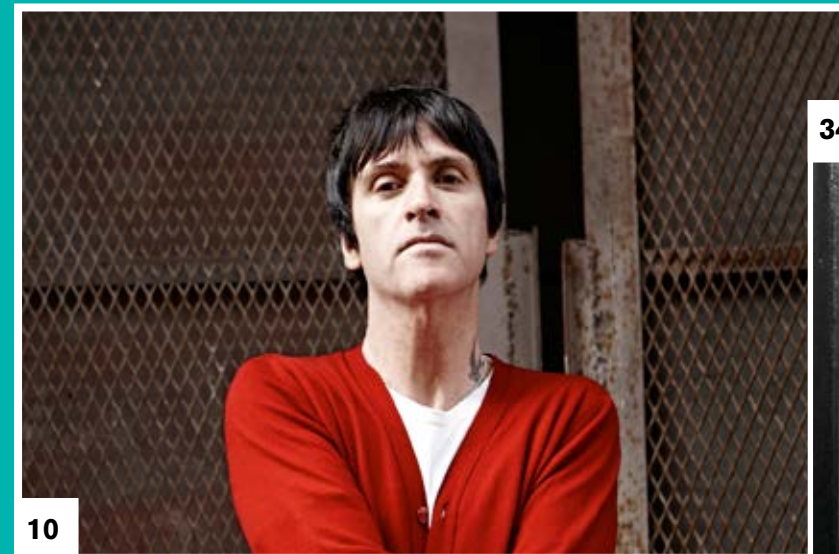
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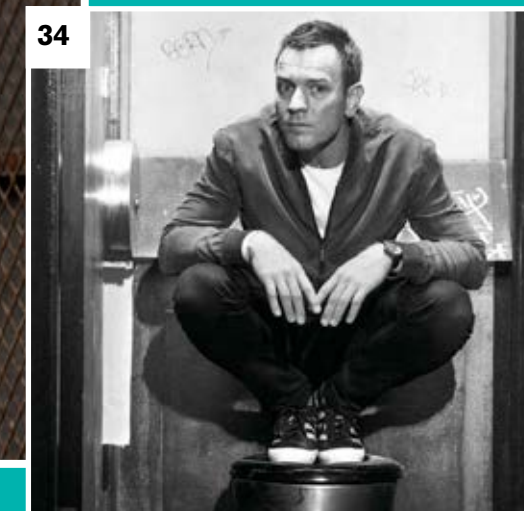


By Kizzy Yuill



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## AFFLECKS

# Exploring Afflecks and what it means to our city

**Words:** Daniel J. Broadley  
**Photography:** Agota Juškaite

Since 1982, Afflecks, formerly known as Afflecks Palace, has dominated Manchester's Northern Quarter with its alternative shopping experience. The centre is an emporium of diverse spaces where customers can buy anything from a top hat to a tattoo, or even get themselves a haircut.

The indoor marketplace was first opened by James and Elaine Walsh in the early 1980s, with the aim of offering emerging entrepreneurs an affordable place to grow their businesses.

In March 2008, Afflecks Palace closed, reopening a month later as 'Afflecks' under new landlords and current management Bruntwood Estates. Fans feared that Afflecks would be redeveloped under the new management and that Manchester's mecca of alternative culture would be lost. These fears were thankfully quashed when Bruntwood told the BBC, "Never in our 30 year history have we bought one of our customers' businesses, but Afflecks is a Manchester icon that we wanted to protect."

To this day Afflecks stands strong as a cultural landmark of Manchester and homes over 60 outlets. Whether you were buying tie-dyed t-shirts in the 90s 'Madchester' Summer of Love, after the latest Happy Mondays records in 'Eastern Bloc', or getting your first tattoo/body piercing, Afflecks has always been, and always will continue to be, central to the history and culture of Manchester.

Among the vintage and retro clothing outlets and tattoo and body piercing parlours are other, more quirky, spaces including Fudge Ape, a dedicated fudge shop with every imaginable flavour, and The Foxy Fairy, where you may find one-of-a-kind jewellery pieces, greetings cards and gifts. We take a look at some more of our favourites...

"If there is any part of you that would like to undercut the big corporations, then come down and say hello."

## No Angel

Based on the 1st floor, No Angel was established in 1995 by Amy Wainwright, a fashion graduate from Salford University. The business has since grown and has become a showcase for new designers. There is a huge selection of one-off designs not found on the high street, and is said to have been frequented by Blondie singer Debbie Harry.

## Jutah Studios

One of the newest stores is Jutah Studios who occupy a space on the second floor and are specialists in international streetwear. Connie Page, of Jutah Studios, says, "Afflecks is very independent and people love the area; it's perfectly placed in the Northern Quarter. If there is any part of you that would like to undercut the big corporations, then come down and say hello."

## Black Milk

Whether it's for breakfast, lunch or simply a snack, cereal is never a bad idea. This isn't just the regular old pour-in-the-bowl, add-the-milk-and-you're-done cereal either. At Black Milk, there are huge selections of cereals from around the world to choose from. Then, to top it off, you can pick toppings, like Smarties or Oreos, to add. And it doesn't end there. You can then choose the flavour of milk you would like! This isn't just cereal, this is genius.

Afflecks has stood the test of time and won't be going anywhere anytime soon, so if you fancy something different to the hectic commercialised shopping centres, you know where to go.

**Afflecks:** 52 Church Street, Manchester, M4 1PW  
 afflecks.com



# Student Eats in the City

Hungry? You will be...

Words Neil Harrison

## 1. Crazy Pedros Part Time Pizza Parlour

For those who like a little party with their pizza, Crazy Pedro's is the perfect choice. With a £5 lunch menu (£6 if you're having a beer), you can enjoy a fiesta feast without breaking the bank. With great tunes, amazing food and a friendly, house party vibe, a couple of hours at Crazy Pedro's is always memorable – if you don't stay around for the tequila!

Crazy Pedros, 55-57 Bridge St, M3 3BQ &  
Crazy Pedros NQ, Short Street, M1 1JG

## 2. Turtle Bay

Boasting an amazing range of Caribbean flavours, the reasonably priced menu at Turtle Bay will leave you spoilt for choice. While you're struggling to decide what to order, you can order a cocktail and soak up the rum and reggae atmosphere. A short walk from Manchester Met and University of Manchester campuses, Turtle Bay's Oxford Street site is perfect for lunch, while the Northern Quarter restaurant is a great place to start a night out. Just go easy on the hot sauce!

Turtle Bay, 33-35 Oxford St, M1 4WB



## 3. Changos Burrito Bar

Recently opened on Oxford Street, Changos Burrito Bar is fast becoming a student favourite – and for good reason. With nothing on the menu over £5.50, you can grab a decent sized burrito on the go or relax with mates over a beer in the spacious dining room. Don't be put off by the queues; the service is quick and you'll be rewarded with a tasty and authentic Mexican street food experience.

Changos, St James Building, 91-93 Oxford St, M1 6ET



## 5. B.Eat Street

For the ultimate street food fix you can't B.Eat (sorry) this now permanent pop up. With European, Caribbean, Indonesian, Indian, Chinese and US-style grills and stalls regularly in residence, you can satisfy all of your picky mates in one awesome venue. As the name suggests, once you've eaten there's no need to go far – the roof terrace party goes on well into the night with regular guest DJs.

B.Eat Street, Deansgate Mew, 235 Deansgate, M3 4EN



## 4. Dogs 'n' Dough

Tucked away down an alley just off Albert Square, Dogs 'n' Dough's green neon sign guides you to an underground gem. Put on your loose fitting pants and get ready to indulge in some stateside-sized treats in this far-flung corner of New York. Take advantage of the great hot dog and pizza deals during happy hour (4pm – 7pm Monday to Friday) and sample DnD's top selection of cocktails for just a fiver each.

Dogs 'n' Dough, Bow Lane, M2 4JW



# Manchester bands to watch out for in 2017

2016 was the undisputed year of Manchester's indie-pop heroes Blossoms, who scored the best-selling debut album of the year with their self-titled release, filled up indie dancefloors with hooky single 'Charlemagne' and ended the year with the announcement that they would be headlining a gig at Castlefield Bowl. Quite the year for the Stockport five-piece, but as we say goodbye to the year of Blossoms, Hive Radio looks to the future to bring you five more bands to watch out for in 2017...

Words: Harry Freebre

## 5: Cabbage

Much has already been said about Manchester buzz band Cabbage in the last 12 months but 2017 could prove to be a big year for music's unlikely heroes with an air of inevitability about the release of their debut album. Having declared their first song 'Kevin' "the worst song they've ever written", Cabbage have had a productive year releasing four EP's of politically motivated indie rock. Having supported Blossoms on a recent tour, Cabbage are now booked to support Courteeners at their massive homecoming show at Old Trafford Cricket Ground. Quite the achievement for a band with the same name as a vegetable.



## 4: The Hyena Kill

With pounding drums and distorted guitar riffs, this Manchester duo are the perfect blend of Royal Blood and Filter. Their 8 track debut 'Atomised' was released earlier in 2016 and was characterised by singer/guitarist Steven Dobb's searing vocals over drummer Lorna Blundell's brutal backbeat. They recently headlined a gig at Aatma in Manchester's Northern Quarter. Coverage from Kerrang would suggest an exciting year in prospect for this two piece.



## 3: PALE WAVES

A cross between Peace and Honeyblood, PALE WAVES have forged a sizeable fan base since their formation in 2015 on the strength of their indie dream pop sound and catchy hooks on releases 'Heavenly' and 'The Tide'. Frontwoman Heather breezes her vocals over hazy guitar riffs to create a summer soundscape sure to brighten the dreariest of Manchester evenings. Having recently played The Deaf Institute, the future is looking as bright as the music for PALE WAVES.

## 1: Whyte Horses

Formed in 2014 by Manchester musician Dom Thomas, Whyte Horses released their debut album 'Pop or Not' in 2016 which was a 17 track dizzying mix of psychedelia with catchy pop melodies. Having performed live in session on BBC 6 Music, Whyte Horses performed their album in full at The Dancehouse with special guest appearances from the likes of Badly Drawn Boy and Stealing Sheep. To judge their future by their album, Whyte Horses could only be described as unpredictable. But they're all the more exciting for it.

## 2: Ist Ist

Hailing from Stockport, the music of Ist Ist stays in your head with an almost subtle ferocity. Their driving riffs and crashing drums are overlaid with frontman Adam's relentless baritone which could make even Ian Curtis feel uneasy. Clearly influenced by Joy Division, Ist Ist recently sold out The Soup Kitchen back in September on the strength of their two songs released so far, 'White Swan' and 'Night's Arm'. Ist Ist are set to headline a show at Sacred Trinity Church on February 3rd which could kickstart their rise in 2017.



Photograph: Paul Hudson





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# SET THE BOY FREE

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Johnny Marr has had an incomparable career. In 1982, he founded The Smiths, a band that would go on to change the alternative rock genre indefinitely. He has since enjoyed a successful career recording and performing with a selection of artists, including Electronic – a collaboration between Marr and New Order's Bernard Sumner – and American rock band Modest Mouse, as well as The Cribs. We talk to him as he shares all in his autobiography *Set The Boy Free*.

**Interview: Lucy Madeleine Watson**

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**T**o date, Marr has contributed to sixteen studio albums, including two solo albums, and has appeared as a guest musician on numerous projects. We meet in Manchester's Night & Day Café, a favourite venue of Johnny's. "I've got really close ties with this place," he explains. "Compared to other bars, this place is really easy to be around."

Last year, Marr released his long-anticipated autobiography, *Set The Boy Free*, a collection of poignant childhood experiences, career highs and lows, and insights into his songwriting. He explains how the memoir came about: "I liked the idea of writing a book and something told me that if I didn't do it soon, I would never get around to it. I didn't want to write a novel, so I thought the autobiography would be a good place to start."

The guitarist joined his friend and composer Hans Zimmer on a select number of dates for his recent European tour, but admits he still found time to schedule writing sessions.

"Sometimes I'd be in a hotel room for ten hours, just writing. I don't want it to sound like it was a chore because there was so much joy in a lot of it and a sense of achievement. I enjoyed the process; it was great."

What was his vision for *Set The Boy Free*? "I didn't want it to be a 'boys with guitars' thing. I made a definite decision that I was going to write about some of the songwriting processes because I felt that people would like the story of how 'There is a Light' was written and how 'How Soon is Now' was recorded. I think people who are interested in me, and particularly in The Smiths, are going to want to know how it felt when we recorded 'Hand In Glove' or 'This Charming Man'."

Marr recounts the moment he knocked on Steven Morrissey's front door – Morrissey a then 23-year-old writer in an oversized cardigan – and asked him to front his new band. They bonded, instantly, and he explains why he and Morrissey worked so well as songwriting partners: "It's not just upbeat music with sad lyrics. Sometimes it's completely the opposite and that tells you even more about mine and Morrissey's relationship."

Photography: Jon Shard



My understanding of his sadness equalled my partner's understanding of my joy, and vice-versa. Sometimes I would be the intense one and he would be the jolly one. We were both coming from the same place, a place of poignancy and fundamental emotion."

Despite the split and everything that followed, Marr's memoir includes some wonderful perceptions of his and Morrissey's friendship. One standout moment involves the pair leaning into one another over a tape recorder, with Marr hunched over his guitar.

"I was trying to not let it fall between my knees," he laughs, demonstrating the arched pose. "The two of us in this little space, knowing that we were creating something really special."

Marr says the last time he and Morrissey saw one another was in 2008. Is the partnership really over?

"We've emailed each other since then, back and forth, but we don't really need to talk that much."

*Set The Boy Free* isn't just for fans of The Smiths. Shortly after their demise, Marr joined The The — an alternative rock band fronted by Matt Johnson.

"Not everybody that follows me thinks The Smiths is the best thing I've done. There are loads of people who love The The and don't really like The Smiths very much. 'Slow Emotion Replay' is a contender for one of my favourite things I've ever done. I'm not taking anything away from The Smiths, but it's partly because of the lyrics."

Johnny concentrates and reminisces: "The more I see/The less I know/About all the things I thought were wrong or right/Or carved in stone/So don't ask me about War, Religion, or God/Love, Sex, or Death/ Because everybody knows what's going wrong with the world/But I don't even know what's going on in myself.' That's as good as anything I've ever played with."

Johnny and his family moved to Portland, Oregon in 2006 to join American rock band Modest Mouse, a time in his life of which he is particularly proud.

"I didn't expect that I would spend a significant amount of my career in an American band. Isaac Brock is an incredible lyricist and I was really fascinated by what he was writing. Even if it was

weird lines like, 'Tiny Giants made of Tinier Giants'. I'd be listening thinking, 'Did he really just sing that?' It was the best time of my life and it was very successful. I think that has surprised a few people because I'm so identified with The Smiths."

Marr describes how it felt when he knew it was working: "I remember sitting in a studio in Mississippi and I had a moment of clarity, where I looked around and took a picture of that situation. I've been around long enough to know that it was a special combination of people. The chemistry was amazing. It's all part of my career now and I wouldn't swap those moments for the world."

As much as he enjoyed life on the West coast of America, the musician says there is something about being a creative in Manchester that he can't give up. Now, Johnny is a patron of the Manchester Modernist Society, a group dedicated to celebrating post-war architecture and design in the North West of England.

"They get together and put on talks, and go on historical walks around the city. The talks will be on the lines of: Town Planning in the early '70s and how that relates to brutalism."

He explains a term that he came across during a conversation, which perfectly describes his affinity for architecture and place:

"I'm interested in psycho-geography. It's to do with information that you take in from your environment and the atmosphere of your surroundings. Manchester's a

fascinating place and I started to bring a lot of that interest into my songs.

"With my song 'Dynamo', I wanted to write a love song but I didn't know how to get around doing the obvious. So I ended up thinking, why don't I just write a song about a building? Because I can say things about certain buildings that I wouldn't normally say about a person."

Does he think that there is such a thing as a Manchester sound?

"I think it's a valid question, not just because of the amount of music that comes out of here. There's a sound in Buzzcocks from the late '70s and Oasis, twenty-five years later, and all points in between. Even though the bands may be completely different, it has a Northern quality to it. You can't underestimate the significance of the industrial revolution

on anything creative and cultural in Manchester."

He elaborates on personal experience: "Growing up as a creative person, you need to get out of the rain and put some colour into your life. If you're growing up in a grey and wet place, it's pretty good to make rock music, and that's why Joy Division come from Manchester and not Australia."

Growing up as a first generation Mancunian with Irish parents, Marr says his family's attitude towards music was more of a way of life than entertainment.

"People would literally push the furniture back just to play instruments and dance. I noticed that when my friends' parents listened to records it would be at Christmas or on a weekend at best, whereas my family, they'd be rocking on a Monday night."

With *Set The Boy Free*, Marr wanted to avoid addressing 'Rock Star Neurosis' and insists that he lives with a positive outlook. However, like anybody, he has his moments:

"Anguish and doubt, and feeling fucked up like anybody else. Sharing insecurities, doubts and human frailties is absolutely fantastic. I think that if you're a creative person and you don't work, you'd go mad. There's something going off in my mind that says, 'If you don't make a record or go on tour, then you're probably going to end up in the nuthouse.'"

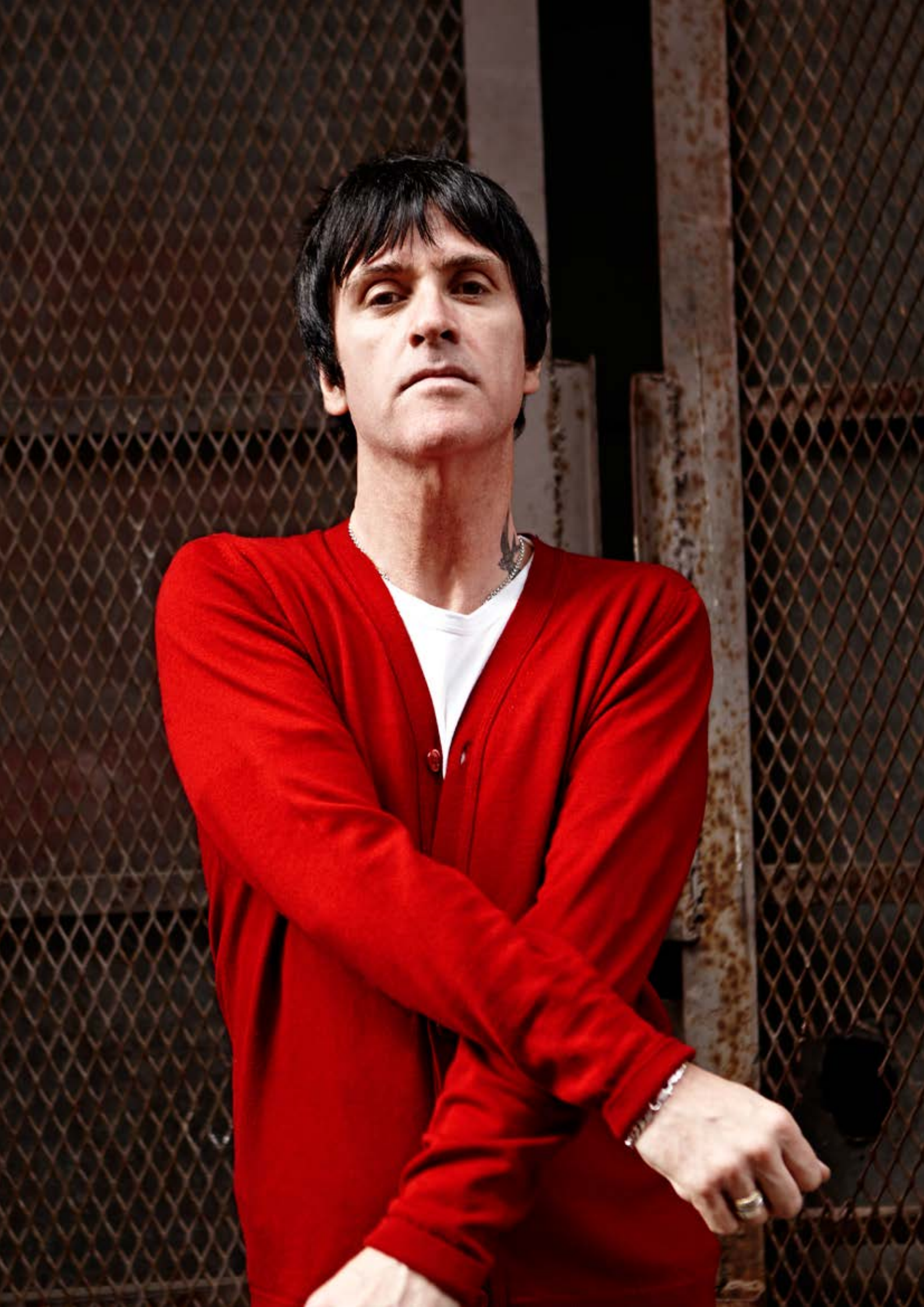
He adds, quickly: "Not everyone's creative though and that's OK. The last thing you need when there's a power cut is a poet."

In 2010, Johnny worked with Hans Zimmer on the score for the film *Inception* and again in 2014 for *The Amazing Spiderman 2*, as part of supergroup 'The Magnificent Six', with Pharrell Williams and producer Junkie XL.

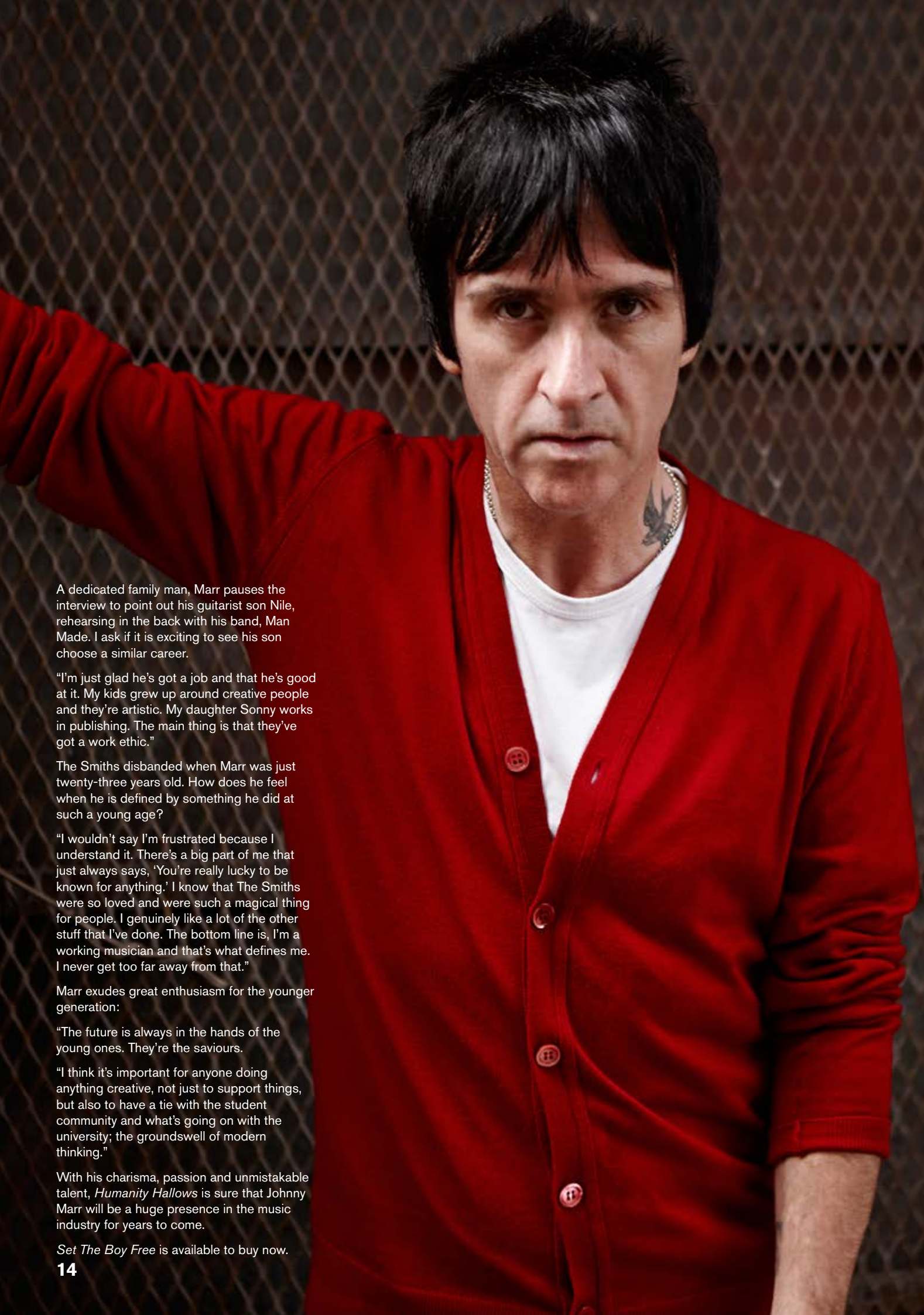
"I prefer working on films that aren't big blockbusters. *Inception* was the exception because it was just such a great film. I wasn't too crazy about working on *Spiderman*. It was a great experience but I wouldn't want to do that too many times. It felt a little bit like a job. As much as I enjoy professionalism, I never want what I do to feel like 'just a job.'"

Why was working on the *Inception* score so special?

"Guitars weren't used in movies for years and when they were it was this kind of '80s, guitar shop stuff. And then after *Inception*, suddenly there were all these twelve string guitars popping up all over the place. I can't take any credit, other than I played it. It was his vision to bring a guitar into the *Inception* soundtrack. If you're working with people like Hans Zimmer, you haven't got too much to complain about."







A dedicated family man, Marr pauses the interview to point out his guitarist son Nile, rehearsing in the back with his band, Man Made. I ask if it is exciting to see his son choose a similar career.

"I'm just glad he's got a job and that he's good at it. My kids grew up around creative people and they're artistic. My daughter Sonny works in publishing. The main thing is that they've got a work ethic."

The Smiths disbanded when Marr was just twenty-three years old. How does he feel when he is defined by something he did at such a young age?

"I wouldn't say I'm frustrated because I understand it. There's a big part of me that just always says, 'You're really lucky to be known for anything.' I know that The Smiths were so loved and were such a magical thing for people. I genuinely like a lot of the other stuff that I've done. The bottom line is, I'm a working musician and that's what defines me. I never get too far away from that."

Marr exudes great enthusiasm for the younger generation:

"The future is always in the hands of the young ones. They're the saviours."

"I think it's important for anyone doing anything creative, not just to support things, but also to have a tie with the student community and what's going on with the university; the groundswell of modern thinking."

With his charisma, passion and unmistakable talent, *Humanity Hallows* is sure that Johnny Marr will be a huge presence in the music industry for years to come.

Set *The Boy Free* is available to buy now.

# 5 minutes with... *Leilie Mohseni*

Interview: Nima Khorramrooz

*Singer, songwriter and poet Leilie Mohseni was born into an artistic family in Iran. Humanity Hallows speaks to her to find out more about her recent songs, musical inspiration and the art of song writing.*

Living through the Iran-Iraq war as a child, Leilie Mohseni began to write lyrics while attending primary school in the south of Iran, exploring the horror of the war in her writing.

Leilie, who has a degree in Film Studies from Salford University, has recently appeared in a short film produced by Manchester Film School called Maryam. Her new music video 'Voice' I am was released in 2016 and won the Best Poetry Award at The Real Time Film Festival. *Humanity Hallows* recently caught up with her:

**Congratulations on winning The Real Time Film Festival Award! How did it feel when you found out you had won?**

I couldn't believe it! I didn't expect that a foreign language song would win this year's Best Poetry Award out of so many strong productions. I am very pleased that the voice of many women from Iran and other Middle Eastern countries has been heard in different parts of the world.

**Let's talk a bit about your song writing process. How does a song usually develop?**

I usually start with the lyrics but there were times, back in Iran, that I went through a different process in which I was given the melodies first and I wrote the lyrics based on those melodies.

**What do you think is the relationship between lyrics and poetry?**

There has been much discussion regarding the similarities or differences between these two.

Poetry is a purely literary event in both classical form and free verse, whilst lyrics are written for the purpose of being heard with music.

With the assistance of imagination and words, rhythms and expressions, they both convey emotions and feelings to their target audiences. However, the concept and notion of these two are more intricate than this; we feel closer to lyrical music but poetry is not just a written art. It is also an oral art so the music is in the words themselves.

**Which musicians and songwriters have influenced you the most?**

Many! From Iran I have always loved and admired Farhad Mehrad, Ferydoun Foroughi, Simin Ghanem, Shahyar Ghanbari. From the west, Pink Floyd, Queen, Led Zeppelin, John Lennon, Jimi Hendrix, Bob Dylan, Janis Joplin, The Rolling Stones, Metallica, Nirvana, Scorpions, Michael Jackson, Black Sabbath, Anathema. More recently, Evanescence, Amy Winehouse, Sharon den Adel, Christina Aguilera and Steven Wilson.

**You often explore social issues such as women's rights, gender inequality and discrimination against**



**children in your songs. What effect do you think these songs have on your audience?**

I truly believe that music is an effective medium to engage people in social change. These songs aim to raise social awareness on the issues listed above. We don't live in a utopian society so the need for social change is always there.

**Your song 'Burn Me' won the Royal Television Society Award in 2015. Can you tell us what the song is about?**

'Burn Me' draws inspiration from one of Rumi's beautiful poems: "From the flame of my ashes I shall rise again, you have seen my descent now watch my rising" which is about life and life after death. Similarly, the meaning of Rumi's poem reminds me of the Phoenix myth. These are the underlying thoughts of the lyrics but the song is also about love. Love is like a fire; you might burn but from your ashes, you shall be born again.

**Do you find recording to be a challenge that you enjoy?**

Absolutely! Besides acting, it is the most enjoyable challenge that I have ever experienced.

**Many of your songs can now be found on the Internet. What do you think about the Internet as a tool for promoting your music?**

Whether we like it or not, we live in a technological era and I personally think the Internet makes it so easy for independent artists to promote themselves online. However, the risk of online piracy is also high. That is why the role of copyright law, which we are lacking in Iran and some other countries, is very important.

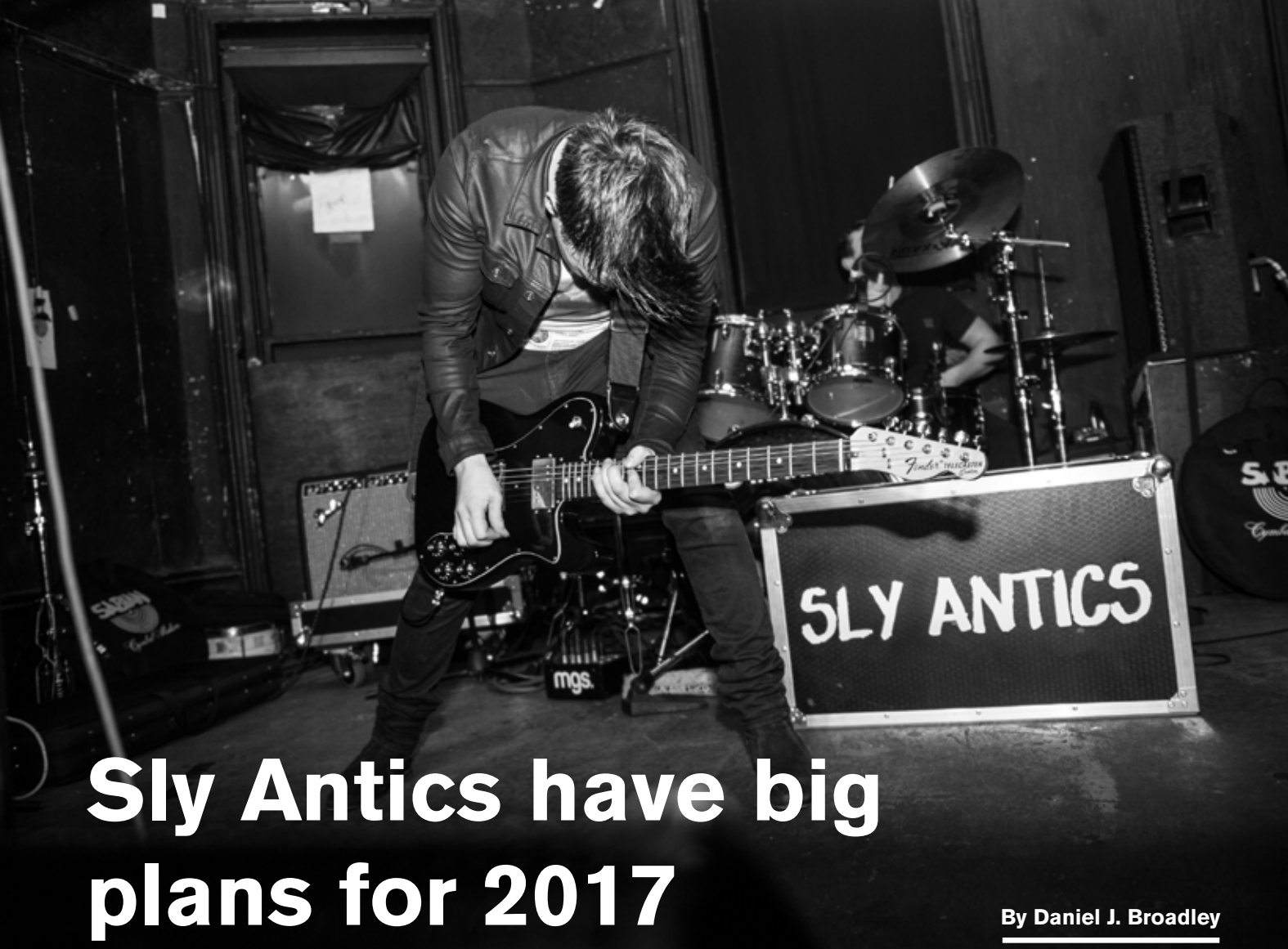
**Do you have plans to record and release albums in different languages?**

Definitely! I am planning to sing in English and other languages, too.

\*\*\*

**For more from Leilie Mohseni visit [leiliemohseni.com](http://leiliemohseni.com)**





# Sly Antics have big plans for 2017

By Daniel J. Broadley

Sly Antics have certainly made a name for themselves on the Manchester live music scene. The band are working on expanding and recording more music. We caught up with singer Sam Hudson to find out what they have planned for the future.

After graduating in Psychology and English, Sam mastered in screenplay writing, with a focus on comedy, theatre and TV, which is where some of the inspiration for their music videos comes from.

"We play rock music but with a lot of indie tones, which has a wide-reaching audience. The problem faced by a lot of bands is that younger fans can't come to gigs, as most venues now are 18 plus. Before Sly Antics, I was in another band for years, WIDGYKEFF. We were very lazy, but somehow did really well and got onto Radio 1. That dwindled away when I went to university. I was then faced with what every student faces – Life! I needed a new creative output."

Sam soon found the creative outlet he was looking for with Sly Antics: "I learnt to sing whilst playing guitar with my cousin, Lee. Then we met Chris, who became the bassist. Chris came in just as the EP was released at Night and Day Café, so he got thrown in at the deep end, but he did a great job. About two years ago, I had to keep commuting back to Yorkshire, but

now, living in Manchester, I have a flexible job at the Union so I have more time for the band. A big part of it for us is seeing other bands, supporting them and networking with each other. There seems to be competition between bands in Manchester. We believe in supporting other bands and making a community.

Our five track EP, *Captive City*, came out in September. We've been in the studio with three new tracks to be released in 2017 as singles. We're happy with the sound of them and each will have a big launch night, but we'll also be doing more gigs outside Manchester. We've spent a lot of time building our name here and selling venues out, so now we want to branch out a little across the UK - Leeds and Sheffield are next."

The band have big plans for 2017: "We have a big show planned in February with one other band. It's going to be a bit of an alternative gig experience. We've put a lot of work into music videos with a guy from LadBible, as they have good production quality. We try and put as much effort into the videos as the songs themselves. With the video for *Captive City* we went for shock-factor and to weird people out. A guy gets kidnapped out of the shower, gets taken to the moors where he escapes and gets chased across them naked. He gets put in a sack and 'set on fire' and they pull

out a roast dinner.

The videos did have their dangerous moments, however: "I accidentally set my legs on fire recording that video. A friend of ours was in the gym and overheard a group of local women chatting about what they'd seen; they thought they were chasing an escaped institute patient. They'd called the police and everything!"

When it comes to record releases, Sly Antic have taken things into their own hands: "We ended up creating our own label, Vixen Music. We had a few labels come to us but none of them really worked for us. It's a fully registered company but it's not been too active as we want to focus on our own band, use it to legitimise ourselves. The hope is to build a community – try and get others to join to do shows and promotions and help each other out. A bit like a band co-op.

"We've done charity work as a band too. We lived in Hebden Bridge during the floods last year, Lee's car was completely underwater and we got trapped in the flat. We ended up setting up a charity fund raising gig a few weeks later and raised £2500 for people in Hebden Bridge. We did Musicians Against Homelessness too at the Live Rooms."

For more from the band visit [slyantics.com](http://slyantics.com)

## Lucy Spraggan talks new music, tour and life after The X Factor

Interview: Pragya Singh

She came, she performed, and she conquered the nation's hearts.



**Lucy Spraggan knew from a young age that music was where her heart was and she very quickly made it her home. To celebrate the release of her third album I Hope You Don't Mind Me Writing, Humanity Hallows chatted with the newly-wed singer about her X Factor journey, the events of 2016 and her plans for the future.**

**You've had an exciting year: a new EP in 2016, marrying your fiancée Georgina in the summer and a new album. Are you in a good place at the minute?**

I'm in the best place I've ever been and I say that with so much relief. I've been in some pretty dark places, but I feel in a very good place with my career and personal life, too.

**Has being married changed you as an artist?**

Not at all. I don't feel like much has changed since being married. I wear a ring, but life doesn't change much and I love her just as much as I did before. Oh, and I mention being married in one of the songs.

**You had a promising career before you appeared on X Factor in 2012, releasing your independent album Top Room at the Zoo. What prompted you to audition for the show?**

I was in talks with a few labels at that point, some wanted to call me 'Lucy Diamond', some wanted to 'work on my image'. I decided to do something different

where I would be able to call the shots, and I did!

**You left The X Factor mid way through the live shows due to illness. How do you think your career might have developed if you had stayed?**

I haven't given that much thought to be honest. I tend to live in the now and I'm extremely thankful for the position I am in. It'd be a waste of time to question 'what if?' I might not have been able to have the same relationship with my fans as I do now, I might not have ever bought my dog or met my wife and I'd never want to change those things.

**Do you think the show still has a valid place in the music industry?**

I think it's an industry super-power and it will be for a long time. It's one of the most watched British TV shows, it's very powerful and is a substantial platform for a lot of people. I'd say yes.

**You have talked openly in the media about suffering from depression. What advice would you give to young people who might be having difficulties, particularly emerging artists in the music industry?**

Try to focus on the positive things around you. Use that drive and hunger to push forward through the darker places. Keep your friends close to you and don't be ashamed to say how you feel.

**Has your music helped you deal with these experiences?**

My family and friends have been amazing. My management are completely on my wavelength and that is so important. I try to

be more mindful and positive.

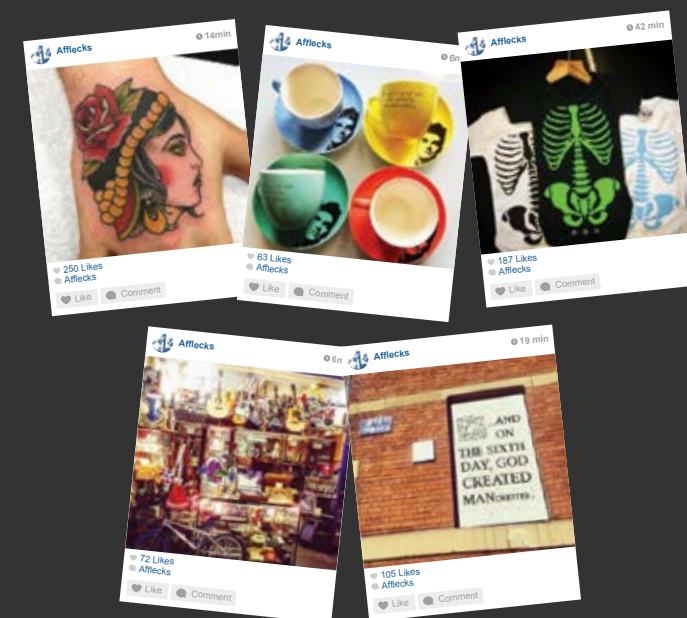
**Your new album is out and you're coming to the O2 Ritz, Manchester in March. What are your plans for after the tour?**

We head across Europe after the UK leg, so that'll be great. We have massive festival plans for 2017 and some USA and Aus plans later in the year.

**Finally, Honey G – yay or nay?**

I haven't watched the show since 2012 as weekends are usually mental, but this year 'Honey G' has been the only name I've heard. I'm definitely YAY; anyone who perseveres through so much hate and abuse without flinching is a legend in my book.

**Lucy's tour starts in London on March 2nd and comes to the O2 Ritz Manchester March 4th. For tickets visit, [lucyspraggan.com](http://lucyspraggan.com)**



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“

# Manchester is a city that is uniquely attuned to literature and self-expression

”

In 2008, poet and academic Adam O’Riordan became the youngest Poet-in-Residence at Cumbria’s Wordsworth Trust. This accolade was followed in 2011 by a Somerset Maugham Award for his debut poetry collection *In the Flesh*. This year, Adam took another leap forward in his career when he was appointed the new Academic Director of the Manchester Writing School. *Humanity Hallows* caught up with him to ask where his passion for poetry came from and how he envisions going forward in his new role.

## Interview: Jacqueline Grima



Adam O’Riordan’s love of poetry began when he watched *Memphis Belle*, a WWII film starring Matthew Modine and Harry Connick Jr. In the film, the character Sergeant Danny Daley, played by Eric Stoltz, recites the poem ‘An Irish Airman Foresees His Death’ by WB Yeats. This scene sparked Adam’s passion for all things poetic, an interest furthered when, reading English at Oxford University, he began to attend poetry workshops.

“I wasn’t very good at anything else. From my first year of university onwards, it was the only thing I was interested in.”

For many young people, an interest in poetry isn’t always encouraged. Could it have been a different story if Adam had experienced barriers on his path to becoming a published poet?

“I’m very lucky to have had parents who were very supportive but if you have something that you are passionate about driving you, you will find a way through.

“People feeling that poetry is something that is open to them is so, so important. It’s about removing barriers. Fortunately, Manchester is a city where there aren’t those kinds of restrictions. As WB Yeats said, ‘Education is not the filling of a pail, but the lighting of a fire.’”

And certainly lighting that metaphorical fire among students is the team of established writers and tutors at the Manchester Writing School. Adam’s passion for his new role as Academic Director is clear.

“For the past year, we have been working on our new MFA in Creative Writing programme, which launched in 2016 and which we’re very excited about. Manchester Writing School has the largest number of published graduates in the UK and we have recently had a Costa First Novel Award winner and a writer on the Man Booker longlist, which is a remarkable achievement.

“Carol Ann Duffy, our Creative Director, often talks about the sense of community at the Manchester Writing School. There is a uniquely non-hierarchical sense of family that exists in the school which is wonderful.”

How does Adam envision the future of the Manchester Writing School?

“One of the things I’m most excited about is establishing the Writing School as a global brand. Manchester is a city that is uniquely attuned to literature and self-expression and I want to make the Manchester Writing School a place that students want to come to from all around the world and that established writers want to teach at. With all the new staff we have had join us this year - Helen Mort, Monique Roffey, Andrew Michael Hurley, Conrad Williams, Wyl Menmuir, Rachel Genn and Anjum Malik - this is a very exciting time for us.”

And the relationship between poetry and academia?

“Poetry and academia are intimately linked. The deeper the grasp a writer has of theory, the more that can only feed into his or her work in a good way.”

Although clearly his first love, poetry isn’t the only form of writing that Adam is passionate about. Other projects include a screenplay, a novel and a book of short stories. Adam is certain that experimenting

with form can only benefit writers.

“I always wanted to write poems, stories, a novel and a screenplay and see which worked best. We shouldn’t place these restrictive labels on ourselves.”

**“People feeling that poetry is something that is open to them is so important. It’s about removing barriers. Fortunately, Manchester is a city where there aren’t those kinds of restrictions.”**

Adam’s collection of short stories *The Burning Ground* will be released this year by

Bloomsbury in the UK and Norton in the USA alongside another poetry collection *The Herring Famine*, which will be released by Chatto and Windus. He is also currently working on a novel, set in turn-of-the-20th-century Manchester. Is the process of writing a novel different from writing poems?

“A novel asks different things of you. It’s subject to different rhythms. In a way, it’s more demanding because you can’t see it in its entirety.”

If that isn’t enough, Adam is also a prolific reviewer of other people’s work.

“Reviewing can definitely be a big part of a writer’s apprenticeship. If you are looking at books and engaging with different styles of writing, then it can only enrich your own work.”

And judging by his impressive output, that is certainly the case for Adam. To find out more about his latest releases, visit [adamoriordan.com](http://adamoriordan.com)



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“

# The patterns, the vivid images, repeated sounds and strong rhythms opened language up for me.

”

Bridport prize winner Mark Pajak reveals what it takes to get recognised within the poetry community, and what led him to fall in love with poetry.

## Interview: Benjamin Francis Cassidy

Manchester Writing School MA student and poet Mark Pajak’s work has been published in Magma, The North and The Rialto. He has been highly commended in the Cheltenham Poetry Competition and National Poetry Competition and won first place in the Bridport Prize. He has also recently taken on the role of House Poet in the Carol Ann Duffy and Friends series of events.

**You were commended in the 2014 Poetry Society National Competition. Was that the first platform you found for your work, or did you have exposure before that?**

The ultimate platform for any writer’s work is a published book. The standard ‘first step’, however, is to publish single poems in literary magazines. I feel I’d be better able to answer in hindsight. For if (fingers crossed) I do one day publish a book I’d be able to reflect, even discuss with the publisher, what had been responsible.

**You recently won the Bridport Poetry Prize with your poem ‘Spitting Distance’. Where were you when you received the news? How did it feel to win?**

I was washing dishes. I noticed a missed call. A message from Kate Wilson, Bridport Prize administrator, asking if I could call back. I thought wow maybe I’ve been commended – maybe I got third place. Kate said first place; my mind blanked. My hands were still warm from the dishwater. The sky was grey. I asked Kate to repeat herself and, with a little laughter in her voice, she did.

I was delighted, surprised and scared. But, again, it was mostly affirming; this activity of writing that I had committed myself to was something that I could and would keep doing.

**How competitive is the world of poetry, in terms of ‘getting noticed’ and published. How do you deal with that and do you feel pressured now that you have achieved success?**

In poetry, you can’t see the competitors vying for the same opportunities you’re striving for. They’re not running beside, ahead, or behind you. They are miles away in their bedrooms, offices and kitchens, working at their craft, more in competition with themselves than anyone else. Everything in poetry is done with anonymity, so it’s hard to gauge the level of competition; it’s not something that comes to mind much, when writing.

**When did you realise poetry was something you wanted to dedicate yourself to? What made you choose such a notoriously difficult field to go into?**

I grew up with severe dyslexia, which wasn’t fully understood; my parents were told I would remain partially illiterate for the rest of my life, never learning the basic skills: spelling my own name, telling the time. However, my parents worked tirelessly to find ways for me to learn, reading to me as often as their jobs allowed and paying for extra classes they couldn’t afford. We found that poetry was



something I engaged with. The patterns, the vivid images, repeated sounds and strong rhythms opened language up for me, in a way that prose couldn’t. Poetry became part of my everyday life.

**Looking forward to 2017, who in the poetry world excites you now, in the UK, or the wider world?**

There are many. Two that spring to mind are Zaffar Kunial and Geraldine Clarkson. Both are award winning and (deservedly) well-known, but still ‘up and coming’. They have yet to publish first collections. In 2017, I will be searching out their work. Kunial with his needle-sharp eye for the subtleties in language, allowing for ingenious twists, that often strike with beautiful frailty; and Clarkson with her incredible ability to push a poem, presenting readers with sudden, graceful details, that reveal deeper truths about human behaviour.

Mark Pajak’s first poetry pamphlet *Spitting Distance* was recently selected as a Laureate’s Choice and is available now, published with smithdoorstop.



## A Closed and Common Orbit

By Becky Chambers



"Lovelace had been in a body for twenty-eight minutes, and it still felt every bit as wrong as

it had the second she woke up inside it."

With this quote, Becky Chambers opens *A Closed and Common Orbit*, following her debut novel *The long Way to a Small Angry Planet*.

Set in the same universe, (but can be read as a stand-alone book), the story follows the life of Lovelace, a sentient AI who is down-loaded to a human body after a total reboot.

In a world where her kind are illegal, Lovelace, now named Sidra, will try to adapt to her new life with Pepper, an engineer with a history of dealing with Artificial Intelligence.

The story is split into two narratives, the first is the present; which follows Sidra adapting to her new body and the second is about Jane, a girl who grew up as a slave in a

fabric, unknowing there was a whole different world outside.

*A Closed and Common Orbit* is not the typical sciencefiction novel. It is set in a world of advanced technology, robots, spaceships and diverse alien species. However, it doesn't focus on dystopian communities or intergalactic adventures but rather on friendship, the search for identity and survival.

The narration from Sidra's eyes offers a brilliant and different perspective about the human experience, while Jane's part is a moving tale of somebody overcoming adversity and becoming independent.

A must read for science fiction fans and readers who are keen to experience an optimistic and feel-good story.

.....



## Transmission

By Hari Kunzru



*Transmission* is a novel by award-winning writer Hari Kunzru. It follows the story of Arjun Meta,

an Indian computer geek who travels to the United States on a work visa looking for the American Dream. After landing a terrible job and losing it due to the tech-sector decay, Arjun is fired and ends up accidentally releasing a virus called "Leela" which will cause a global havoc.

*Transmission* is a story told by multiple perspectives, which promises to focus on the lives of Arjun, the businessman Guy Swift and Bollywood superstar Leela Zahid.

The book is intended to be read as a contemporary novel, dealing with the subjects of global communication, technology, culture shock and the corporate world. These topics, Kunzru's skilled narrative, plus the speaking characters — so different and unique— are what makes *Transmission* an interesting and highly entertaining read. By the end of the novel, however, some would feel like something is missing as Kunzru chooses to focus on the consequences of Leela's virus rather than the character, leaving some storylines hanging.

Nevertheless, *Transmission* is a novel that represents our modern society, thus making it ideal for those who are studying contemporary literature. **[Pierangelly Del Río Martínez]**



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By Lucy Madeleine Watson



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# AZ.

**AZ. is a womenswear and conceptual design label with a strong artistic manifest creating an authentic profile in fashion and print.**

The brand is inspired by German born Andrea Zapp's background in film and her travels as an internationally exhibiting media artist. We join Zapp at her Manchester Met based studio where she works as a researcher in Fashion, Media and Technology, to find out more.

Zapp began with a studio in Islington Mill and began her organic development using digital media as an artist and a curator. Throughout her life she has explored all contexts of imagery and visual aesthetic. Her interactive work focuses on still imagery and photorealism, with Zapp using imagery from her commissions and photography taken travelling around the world.

AZ. is not a seasonal brand but rather a research platform with commercial elements, viewing fashion from a narrative point of view. The School of Art at Manchester Metropolitan University has supported Zapp in starting her business alongside her colleagues at Hollings, allowing the research side of the project to flourish.

Sharing dresses with us from her latest collection, Zapp discusses storytelling through fashion and the inspiration behind incorporating social and digital visuals transferred on to fabric and dress design.

"I use new media for self-performative ways of storytelling. I explored the idea of the internet on your skin. I called it 'Third Skin' because the first is our skin with the second being our environment. So, I played very loosely with the idea of electronic skin. It was really well received and people started to ask where they could buy the dresses."

Zapp's varied background as an artist, creator, writer, lecturer and years working in interactive gave her the tools and inspiration to experiment designing vibrant narratives and printing them on to silk and quality fabrics.

"I came to fashion via my interest in media art. My background is also in literature and languages, but overall it's storytelling. It's just me telling stories, but using dresses. I was interested in moving from digital to analogue and back into making and craft projects. I looked to combine this with more academically combined research and that is where I moved into textiles.

"The dresses are like a canvas or screen and that is the media context for me. I was always

## Interview: Christie Leigh Marsh

interested in visual aesthetics. I moved on to media arts where I did interactive installations but always focused on moving or still imagery.

AZ. has developed a portfolio of exclusive limited editions and international collaborations which have established a cult following in the art world.

"Where we are now with the label is somewhere between commercial and commission, and that is a corner I am quite comfortable with. We are not a seasonal brand as it would be impossible on that scale at the moment."

And the most interesting element of the brand?

"The conceptual language. It's conceptual fashion and it is also a research platform. We have commercial collections but they come out of a strong narrative question. We work on commissions with people who really understand what we are doing, which means thinking about fashion and accessories from a narrative's point of view whilst applying this to a new collection.

"The collections are not about picture postcard dresses, the principle is that I use that one image, I would not Photoshop or try to cut things or work on it digitally, as I would rather use a different image. It is a conceptual label because of the way I see the garments. The audience is a small one but I did go to all of the Fashion Weeks and I would do that again. I was in Japan earlier this year with other fashion designers in the UK. We have a stockist in Tokyo: somebody said this is exactly what the people there would like."

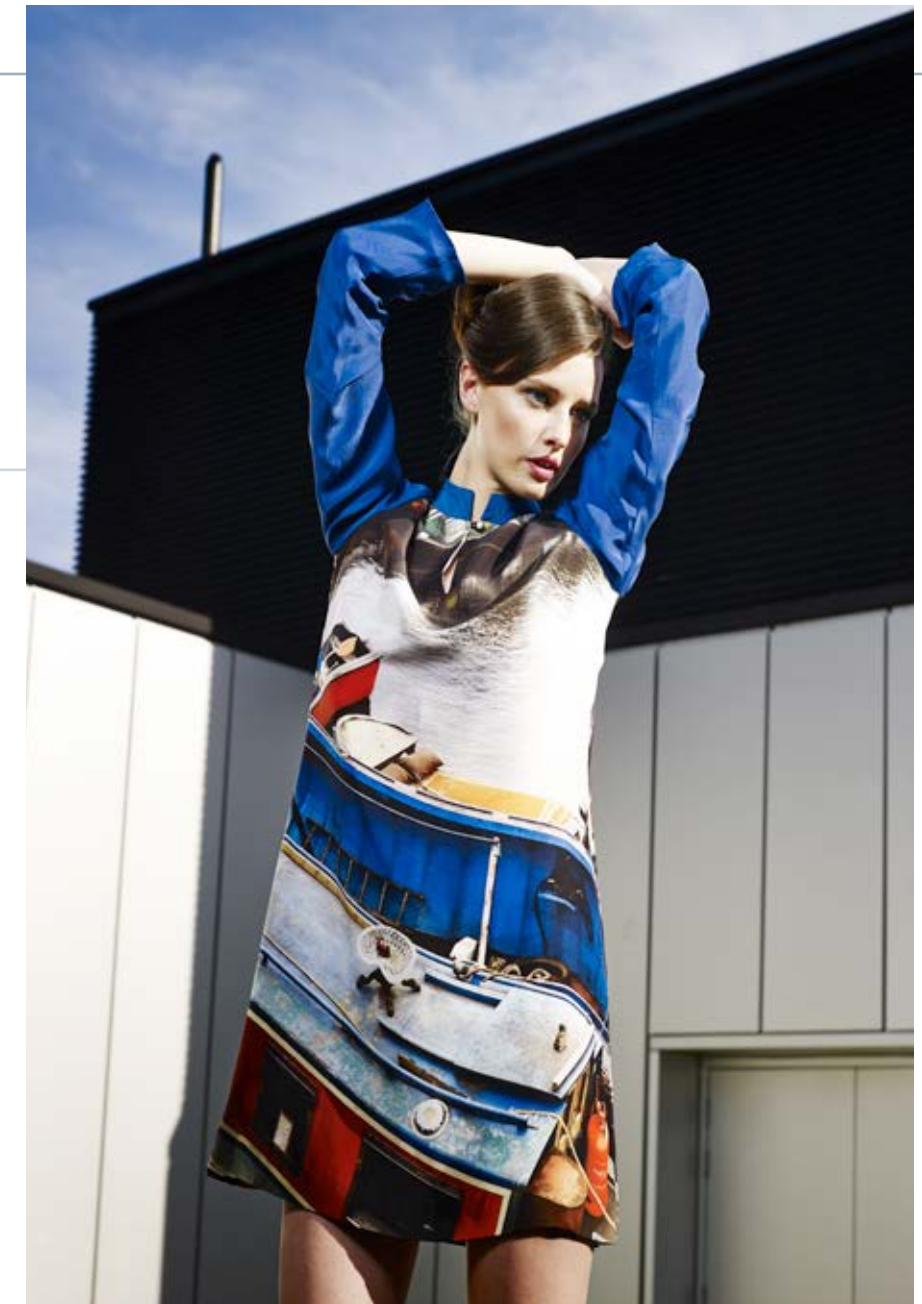
Recently, Zapp collaborated on a project with Britain's Antarctic Survey (BAS), which is a stunning example of how the brand is able to research with other institutions.

"The BAS asked me to commission some scarves. This interpretation of the Aurora Australis (Southern Lights) is a great example of where fashion meets art and science. In this project, I used photography from members of the station. Then I created a range of scarves where I inserted the imagery and applied my usual designs."

Future plans?

"I'm currently researching into the future of fashion and technologies, investigating the potential of future smart fabrics for design purposes and new visual production concepts in fashion and design."

For more from AZ. and to view the full collections, visit [andreazapp.com](http://andreazapp.com)



**"It's conceptual fashion and it is also a research platform. We have commercial collections but they come out of a strong narrative question."**





# Manchester through the eyes of an Erasmus student



Yaiza Quintana Fuertes reflects on her experiences as an Erasmus student in Manchester.

The first struggle that every exchange and Erasmus student will encounter is choosing the destination city. Being an Erasmus or exchange student certainly involves thinking about all the possibilities that every university and city offered in the programme can grant you.

When I had to choose my destination, I made up my mind on Manchester, first of all because of the fact that I thought I would be surrounded by nature. In addition, being in a city that once housed the BBC really attracted me. I also wanted to experience the so-called 'Englishness' and I thought Manchester was a good place for that. I was also interested in the great English and Literature programmes that the universities offer.

Once you have your destination, the feeling of wanting to know what is awaiting you in this new environment grows bigger and bigger, and you end up creating a perfectly detailed picture of what you really want the city to be. With Manchester, there is no difference. You start searching pictures on the internet, trying to find out how the city really is in order not to become disappointed. The truth is, however, you will always end up a little disappointed, and a little amazed by how different this city is from the way you imagined it.

As an Erasmus student who comes from Spain, I turned out to have a very different vision of Manchester before coming here. In my imagination, this city still had huge Victorian style factories, pretty little houses that were only two floors high and huge parks and crowded venues. I expected it to be quite an old city in which you can still perceive a glimpse of the past. I hoped to find cottages in the suburbs and classical big white mansions in the rich areas; those in which, we are told in films, rich posh English people used to live.

Katharina Napaea, from Austria, imagined a Manchester similar to mine. She said that she thought the city to "be more industrial, not with so many modern buildings and much bigger, having a huge city centre."

Katharina also told me that, like the vast majority of us, she wasn't expecting to meet someone she knew in every single corner of the

city, "especially in Oxford Road; every time I walk on this street I find someone from Manchester Met that I know."

Portuguese students imagined the city as a lively cradle for music and arts. Barbara was expecting "to find someone playing music or doing some performance in almost every street" and thought that she would encounter "very cold people who don't care a bit about you."

French students believed this city to be much bigger and more artistic. Morgane Druon told me that she assumed she would find "men and women wearing Manchester City or United T-shirts, or any kind of football team shirt, and cheering on their teams on the streets." Even though she hasn't found many of them, she still thinks that Manchester is "a lively city with a very good ambiance for students".

Our images differ, but there is a point on which all of us agree: there are a lot more students than we ever thought a city could accommodate.

Every exchange student created his or her own dream of Manchester in their minds. But strange as it may seem, finding out it was not as we had imagined did not sadden us. On the contrary, it was a great surprise. The city might not be surrounded by green huge fields and we might not encounter chimney-sweeps and artists in every corner, but it is still unique and special. The fact that the city makes old and new buildings not only not to clash but to reach a kind of harmony between them still amazes us.

Another good thing in this city is the fact that you can walk everywhere - and it takes less than 25 min if you're in the centre- and if you are too lazy to do so, you can always catch one of the thousands of buses crowding Oxford Road and Piccadilly Gardens. And let's not forget that we were all pleasantly surprised by the number of pubs and clubs in this city. Some of us just didn't imagine this city had night life; but it certainly has! And all exchange students agree on one thing, we couldn't have chosen a better city to go through our Erasmus experience. Manchester is a great city for you no matter where you come from.

## 5 tips to move from halls to house



Moving from halls to a house can be a daunting time for any student, no matter what year of study they are in. Coming to the end of life in halls can be a challenge with lots of new, and sometimes difficult decisions to be made. From choosing who to live with to managing money, a successful move is all about compromise and thinking ahead. *Humanity Hallows* has five top tips to help make some of this time a little easier.

Words: Andrew Deyes

### 1. Choosing your housemates

Deciding who to live with is a massive part of moving and often the first step when it comes to student living. Perhaps you want to live with the same people from your halls or with new friends from your course or societies. Choosing the right people to live with can make or break your time at university. It might seem like a good idea to live with 'Party Pete', but when deadline week arrives and he's still rolling in at 4am, you might regret that decision. Make sure you talk through what your expectations are so you're all on the same page.

### 2. Location

Once you have decided who to live with, you then have to decide where. Manchester has a huge amount of student housing on offer in all areas, each differing in price. The university and Student Union can be a great help when it comes to recommendations. The main student areas are Fallowfield and Withington, but, if you want an area closer to the university, try broadening your search to Victoria Park or Hulme. Most student houses are terraced houses with basic furniture and small bedrooms, so remain open-minded and realistic in your expectations. Make sure you all like the house and are honest with each other. Otherwise, you may regret it.

### 3. Choosing a letting agent

Now your location is set, it is time to start looking for houses and to decide on a letting agent. This is not a decision to be taken lightly as it can have a big impact on whether your move is successful. The university can help you with this but you should also check out online reviews.

Deposits are also something to consider as only some are inclusive of administrative costs. Deposits can vary widely, so it's important to factor this into your budget. Most importantly, make sure your deposit is held in a Deposit Scheme, as it will protect you and your money.

### 4. Bills included or excluded?

Whichever you decide to go with, budgeting is a must. Remember, if you cannot pay your rent, your guarantor is responsible for it. If your bills are included, all you have to think about is paying your rent every month and putting enough money aside for food and travel. If you decide to go bills excluded, then remember to budget for them. Your letting agent or landlord should be able to give you advice with costs on this one. It's also wise to consider using a 'bill-splitting' app, to share the responsibility of keeping up to date and ensuring there are no disputes about who is paying what and when.

### 5. Who gets the biggest room?

Moving into your new house can be just as stressful as finding it and deciding on who gets what in regards to bedrooms, drawers and shelves is all part of moving, so try not to argue as soon as you walk through the door. Remember it is all about compromise. Make sure you fill in or create an inventory list, too. You do not want to incur charges at the end of the year for any existing damages or wear and tear marks that were not your fault.

**Finally, enjoy yourself! Moving house should be a fun and if you follow these tips, it will run smoothly.**



# Why every student should visit Rome at least once in their lifetime



Tips on how to explore Europe without breaking the bank.

Words: Holly Watson

Europe is undoubtedly one of the world's most popular travel destinations. Brimming with culture, history, and mouth-watering food, it has become a favourite destination for both serious travellers and holiday-makers alike.

For students on a budget, visiting Europe is often nothing more than a dream, an idea that most don't have the time or the money to explore. With a little bit of planning, you can make that dream a reality, with our top tips on how to visit one of Europe's most beautiful cities: Rome. Often dismissed as a place just for the older generation, this fascinating city might have more to offer students than you think:

## Nightlife

The locals in Rome certainly know how to throw a party. Whether visitors want to dance away those pizza carbs or simply chill in a wine bar, there is something for everyone. If it's spirits and liquors that you worship, then Testaccio is your temple. When Romans want to party, they head over to this neighbourhood.

Those not into the club scene might want

to check out some of Rome's hippest bars and lounges that host some of the happiest hours in the Eternal City. Salotto 42 is a great place to hang out, and the bohemians and artsy crowd gather nightly at Freni e Frizion'i in Trastevere. Or, if you're after something completely different, climb aboard the vintage party tram, where, for only 45 euros, you can listen to live rock music and enjoy unlimited wine.

## Food

If you're after more sustenance than a bottle of red, Rome is famous for its fantastic food, and it doesn't come at a hefty price. For two euros, you can have two scoops of the best ice cream in the city at Fatamorgana, with crazy, creative flavours like wasabi, Black Forest gâteau and chocolate infused with 'lapsang souchong' – whatever that is.

And you can't forget the pizza. The problem with finding the best place for doughy goodness in Italy is the sheer amount of it on offer. How could you narrow it down to find that one perfect place? In fact, Rome's best pizza is served up at a tiny takeaway outlet called Pizzarium, near the Vatican Museum. Their dough-maestro, Gabriele Bonci, has

been called 'the Michelangelo of pizza', and his mouth-watering creations, made from specially selected organic flours, are definitely up there with the Sistine Chapel. The toppings range from classics like margherita to masterpieces like ricotta, black pepper and courgette.

## Romance

Think Italian romance and you most likely think of Venice. But in reality, Rome, with its hidden cafes, ivy-encrusted alleys and beautiful lookouts, makes for one very romantic setting. The Romans are a passionate bunch and these beautiful spots reflect this. For example, with its fragrant orange blossoms, fantastic views and the gorgeously sun-sprinkled walkways, the 'Giardino Degli Aranci', also known as the 'Parco Savello', is a beautifully romantic place to be.

**There's a hidden gem for everyone in Rome, and with prices as low as £30 for a return flight, it's well worth a visit.**

# Copenhagen on a budget

Words: Laura Pathe

How to visit the Danish capital Copenhagen without spending your entire student loan.

Copenhagen is notorious for being on the wrong side of pricey. Up there with Oslo and Stockholm, it's been branded as one of the most expensive places to visit. So, is it possible to go on a budget? The simple answer is, yes. With some pre-planning and savvy know-how, it is indeed possible for a frugal student to visit this magical Danish capital.

## Getting there and getting around

It isn't expensive to get to Copenhagen, with flights costing between £40 and £100. So, if you fancy paying a visit to the Danes in the New Year, there's little stopping you.

Copenhagen is small but by no means compact. Pick up a free map in the airport, download the app CityMapper, and you will be all set to explore the city's delights. You can also get the CityPass straight to your phone. It's around £22 for 72 hours travel and it includes airport transfers, trains, buses, trams and boats.

## Food and Drink

Copenhagen has a huge cuisine variety, ranging from sushi to burgers, avocados to pastries; there is something even the fussiest eater will enjoy. The Danes are rather famous for their pastries, and this is a great way to cut down on breakfast expenses. Source your nearest bakery and head there for a sweet morning treat and coffee.

Copenhagen's readily available street-food means you can get delicious and substantial meals all around the city for a fraction of the price. The ultimate experience is on Paper Island (Papiroen). Made from shipping containers, the indoor food market boasts the best sea view and draws creatives from all around the city. You can seek shelter inside or lounge on deck chairs in the sun and tuck into a hot-dog to rival all others.

## Sightseeing

There are so many things to do for free in Copenhagen that you may struggle to find time to do them all:

**The Round Tower** is free to enter and offers the most spectacular view of the city.

Inside, the tower spirals upwards like a gigantic helter-skelter, positioned at the exact centre of the city.

**The Botanical Gardens** is a naturally beautiful space within the heart of the city. The Victorian style greenhouse is comprised of three rooms filled to the rafters with exotic fauna.

**Remisen Flea Market** in Osterbro is a great indoor space to wander around. You can also grab a cheap coffee and cake in the community run café on site.

Copenhagen is a haven for students on a budget. Don't let misconceptions hold you back, this city is full of plenty of cheap options, and they are just waiting for you to find them.





# The best apps for students

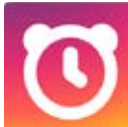
A round up of the best apps to make your life at Uni that little bit easier.



They say there's an app for everything, and here at *Humanity Hallows*, we know there are plenty we would struggle to live without. Apps can be fun, save us time, manage our money and help us stay healthy. We take a look at the best apps to help you get through student life.

Words: Benjamin Francis Cassidy

## Alarmy (Sleep If U Can)



Missing your 9am lectures because you can't get out of bed? Are you guilty of turning off your alarm when you're half asleep? This novel app makes it easier for sleepy heads to get up and out in the morning. Instead of simply hitting a button to switch off your alarm, you've got to work for it. By the time you've done one of the pre-set tasks your brain will have kicked into gear, and you'll be wide awake and ready to start your day. From tasks including photo challenges to maths questions, this alarm will get you moving and your brain ticking.

## Rota



Rota is a relatively new app that connects hospitality companies to rated staff. This revolutionary app offers choice, flexibility and fun, as workers get to choose shifts at cool venues that suit them. Rota offers a unique approach to seeking employment without having to leave the house, which is perfect for students with hectic schedules. Not only does it allow you to find paid well paid work, but it fits around you and your studies.

## Uber



One of the most popular apps at the moment is Uber. This app allows you to book a taxi in minutes using GPS, meaning there's no need to wait for a taxi or bus. You don't even get cash out, simply tap

to request a ride, and select whether you'd like to pay with card or cash. With pre-agreed fares and the ability to track your cab, this is the best way to get around the city. Personal and safety touches include the information of your driver, along with their car registration number. You can also contact the driver directly through the app if there are any mix-ups with your location.

## MyMMU



Manchester Met has its very own app that has numerous features, including your timetable for the week and full access to your student email and Moodle area. Its touch-screen interface is straightforward allowing users to access files on the go from their designated cloud storage space. This function is particularly useful as you are able to access your files on the go, saving you carrying a bulky laptop around campus or printing off reams of notes.

## Netflix



Netflix is now available on the move, meaning you can plug in your headphones and watch your favourite box sets on the way to work or university. You can download the app for free, at no extra cost to your subscription. You can also pick up where you left off, and spend your journey time relaxing.

# Rota - Flexible work at your fingertips

Want a job that fits around your studies? Rota have an app for that.

Finding a job you love that fits around your life isn't easy, particularly if you're a student. Juggling lectures, deadlines and finding time to see your mates is difficult enough, without the added stress of trying to fit in a job that funds it all.

If you don't fancy walking around town endlessly handing out your CV at bars and restaurants and then settling for working every Friday and Saturday night for the rest of your university life, there is another way.

Rota has a solution, offering choice, flexibility and some pretty cool venues to work at for great pay. Established by Nick Bolton and business partner Tom Williams, Rota invites employers to post shifts and workers can sign up to them at the touch of a button. The app lets you browse shifts on offer near you without leaving the comfort of your home or printing your CV.

We caught up with Nick to find out more.

## When and how did the idea for the app come to you?

The idea was formed in 2015. We built the app that summer and launched in October 2015, so it all happened rather quickly. It was my business partner Tom Williams who first had the idea. His family home is a hotel and wedding venue in Hertfordshire. They run over 300 weddings a year there! Tom saw first-hand the problems associated with hiring and managing temporary work force including the over reliance on temporary agencies that charge huge margins and provide uninformed, de-incentivised staff. He knew there were loads of great people in the local area that wanted work and would do a great job so it was just about finding a way to communicate to them and get them to the venue. It was when using an Uber that the solution soon became clear. If you can book a car through an app why can't you book yourself a bartender?

## How has your experience in the hospitality industry been instrumental in building Rota?

I have been working in the hospitality industry for ten years, starting off as a waiter when I was 16 years old. The deep understanding of the industry from both the venue side as well as the employee has really helped to ensure that we have built something that people love.

## Why should students use your app?

It's a great way to earn extra cash and it's 100% flexible. You'll never even be asked to do a shift, let alone forced, and there is no minimum. If you are a little behind on uni



work or got exams coming up, then you can give it a break for a bit. When your student loan starts to run out pick up a few extras so you don't have to survive on beans on toast.

## What is the coolest venue you work with in Manchester?

We have a number of great venues that people love to work at. The current highest rated one in Manchester is the Arena, which is hardly surprising as our members get to go to gigs such as The 1975, Red Hot Chili Peppers, Drake, The Weekend etc.



Nick Bolton, Rota Operations Director

## The app has taken off in London and has now come to Manchester. Have you found a North/South divide in how students use the app?

To be honest there is not a massive difference between our student members across the country. They all seem to work a little more in the weeks coming up to a student loan payment!

## Are you seeing the same popularity?

If anything the popularity is even greater

in Manchester than London. We have had over 3500 applications in Manchester over the first 3 months! We have also had a tremendous referral rate with 48% of the applications finding out about us through a friend. There are a number of Rota student houses where every member of the house is on the app and picking up shifts.

**"I love using Rota. The app is so easy to pick up shifts and even tells you when and how much and when you are getting paid." - Rory, Rota Member and MMU Student**

## What's the best feature of Rota?

Flexibility. It gives people the chance to fit their work around their life, not the other way around. When your student loan is running thin you can pick up a few extra shifts but, when exam season comes around, you can get your head down to study without losing your job or feeling like you have let anyone down. The fact we pay significantly more than almost every other bar or restaurant is pretty cool too!

## What are your plans for the app in 2017?

2017 is going to be a really exciting year for Rota: we have plans for expansion both in the UK and internationally.

So, if you are looking for work that provides a decent wage, exciting venues, that fits easily around you, look no further.

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For more information visit [rota.com](http://rota.com) and download the app for free online.



# Clubnight Highlights

Words: Zarina Akhtar

We may have lost our beloved Sankeys (for now), but Manchester still has plenty to offer.



## High Hoops

Those hoping to boogie, won't be disappointed by High Hoops, a night that specialises in bringing you the finest purveyors of techno, funk and house. Held at different venue each time, this night brings a sense of free-spiritedness to Manchester. Think glitter, smiles and a lot of dancing. Recent guests include Hunee, Antal and Suzanne Kraft. Get yourself down to Hidden in April to see the Detroit legend Omar-S, amongst others, including Manchester's very own, Annabel Fraser.

## Project Thirteen

Born and bred in Manchester, Project Thirteen is a night specialising in the darker side of dub, techno and bass. Known for it's stellar line-up and past guests including DJ Stingray, Andy Stott and Tessela - it's an experience not to be missed.



## Swing Ting

Expect a mix of reggae, basement, jungle and the in between with Swing Ting, a club night taking place on the third Saturday of every month at Soup Kitchen. It's a cheap night out, costing a fiver all night, plus you get to dance to the selections of Manchester's finest talent, Samrai, Platt, Murlo, Joey B and Fox. Swing Ting always have a special guest each month, so keep your eyes peeled!

## The White Hotel

With an address so obscure that even your taxi driver might not know where to go, The White Hotel is based on the outskirts of the city centre. Don't let this put you off, as this D.I.Y. venue encapsulates the gritty and raw essence of partying and you can truly let yourself go inside. A variety of nights happen at the Hotel, so get yourself down and join the fun.

# HOME: Spring/Summer

Words: Tiffany Bowman

HOME, Manchester has announced its packed Spring/Summer season, which offers a variety of shows ranging from theatre to dance.

Known for its contemporary art, theatre and film, HOME is set to bring in more international and national collaborations, meaning you can expect an array of exciting shows in 2017. Here are some of the highlights:

## Duncan Macmillan's adaptation of Paul Auster's City of Glass

Sat 4 – Sat 18 Mar

Paul Auster's novel tells the story of Quinn, a crime writer who finds himself becoming a detective. This metaphysical mystery has been adapted by Olivier Award-nominated playwright Duncan Macmillan, and will be directed by Leo Warner (59 Productions). HOME will also be hosting a book reading and signing event with Paul Auster on March 10.

## ¡Viva! Spanish & Latin American Festival

Fri 31 & Sat 1 Apr

This festival will feature two UK premieres, including the award-winning dancer Sol Pico, Barcelona's young company

Agrupación Señor Serrano, with their multimedia performance Birdie. Emma Frankland will also return with the world premiere of Republica, following the sold-out success of Don Quijote at last year's festival.

## Blak Whyte Gray

Thu 9 – Sat 11 Feb

Olivier award-winning company Boy Blue Entertainment will make their debut at HOME with their brand new hip hop dance triple bill Blak Whyte Gray, following performances at Sadlers Wells. This will be choreographed by Kenrick 'H2O' Sandy (Romeo & Juliet, HOME). Their work explores a need and desire to make change happen.

## Rose by Martin Sherman

Thu 25 May – Sat 10 Jun

Following its premiere at London's National Theatre, HOME will present the first UK revival of the award-winning Rose by Martin Sherman. Walter Mejerjohann (Artistic Director) has described it as "an epic story

of persecution, displacement and survival told with passion, pathos and wild humour." It will see Dame Janet Suzman return to the stage to play the title role, and the production will be directed by Richard Beecham (who recently directed Playing for Time at Sheffield Crucible, which received critical acclaim).

## Operation Black Antler

Wed 7 – Sat 17 Jun.

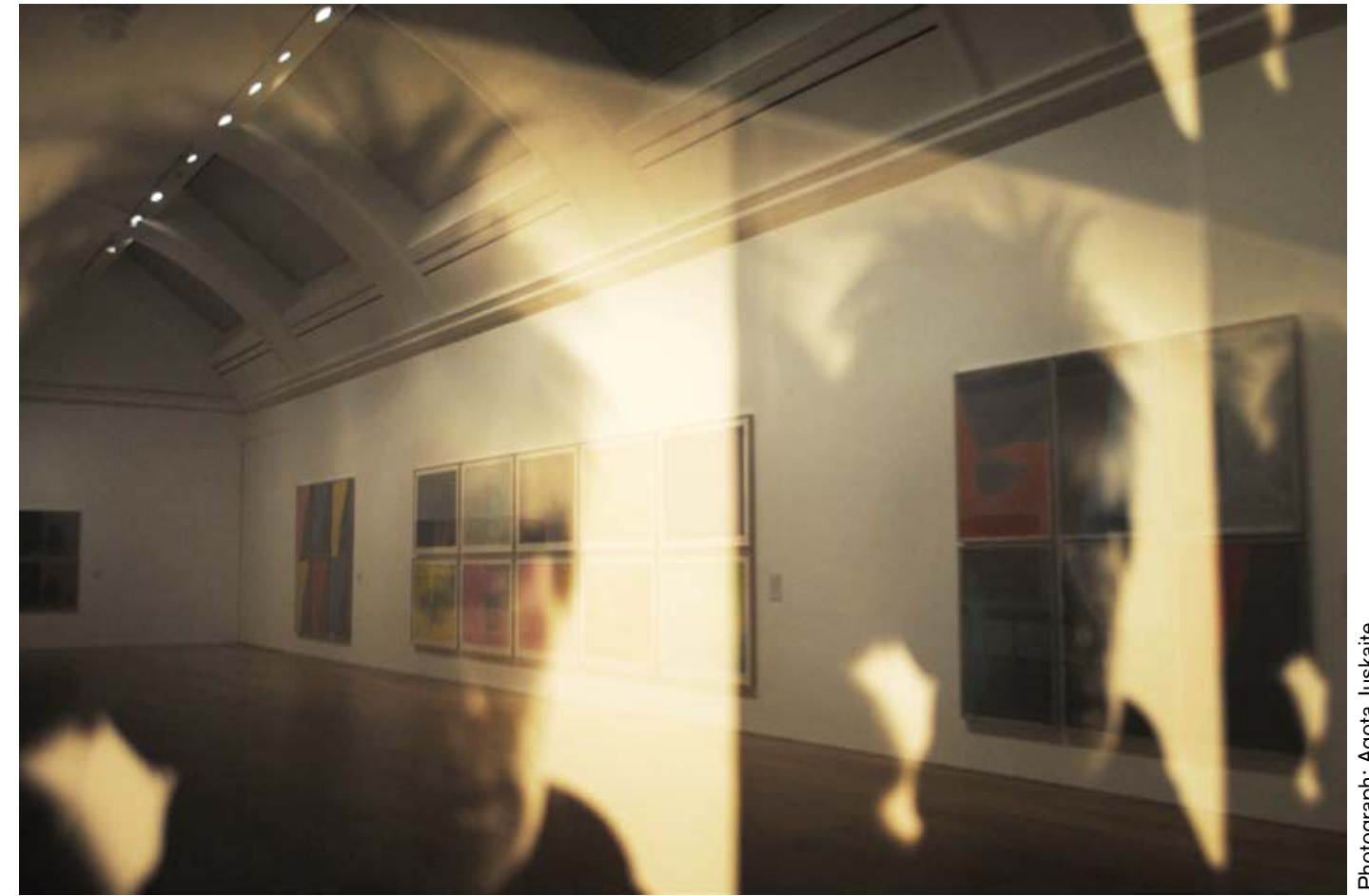
This will be an immersive, site-specific theatre experience which sends you into an undercover operation at secret locations in central Manchester, produced by BAFTA nominated Blast Theory. This performance invites it's audiences to take on the role of an undercover officer encouraging them to consider what is and isn't acceptable in the name of security.

Full details and tickets available at [homemcr.org](http://homemcr.org)

# ARTIST ROOMS: Andy Warhol

Death, politics and selfies explored in ARTIST ROOMS exhibition.

Words: Zarina Akhtar



Photograph: Agota Juskaite

The Whitworth Art Gallery's latest exhibition, ARTIST ROOMS: Andy Warhol, offers a darker view into the Pope of Pops' later years, casting us away from the saccharine laden portraits of Twiggy and Marilyn, to offer an exhibition that still feels relevant to today's affairs.

Retaining a wry sense of humour and vibrancy, the exhibition features Warhol's hallmarks, in terms of his abstract prints and bold strokes, as well as some quieter pieces.

The artwork on show draws upon Warhol's views on capitalism, political views, corruption and his own personal life, more specifically his near-death experience. Warhol was shot by his old friend and radical feminist, Valerie Solanas, in 1968. An aura of death and political tension can be felt in Gun (1981), a duo of printed frames that are red, bold and loud and the gun itself is the same model that was used on Warhol by Solanas.

Warhol's Electric Chair series (1971) features ten images, which, originally part of his Death and Disaster exhibition in 1964, is deceptively innocent in its colourful tones, having drawn its origins from a press photograph from 13 January 1953 of

the death chamber at Sing Sing Prison in New York. This is where American citizens Julius and Ethel Rosenberg were executed that year for passing information about the atomic bomb to Russia during the Second World War.

Dollar Sign (1981) is a large, vibrant capitalist symbol, no doubt influenced by the costly and explosive 1980 US election, a piece that is very relevant to the current affairs we have seen over the past year, including the US presidential election in 2016 and the EU referendum in Britain. This is a colourful piece without any sweetness and this can also be felt in Camouflage (1986) with its

camouflage print in shades of blood red and army green.

The more unusual paintings on display are his abstract 'diamond dust' paintings, the Diamond Dust & Shadows series from 1979. Glittering, iridescent and colourful, these are beautiful pieces of art inspired by the shadows in photographs cast by maquettes and are not what you might think of as 'traditional' Warhol.

**ARTIST ROOMS: Andy Warhol runs until April 16 at the Whitworth Art Gallery**  
For more information visit, [whitworth.manchester.ac.uk](http://whitworth.manchester.ac.uk)





# In Cinemas

Films hitting the big screen in 2017.

**Words: Alice Denison**

## Trainspotting 2

Director: Danny Boyle

Starring: Ewan McGregor, Robert Carlyle, Kelly Macdonald, Johnny Lee Miller, Shirley Henderson, Ewen Bremner

Released: 27 Jan

Trainspotting 2 is a film that critics and fans alike have been waiting a long time for. The sequel novel by Irvine Welsh entitled *Porno* was also set and released 10 years after the first novel. The film will follow this from the 1996 to the present, in 2017. It will be interesting to see how Renton's life has panned out over the past decade and how Boyle's style has developed. He will most likely be able to create unforgettably disturbing scenes when it comes to Trainspotting, like the infamous scene with the baby on the ceiling.

## Rings

Director: F Javier Gutierrez

Starring: Aimee Teegarden, Vincent D'Onofrio, Johnny Galecki

Released: 3 Feb

Rings is an American supernatural psychological horror film directed by F. Javier Gutiérrez and the third in the trilogy of The Ring series. Gutiérrez has taken the reins for the next film, following the theme of changing directors with every installment. It will still be interesting to see where Gutiérrez takes it. The seven days' theme is still well set into the third film along with Samara and her creepy video, so the original ideas are there and hopefully it will show a new spin to avoid being an exact repeat.

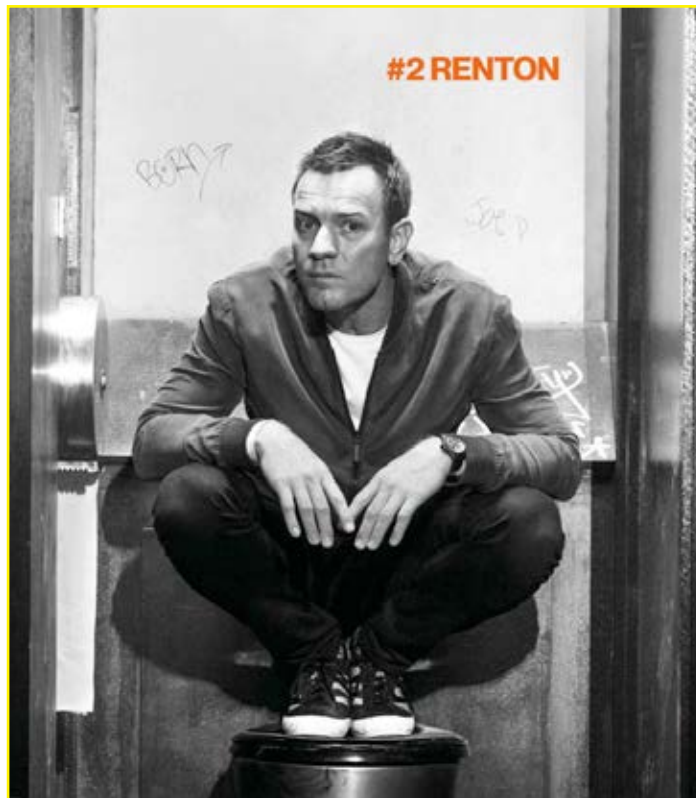
## The Lego Batman Movie

Director: Chris McKay

Starring: Will Arnett, Ralph Fiennes, Zach Galifianakis, Michael Cera

Released: 10 Feb

The idea of watching a film about Lego people that act out other characters seems a little ridiculous, but you can't help but love it. The 2014 Lego Movie opened the doors for this type of film after it was hugely successful in both film and game formats. The idea of the Lego Batman film presenting the moody side of Batman that wallows and never seems to age throughout the many years his character has been around in modern culture promises to be hilarious.



## Fifty Shades Darker

Director: James Foley

Starring: Jamie Dornan, Dakota Johnson

Released: 10 Feb

The Fifty Shades craze is ever present recently with the best-selling books and the hype around the first film, so undoubtedly the second instalment will be just as hyped. It will certainly be the reason of chatter among the critics. With the original director Sam Taylor-Johnson quitting, it will be interesting to see Foley's spin of the film series. The merchandise and branding is always entertaining for this film, so prepare yourself for some Valentine's Day Christian Grey underwear.

## Logan

Director: James Mangold

Starring: Hugh Jackman, Doris Morgado, Patrick Stewart, Richard E Grant, Steven Merchant

Released: 17 Mar

Hugh Jackman will always be Wolverine and the fact this is the last time he will play him is upsetting. However, the excitement building around this film is immense. Mangold's The Wolverine (2013) was a raving success and no doubt Logan will be too. Fans will be saying goodbye to Jackman and hopefully the film will tie up loose ends surrounding his story. The trailer itself looks emotional, with Johnny Cash's heart wrenching version of "Hurt" blasting over Logan's pain and suffering. Fans are going to be in for a whirlwind ride.

## Beauty and the Beast

Director: Bill Condon

Starring: Emma Watson, Luke Evans, Ewan McGregor, Emma Thompson, Ian McKellen

Released: 17 Mar

The remake of this Disney classic has caused a stir already and the trailer doesn't give much away. The question around Emma Watson's suitability to play Belle has all longstanding Beauty and the Beast fans in an uproar. Despite any fears, this is one cinematic experience not to be missed. The film itself will be stunning if Condon's previous body of aesthetically pleasing work is anything to go by.

# Monkey See Monkey Do

Richard Gadd, acclaimed winner of Best Show at The Edinburgh Festival in 2016, comes to Manchester

**Words: Steven Mackle**



A Richard Gadd show will always stand out from the crowd. His is a dizzying and manic style of comedy which utilises video clips, soundbites, onstage anarchy and killer jokes that often push the boundaries of taste and convention. 2015's 'Waiting For Gaddot' was an uproarious hour. The premise that he didn't arrive until the final five minutes of the show was beautifully executed and a huge hit in which the audience was constantly kept on their toes by the brilliantly crafted meta comedy.

In his new show 'Monkey See Monkey Do' comedy meets theatre meets performance art in a thrilling journey of deep and personal exploration from a comedian who had hitherto

shied away from expressing his true self onstage. There are plenty of laughs in the show as you'd expect from one of the UK's most lauded young comedians. But there is so much more to enjoy in a show which often culminated in audiences rising to their feet with a tear in the eye by the climax.

It deals with complex and emotive subjects like sexual assault, masculinity, depression and mental health which Gadd speaks about openly and honestly, leaving nothing on the stage.

"I always say I was sexually assaulted because I don't want my

parents reading the word you're thinking of. And I didn't want to relive the actual event because I have worked so hard to get the flashbacks out of my head. But I wanted to portray the repercussions, which still last today, and show to the world that mental health problems are just the same as having a broken leg. Just because you can't see it, or you don't know someone's story, doesn't mean it isn't real. I cannot tell you how bad it got, but the worst thing my abuser did was to take my confidence away from me. I feel this will go some way to getting it back."

The vast majority of the show is performed by Gadd as he runs on a treadmill, which when you consider he performed the show for a full month in Edinburgh (plus added extra shows) is a testament to his commitment. "For two years, the only way I could put the monkey on my back to sleep was to run and run and run. I was running 10 miles a day, six days a week. I wanted to show that everything in it is very real."

Following sell-out runs in Edinburgh (in which crowds squeezed into the unfeasibly tiny venue just feet from the stage) and London Gadd will go out on his first ever full UK tour, which kicks off in Manchester on February 16 at the aptly named Gorilla, home of Manchester comedy institution, Gorilla.

**Richard Gadd: Monkey See Monkey Do, Feb 16, Gorilla, Manchester Tickets: [www.perfectstrangerscomedy.co.uk](http://www.perfectstrangerscomedy.co.uk)**



# Creative Collaboration

By Lucy Madeleine Watson & Jamie Stewart

*Humanity Hallows* asked writers to create a piece of flash fiction or poetry in the theme of 'Home and Away'. In honour of our 5th issue, we challenged poets and writers to contribute work using either five words or five lines. We then invited illustrators to design a response to those pieces within a five minute time limit. Here are the results...

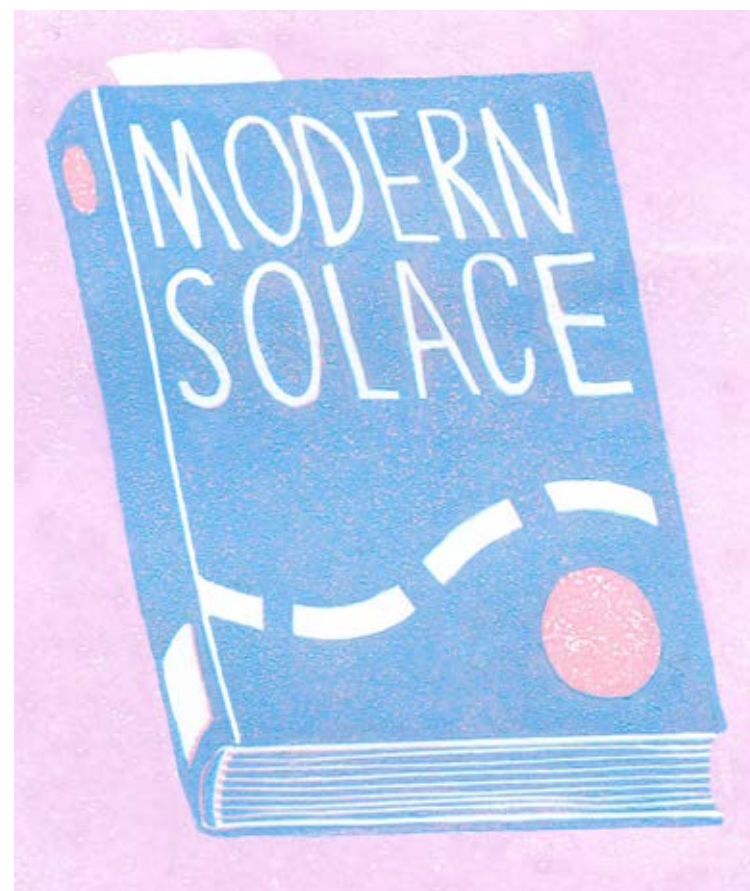


Homeless,  
Nameless,  
Lost at sea.

By Natasha Leigh  
Illustration: Jas Bird

The Away is the Other.  
The heart lives at home.  
Travelling on the train.  
Crackles down the phone.  
Finding joy in the rain.

By Robert James Gardham  
Illustration: Jennifer Ferentluk



He 'played away' at work,  
That's what he called it.  
His wife had no idea,  
He thought. Until, one lunchtime,  
She poisoned his cheese  
sandwiches.

By Emma Jane Makarova  
Illustration: Daniel Howden



# Veggie in the City

There has never been a better time to be a vegetarian, with so many choices of eating venues in Manchester. Here is a roundup of the Top 5 Veggie and Vegan restaurants in and around the city.

By Hannah Lewis



## Eighth Day Co-Operative

Situated on Oxford Road, opposite Manchester Met's All Saints campus, this veggie cafe is the perfect pit stop for a cheap, filling lunch. Upstairs you can pick up cruelty-free cosmetics, groceries and cleaning products, and after, head down to the cafe to munch on the daily changing menu. There is also a pastry and cake counter upstairs to take away. Hint: The vegan brownies are divine!

Eighth Day, 111 Oxford Road, M1 7DU  
8thday.coop

## Fuel Cafe Bar

Fuel cafe serves veggie and vegan food from breakfast to dinner, and has a wide range of options, including 'fish' (halloumi). In the evening, Fuel transforms into a bar and music

venue, perfect for a nightcap after eating.

448 Wilmslow Rd, M20 3BW  
0161 448 9702

## V Rev MCR

Styled on an American Diner, V Revolution is the answer to every vegan's junk food prayer, serving mouth-watering burgers, hot dogs and daily changing specials. Having recently moved from their original home on Oldham street to a bigger venue on Edge Street, this is definitely not a place to miss!

V Rev, 20-26 Edge Street, M4 1HN  
vrevmcr.co.uk

## 1847

Looking for something a bit more upmarket? 1847, named after the year the Vegetarian Society was formed, offers veggies inventive

dishes using seasonal ingredients. Sitting in the centre of the city, this is a perfect place for date night!

58 Mosley Street (Entrance on Booth Street)  
MM2 3HZ | 0161 236 1811

## Greens

Willing to go a bit further afield? Greens in West Disbury, run by TV chef Simon Rimmer, offers an exciting array of dishes which are a world away from your average veggie options. Even your carnivorous friends will be impressed...

41-43 Lapwing Lane, West Didsbury,  
M20 2NT | 0161 434 4259

**Room for dessert? Check out Ice Shack in Withington for vegan ice-cream and other sweet treats!**

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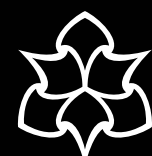
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# Celebrity Trump

Words: James Skipper

James Skipper reflects on the effect of celebrity and the media on politics.

Since the dawn of social media, our inescapable infatuation with celebrity culture has created a parallel universe. The glitzy lifestyles of famous individuals have become an aspirational benchmark of sorts, and their online omnipresence stimulating constant comparison among young people.

A study by NHS UK Digital concluded that the image-centric nature of social media has contributed to growing levels of stress and anxiety, particularly among young women who feel pressured to conform with a 'selfie society'. This mind-set has also permeated the political sphere, where politicians are regularly scrutinised on their public appearance.

Donald Trump has been a celebrity in America for a long time. A prolific businessman, the property development magnate became a household name in the 1980s. Having appeared regularly on US television networks over the years, Trump has also made cameos - playing mainly the role of himself - in popular films such as Home Alone 2 (1992), Zoolander (2001), and Ghosts Can't Do It (1989), in which he was voted 'Worst Supporting Actor' by the Razzie Awards in 1991.

More recently, he has starred in and co-produced The Apprentice US and successively The Celebrity Apprentice US, as well as becoming a viral hit after appearing in a parody of Drake's, 'Hotline Bling'. Trump is not the first on-screen star to occupy top political roles in the US however: Arnold Schwarzenegger held the California governorship for some years, and Ronald Reagan appeared in over 50

films before serving two terms as President between 1981 and 1989.

Trump's position of fame in the mainstream celebrity world undoubtedly gave him a platform to launch a campaign that reached far and wide across America, attracting ample media attention from the offset. Perhaps it was this unique standing, combined with his drastic policies of socio-political upheaval that was appealing to so many people.

The divisive rhetoric used in his campaign obviously resonated within communities that feel left behind by their government, who have gravitated towards immigration and globalisation as a simple answer to problems. By tapping in to this entrenched finger-pointing mentality, Trump invigorated feelings of distrust towards certain cultural groups, using them as a springboard to orate a promise of momentous change. Was it then, the concoction of existing racial tensions, political distrust and Trump's accomplished image that gave him presidential legitimacy in the minds of so many Americans?

In the present day, celebrity culture and politics are somewhat entwined; even Hillary Clinton called upon superstar couple, Beyoncé and Jay-Z to endorse her in the final throes of the campaign. On the plus side, this makes it possible to reach broad audiences that might otherwise feel detached from the political process, but populism should promote, not dictate politics.

Although Hilary Clinton was by no means the most credible candidate the US has ever seen, Trump is not a politician - which may have been the attraction for many voters. Hopefully, this will make political establishments across the globe rethink the way they connect with the general public in a way that doesn't trivialise politics, but encourages people to seriously interact with policy. Surely, that starts with education?

**"Populism should promote, not dictate politics."**

# Anorexia: A disorder, not a fashion statement

Words: Pragya Singh

Pragya Singh reflects on the harm of careless words and an image obsessed society.

"Oh my god you're so thin! You're like totally anorexic!" A friend once said to me in a tone that implied she was complimenting me. "Like, I wish I could be that thin."

I stood there for a moment, hardly able to believe that she had just literally told me that I could possibly be suffering from an eating disorder, like it was the most normal thing in the world. Then again, it wasn't her fault. She wasn't the only one to feel that way or talk that way. The society that we are a part of, one which is obsessed with size, the society that considers size zero a fad or the 'in' thing, has actually started treating anorexia like a fashion statement.

Anyone who knows me might call me a hypocrite, for most of my loved ones also believe that I suffer from anorexia just because I am thin. People need to realise that being thin is not and will never be the same as suffering from anorexia or bulimia. Anorexia is an illness and should not be glamorised.

According to statistics, anorexia has the highest fatality rate of any mental illness in the world. Yes. Try remembering that the next time you call anyone anorexic. Obesity is well publicised as a big

**"Healthy bodies come in all shapes and sizes."**

health problem and is regularly spoken about. It's important to ensure that anorexia is taken just as seriously as any other illness due to its devastating effects.

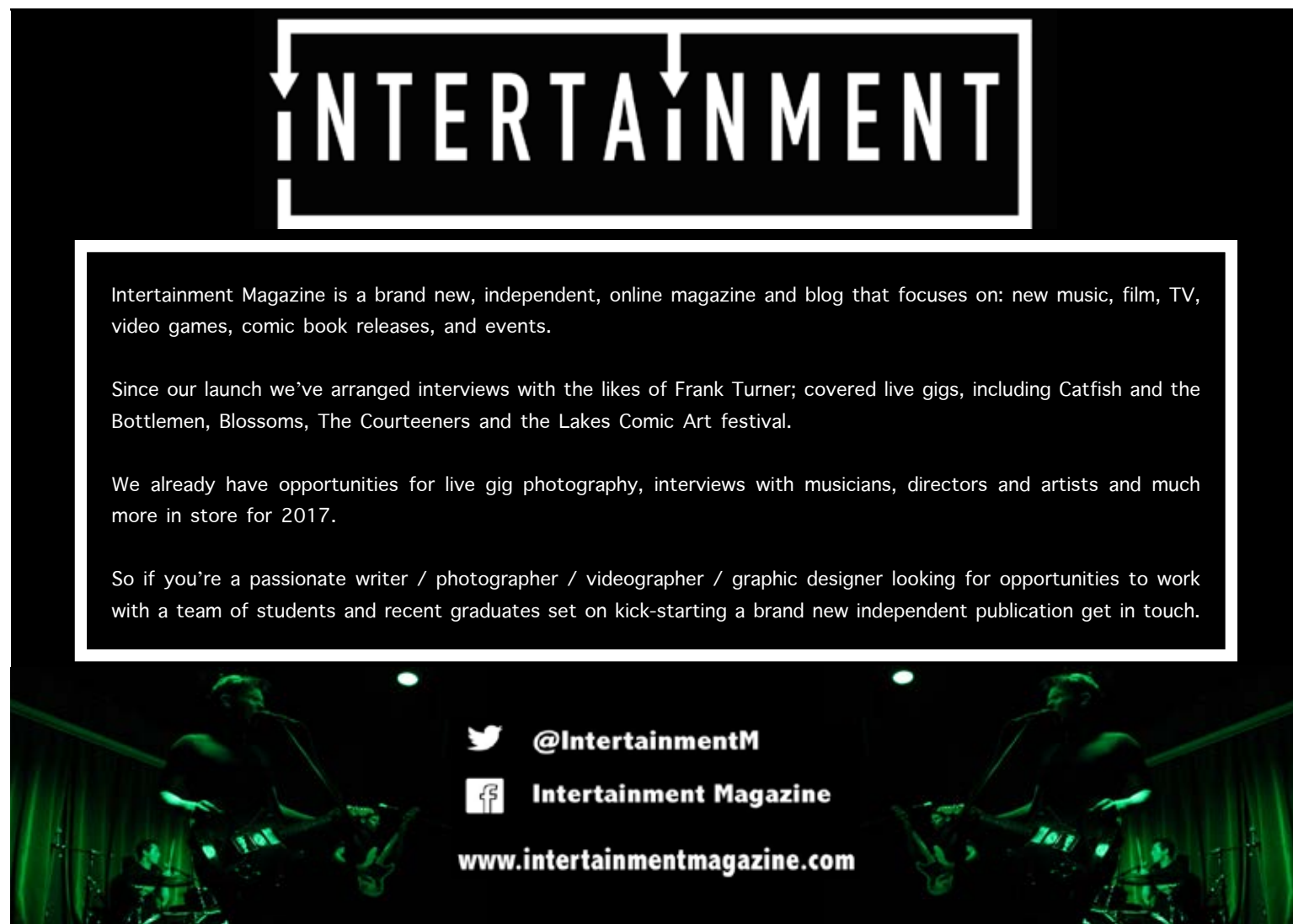
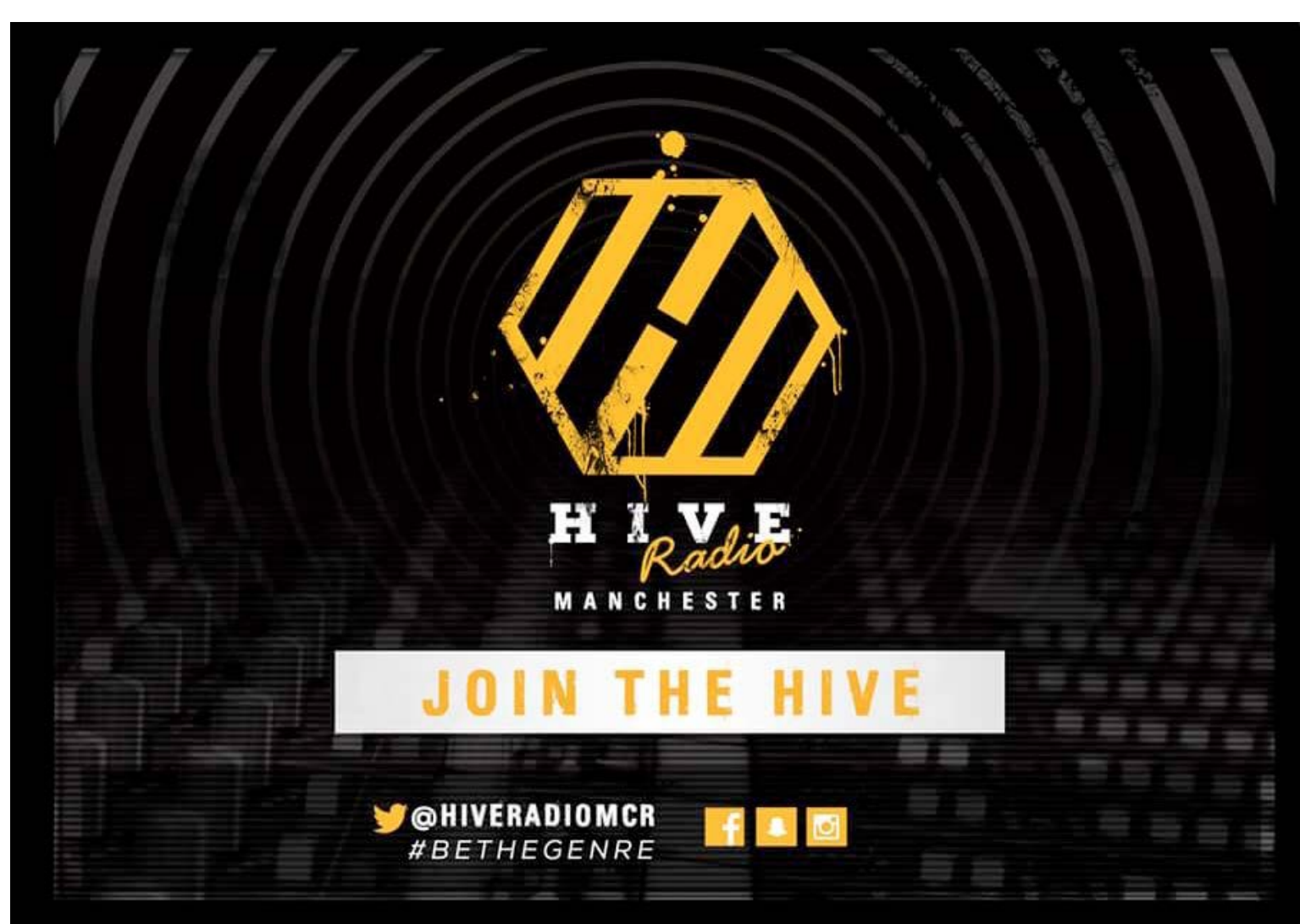
In an image obsessed society, which often idealises size over health, it is far too easy to fall into a trap and I am one of the many girls who are tired of hearing that they are anorexic without people thinking about what they are saying. Extremely thin individuals can be just as unhealthy as those who are obese. Support and awareness should be given to anyone who has a problem with food.

Far too often someone with anorexia is given positive feedback on their body image and we, as a society, must not fall into the trap of aligning being thin with being healthy. Not every person out there desires to look like a Victoria Secret's model. Women are more than 36-24-36. Statistics don't define us.

So, next time you are talking about weight or diets, think about what you say and let's stop treating eating disorders as a joke, or worse, complimentary. Anorexia is NOT a fashion statement. It is an illness. Let's treat it like one.

If you are affected by any of these topics and would like speak to someone, you can contact counselling@mmu.ac.uk

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# Student Magazine

## How to Get Involved

**Humanity Hallows is Manchester Metropolitan University's official online and print student magazine.**

**We are currently recruiting for a number of volunteer roles and welcome applications and contributions from all students.**

*Humanity Hallows* is a platform run entirely by student volunteers with a passion for journalism and a passion for Manchester.

Working with *Humanity Hallows* is the ideal way for students to get that all important work experience while at university. We aim to provide a safe and supportive space in which student volunteers can be creative and have their voices heard, while boosting their confidence – and their CV – with skills in journalism, editing, publishing, social media and more.



### Freelance Contributors

We are looking for writers, illustrators, filmmakers and photographers on an ongoing basis to help make *Humanity Hallows* an informed, inspiring, witty and opinionated collection of student voices and talents that make our city brilliant. If you have an idea for a contribution, register your interest and get in touch with the team via our 'Work With Us' page.

### Editorial Team

We have a number of exciting opportunities for Manchester Met students to become members of the *Humanity Hallows* editorial team. Joining the *Humanity Hallows* editorial team is a great opportunity for students to gain an insight into the world of journalism, to pick up genuine employability skills and contacts and meet new people.

### Apply Online

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