

GRAZIA

Heather and Paul
IT'S WAR!
She says: 'He beat me up'
Now he says: 'You need serious help'



EXCLUSIVE
Meg Mathews:
'My rehab diary'
REAL LIFE
The widows
forced into
prostitution

MADONNA
Inside baby David's
amazing new world



NICOLE
FIGHTS
FOR HER
MARRIAGE



WIN!
THE £470
BAG OF THE
SEASON



FIND YOUR INNER GUERRILLA



The hippest restaurants and shops are springing up from nowhere – guerrilla – and disappearing just as fast. Grazia says get in on the new trend before it goes...

Words: Lucy Mangan



Guerrilla dining

The super-plant Reindeer 'pop-up' restaurant... use your imagination and book early

Guerrilla restaurants are the latest word in dining, darling. Those in the know have already booked Reindeer in East London, a 'pop-up' Christmas-themed restaurant and cabaret bar that will exist for 23 days only. Often run by top chefs who are creatively frustrated or just want to cook for a super-exclusive clique, guerrilla restaurants can be set up almost anywhere. And they rely on word-of-mouth or email bulletins to spread the news. The culinary equivalent of the '80s rave, basically.

IT'S RIGHT FOR YOU IF... You like to build up your appetite by wandering around dark streets in cool neighbourhoods.

WHAT TO TAKE: A bottle or two – beware, they're frequently unlicensed.

WHAT TO WEAR: Whatever you like. You don't need to dress up but you don't want to put people off their food either.

ETIQUETTE/RULES: Check the policy on bringing guests – some guerrilla establishments are more elitist than others.

DO SAY: 'You must give me the recipe. And your next address.'

DON'T SAY: 'I'm from Health and Safety. Could I have a look at your kitchens?'

CATCH IT... From 1 to 23 Dec, The Truman Brewery, Brick Lane, London E1; 0845 094 2991 or go to www.bookthereindeer.co.uk.



Guerrilla shopping

It goes like this: fashion label sets up shop in vacant retail unit or arty space. The hippest of the hip flock there, the buzz builds for a week, a month, a year, and then – poof! It's gone! American designer outlet Vacant was the first to try the concept, in 2003, opening boutiques for one month in New York, London, Paris and Berlin. Comme des Garçons has created a series of guerrilla stores across the world. They get a lick of paint and a set of clothes rails that groan with Comme goodies until they are 'disappeared' (the latest UK one is in Glasgow). Fashion mag Pop has employed a similar tactic with its Pop Shop at London's Dover Street Market. It's permanent but only sells very, very limited-edition fashion finds.

IT'S RIGHT FOR YOU IF... You have to fight the urge to go round Gap unfolding things.

WHAT TO TAKE: Your credit card. The rents are cheap – the clothes are not.

WHAT TO WEAR: £350 gold-leaf Levi's that were sold for a week in Cologne last year.

ETIQUETTE/RULES: Don't fight over the precious baubles – one swift kidney punch to the opposition is all that's required.

DO SAY: 'I'll take one of everything – and sell it on eBay later.'

DON'T SAY: 'Is this a garage sale or what?'

CATCH IT: See www.guerrilla-store.com for details of the Glasgow Comme store and Pop Shop at www.doverstreetmarket.com.

GRAZIA TREND

Guerrilla dating

Guerrilla dating is more of a state of mind than a method. First defined by New York psychologist Sharyn Wolf in her book *Guerrilla Dating Tactics: Armed, Dangerous And Ready For Love*, it basically means seeking out and pitilessly exploiting any opportunity for a date. For example, before setting foot outside the house, you should have a sackful of small talk at the ready. Once you have someone hypnotised in the bus queue or the Fresh & Wild aisle, you can break the ice, impress them with your delightful conversation and parlay it seamlessly into a happy ever after. Wolf even recommends funerals as a ripe spot for mate-finding.

IT'S RIGHT FOR YOU IF... You don't mind explaining how you met with the words, 'Our eyes met across a waxen corpse...'

WHAT TO TAKE: Every chance you get to engage a total stranger in conversation. Index cards listing interesting statistics for urgent ice-breaking situations.

WHAT TO WEAR: Make-up at all times. Agent Provocateur undies every day.

ETIQUETTE/RULES: There are no rules. You snooze – or observe basic human decencies at times of deepest mourning – you lose.

DO SAY: 'I'm sorry – I thought I recognised you from my art class. Are you absolutely sure we haven't met...?'

DON'T SAY: 'The last person I met in this hospital emergency room had a huge...'

CATCH THE NEXT EVENT: You are the event, darling – it's up to you.



Guerrilla gardening



Clearing up urban spaces and turning them into beautiful gardens – you could be a modern-day Womble woman

Guerrilla gardeners are on a mission to make over neglected scraps of urban wasteland. Under cover of darkness, they clear the dog turds and litter from scrubby little patches of earth and cover them with lavender plants and primulas, converting them from communal dumps to communal gardens. They aim to complete 100 recorded acts of guerrilla gardening across four continents this year. If you have a pair of secateurs, and if you can find them, you can join.

IT'S RIGHT FOR YOU IF... You've ever had a crush on Alan Titchmarsh.

WHAT TO TAKE: Tools, seeds, plants, the number of a good solicitor in case you get done for trespassing.

WHAT TO WEAR: There are few times in life when dungarees comprise the perfect outfit but this, ladies and gentlemen, is undoubtedly one of them.

ETIQUETTE/RULES: Know your weeds. Grown men will cry if you pull up an entire batch of lovingly nurtured begonia semperflorens instead of the trifids next door.

DO SAY: With a catch in your voice, 'Ah, Kipling... Our England is a garden that is full of stately views... But the Glory of the Garden lies in more than meets the eye!'

DON'T SAY: 'You know, it would be a lot easier if we just tackled over this.'

CATCH THE NEXT EVENT: It could be literally just round the corner. Buy a spade, log on to www.guerrillagardening.org and get digging! ■



GUERRILLA DATING TACTICS
SHARYN WOLF
ARMED, DANGEROUS AND READY FOR LOVE

Take a leaf out of the Sex And The City girls' book – or out of *Guerrilla Dating Tactics* – and make manhunting a mission