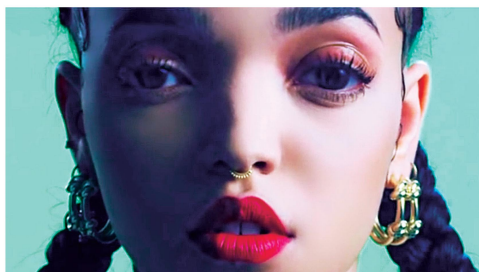
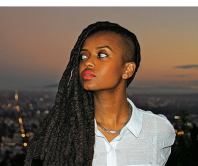


THE SUNDAY TIMES  
STYLE



**SING OUT SISTERS**  
Ladies are reclaiming R&B from the bump'n'grind brigade, with songs so honest, they can break your heart at first listen. Names for SoundCloud: Kelela (below), whose debut album is out in spring, FKA Twigs (left), SZA (pronounced Sizza) and the Canadian Jessy Lanza.



**CHANGING CHANNELS**

Everyone who wants their say can have their say, with independent community radio stations and internet media sprouting up all over. Log on to Represent Radio, in south London, and SBTU, which began as a YouTube channel founded by the teenager Jamal Edwards.



**COUNTING THE COST**

It's the year of asking: "Who made my clothes?" For the brands, the race is on to give the best answer. Last year's Savar factory collapse in Bangladesh and that Chinese angora-rabbit video have created a new demand for production transparency and radical innovation, such as waterless fabric dyes. Watch the conversation heat up on April 24 at Fashion Revolution Day.

**FUSION FITNESS**

Make the most of your time in the gym by combining different practices and techniques. The new workouts aren't happy accidents, but the result of increasingly precise insights into the way the body works. Psyche classes combine traditional apu with dance and weights for a full upper-body workout. Piloxing blends standing Pilates, dancing and boxing with weighted gloves. Ker-pow!



**RULE BRITANNIA**

Spring sees the queen of British evening wear, Rokanda Ilindio, opening her first store on Mount Street, London (where Christopher Kane and Céline are also arriving soon). The shoemaker Nicholas Kirkwood has been handed a huge cash injection from LVMH, so watch out for his shoes on the best-shod feet.



**FUTURE NOW**

HERE COMES THE ZEITGEIST, BUT WHAT DOES IT LOOK LIKE? JESSICA BRINTON AND MICHAEL HENNEGAN NAME THIS YEAR'S MOST EXCITING TRENDS



**THE DRONE DELIVERS**

For the dedicated shopper, delivery drones are just one of many seemingly futuristic ideas that will become startlingly real this year. How about an app that locates the clothes you love through image recognition, or digital avatars that will try on clothes for you?

**BLAME IT ON RIO**

This year belongs to Brazilian booze. On Copacabana beach, they are drinking Antarctica beer (every Brazilian knows Cachaça is terrible for hangovers).



**NAUGHTY OR NICE?**

Pope Francis says we should never fear being tender, and new research has revealed that we're not inherently selfish after all, but "wired to care for each other". Google calls this "positive friction", and How to Work Together, a shared programme by three not-for-profit London art galleries, is all about that. This year, the sharing economy will burgeon, and the mood will be nice: nice manners, nice people. We could even forgive Miley her foolishness.



**BRING BACK FAT**

Yes, butter, milk, even lard – all demonised since the 1970s. There's a U-turn on the way that will see more saturated fat incorporated into our diet. In moderate amounts, it's beneficial. Fact.



**A STEADY HAND**

Eyeliner reaches new levels of artistry. Can you flick it? Not with a hangover. Practice makes perfect, though. (Boys, take note, too.)

**WILD CHILD**

Step away from the iPad. Kids will be running free, jumping in puddles and generally rampaging around. Last year's inspiring Project Wild Thing has evolved into #wildtime, encouraging them to spend hours outside, not staring at a screen. Don't be too cross about the mud on the new cream carpet.

