

The short list

ONE THING YOU REALLY SHOULD KNOW



JINGA TRAINERS

Jinga (pronounced with a soft "g") is what the Brazilians call that certain rhythm that pounds through their streets, dance floors and football pitches. This small-scale but ultra-trendy trainer company produces comfy, ethical shoes (£35) in loud colours and is a favourite among Capoeira dancers. Not only are they suitable for both vegetarians and vegans, but Jingas are sweatshop-free and five per cent of all profits go towards helping children in a Rio de Janeiro shanty. Because most of the shoes are also limited editions, you'll have the most original footwear in town and be easing your conscience at the same time.

Visit www.jingashop.com to buy online or for details of stockists.

Bella Blissett

**REASON
TO BE
CHEERFUL**
The rare squacco heron
is back in England
after 141 years

Let's meet up



THE MARKET PORTER

9 Stoney Street, Borough, SE1, 0871 9841757

The beams give this traditional pub a cosy feel. As the name suggests, traders working on nearby Borough Market have made this their favourite haunt during the "early shift" and a hearty breakfast — to be replaced by office workers for the post-work stampede for a good pint. The place is never empty. As well as a good selection of beers on the hand pumps, there's a restaurant serving simple but good food upstairs and with the new extension at the back, there's now a chance of getting a seat even on Friday and Saturday market days.

HERE'S A THOUGHT

If extra police are put on duty to cope with trouble when there's a full moon, do they get sent home early if it's cloudy?

Book now

JIMMY CARR

Gag Reflex

15 June, 8pm, Fairfield Halls, Par
Croydon, £16.50-£18.50 (020 861
www.fairfield.co.uk)

Love him or loathe him, Jimmy Carr is undoubtedly one of the most in-demand comedians around. The ex-marketing man's Gag Reflex show, complete with un-PC jokes, to Croydon's Fairfield Halls next week. He's only in town for one night before moving on to Liverpool, so book now. Carr's sharp-suited stand-up tickles your

