

# Hello Cambridge

## Welcome to our launch issue

### We meet Hollie McNish

One of the most important  
poets of our generation.

Read our exclusive  
interview inside.

## In this issue...

The Grafton £18.5m  
refurbishment

Meet blogger  
A Girl, A Style

Summer blockbusters  
with Vue Cambridge

Exclusive interview with  
Cambridge United's  
Josh Coulson





# Welcome

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Hello and welcome to the launch issue of The Grafton Press. Brought to you by The Grafton Shopping Centre, we are a new bi-annual publication about Cambridge for Cambridge. Packed full of interviews, news and style from our wonderful city and the people in it.

For this special first edition we are thrilled to have spoken with our cover star Hollie Poetry (aka McNish), plus brilliant blogger Briony Whitehouse who has more than 58,000 people reading about her wonderfully stylish life in Cambridge. We also spoke to artist Loukas Morley about his latest work and Cambridge United superstar Josh Coulson.

With so much going on in Cambridge, we have been overwhelmed with stories for this issue and have met and spoken to so many wonderful people. We would like to thank everyone for taking the time to speak to us and we look forward to bringing you lots more in our next edition, out this Autumn. If you have any thoughts on this edition that you would like to share or potential stories for future editions, please get in touch at [editor@graftonpress.co.uk](mailto:editor@graftonpress.co.uk) as we would love to hear from you.

We hope you enjoy reading Issue 01 of The Grafton Press.

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Editor, The Grafton Press

[www.graftoncentre.co.uk](http://www.graftoncentre.co.uk)



# 4.

## Big Changes

Interview with Grafton Centre Manager John O'Shea about the centre's £18.5m refurbishment.

# 12.

## What's New

Interviews with The Entertainer and Decathlon - new international brands joining us in Cambridge.

# 17.



## Beauty

Summer in the city tips and tricks including a great offer from Trade Secret.

# 6.



## Meet Hollie Poetry (McNish)

Our exclusive interview with the award-winning poet and Cambridge resident.

# 14.

## Arts & Culture

Interview with Loukas Morley of 'TheLoft.Life' and Ruthie Collins from The Arts Salon.

# 18.

## Food Glorious Food

Delicious taste of Italy recipe from Bella Italia.

# 15.

## Summer Blockbusters

This summer's must see films at Vue Cinema.

# 8.

## A Girl, A Style

Meet Briony Whitehouse.

# 16.



## Health and Fitness

Exclusive interview with Josh Coulson, the Cambridge United star who is celebrating 10 years with the club.

# 19.

## Tech Talk

The latest gadgets and gizmos for the whole family including robots and princess phones.

# 10.

## Fashion

Seasonal updates for SS17 including one of the season's key trends - blue.

# 20.

## What's On

A round-up of some of the events taking place in Cambridge this summer.



# Big Changes at The Grafton, Cambridge

The Grafton is currently undergoing an £18.5million refurbishment programme, which will modernise the centre and create a bright new environment for everyone to enjoy. The renovations of the 500,000 sq. ft. centre will add to the appeal for customers of the shopping, dining and entertainment destination.

We caught up with the new Centre Manager John O'Shea and got the lowdown on his recent appointment and what the investment means for the centre and the city.







**“I am passionate about promoting Cambridge as a fantastic destination for shopping, dining, culture and entertainment”**

**John O’Shea**  
Centre Manager

**Q** John, tell us a little bit about yourself and your experience.

**A** My first job in retail was a Saturday job in Marks & Spencer in Cambridge 25 years ago. Since then I’ve worked in 13 different towns and cities across the country and it was great to return to Cambridge six years ago when I became the General Manager at Grand Arcade. Then, when this opportunity arose, I jumped at the chance.

Having worked in Cambridge for a while now, I’ve had the good fortune to build some great relationships with city centre retailers, transport providers, the city and county councils, as well as cultural partners and the universities.

I am passionate about promoting Cambridge as a fantastic destination for shopping, dining, culture and entertainment.

**Q** You’ve joined the centre at an exciting time. Can you tell us more about the renovations?

**A** It really is! LGIM Real Assets are investing a huge amount into the refurbishment of the centre and when it’s completed I can’t wait to stand with the team on Fitzroy Street and look up and say, “we did that.” The refurbishment includes a new glazed roof, new flooring, new facilities for customers, plus we are doubling the height of the Fitzroy entrance.

The investment will make a real difference here in Cambridge and it’s an opportunity I didn’t want to miss. It’s my job to liaise with our current retailers and city centre stakeholders to manage this process and ensure that there is as little disruption as possible.

The refurbishment will be complete by early 2018 and we look forward to attracting exciting new brands to the already great line-up we have at the centre.

**Q** We hear there are going to be more dining options, what can you tell us?

**A** We are creating a casual dining quarter and adding to our food and drink offer which will complement the recently refitted eight-screen Vue cinema.

The Eden Hall area, which was previously home to a collection of smaller shops, is being reconfigured to create a new shopping environment too.

For regular updates on the centre’s renovations and the latest centre news visit [grafftoncentre.co.uk](http://grafftoncentre.co.uk) or follow us on twitter [@thegrafftoncamb](https://twitter.com/thegrafftoncamb)s



# There's something about Hollie...



Hollie McNish is an Arts Foundation Fellow in Spoken Word, has garnered over seven million YouTube views for her online poetry performances and was the first poet to record at London's famed Abbey Road Studios. In 2017 she was awarded The Ted Hughes Award. We caught up with her as she prepares to launch her new book 'Plum' and go on tour.

**Q** Your last book was inspired by you becoming a mother. What inspired this book and tour?

**A** I didn't write it for a specific reason. It's a collection of poems that I'd already written, now put together. But the poems span my life from the age of 8 to 33 - mostly poems written in the last two years, but some written as a child, teenager and in my twenties.

The tour will be whatever people take from it, but most of all, I hope it's just a good night out for anyone who fancies coming along.

The Cambridge event on the 7th October is at Cambridge Distillery in Granchester, which for me is one of the most exciting venues...there is free gin on arrival!

**Q** How do you describe you?

**A** Oh God, no idea! I guess I just write poems about what's on my mind - whether that's motherhood, sex, hotdogs or seaweed. I never really know. I like to chat too I guess!

**Q** When you first got on a stage to read your words did you envisage such a career?

**A** Absolutely not, no. I got on stage because my ex-partner convinced me to try, and that it was a little pointless for me to be continually writing and never sharing them with anyone but him and my mum. So I did. And someone else asked me to do another reading after that. So I did. Then the same happened and it all kind of escalated.

## Have you met the BID?

Launched in 2013 Cambridge Business Improvement District (BID) works with businesses and organisations in the city centre to deliver a range of events and projects that enhance the city, encouraging people to visit and enjoy our fabulous city. The BID tells us about what they do and why.

### Our Ambassadors

The team of five continues to do a superb job by offering a warm and knowledgeable welcome to the city centre visitors. They are on duty for 363 days of the year and easily recognisable in their distinctive bowler hats. They help on average around 50,000 people a year ensuring people's first impression of the city is a positive one.

### Guides to the city

We also produce a range of guides to promote and highlight some of the fantastic shops, restaurants, cafés, and bars that Cambridge has to offer. Available for free these guides can be found in shopping centres, Park & Ride sites and in several hotels and other locations.

### Communication is the name of the game

Our website is designed to promote all the wonderful things that happen in our city. Be it events, festivals, offers or new store openings we have it covered! You can even sign up to our monthly newsletter to ensure that you are the first to know! [www.cambridgebid.co.uk/signup](http://www.cambridgebid.co.uk/signup)

### Keep it clean!

Over the last year, we have been working to ensure our streets are kept clean and free from chewing gum by deep cleaning over 50 streets in and around the city centre. Our team are up bright and early, jet-washing the pavements to ensure when you come into Cambridge you are dazzled by how clean our wonderful city is.

### Let's keep in touch

We would love to hear from you. You can follow us on Facebook and Twitter for daily offers and updates on what is going on in our beautiful city. [www.cambridgebid.co.uk](http://www.cambridgebid.co.uk)



**Q. How important to you are the number of awards and accolades that you've received?**

**A.** I really don't know about the awards. People like it for an intro, yeah! I still get called the UK Slam Champion, which was eight years ago now. But really, it's all a total privilege to get and do. It's a privilege to do this as a job, so whatever people want to say is fine with me!

**Q. How do you think we can inspire young people to be creative and express themselves?**

**A.** Give them space and let them do it! I work with Page to Performance - poets like Inja, Vanessa Kisuule, Laurie Bolger, Dean Atta and I go into schools a lot. But really, I think the thing that people seem to get the most from is to see a performance in school and then be given time to experiment with their own thoughts and writing. Most of school seems to be about grades and writing specific things about specific texts - young people, well, people, have so much to say and so many stories but I think so few spaces to express those.

**Q. Which part of the creative process do you enjoy most?**

**A.** I guess it has changed. I still feel sick before gigs, but I tend not to actually vomit before most of them anymore! My favourite part is just writing poems. I've loved doing that for years and still do. Getting my head round things I don't understand by rhyming them into a poem. I like the travelling too. But mainly I just like writing.

**Q. Do you take any home comforts with you on tour?**

**A.** My daughter if it's when she's with me! Apart from that, I take a water flask so I don't get tempted to buy a thousand plastic bottles of water. And a packed lunch box. Glamorous!

**Q. Your YouTube film on breastfeeding has been seen well over 1 million times. What do you think about social media and does it surprise you what's popular?**

**A.** Yeah it does surprise me. That piece in particular I wrote about two years before I ever read it out. I just didn't think anyone would get it, or had done the same. It was my daughter's dad who kept nudging me to read it 'cos he thought it was a good one and relatable. So, yeah, if it was up to me I'd likely never even have read it anywhere.

I like social media and YouTube. There's a lot of crap that comes from being on it too including hate mail, but apart from that, I think these platforms makes the arts a bit more accessible, a bit more democratic. I think especially for younger people, or poorer people, people that are intimidated by arts spaces or just people that don't live anywhere near one. And yeah, so that poems can be used and shared more - by midwives I think in my case in particular!

To find out more about Hollie visit [www.holliepoetry.com](http://www.holliepoetry.com)

Tickets for Hollie's Cambridge gig are available via [www.brownpapertickets.com](http://www.brownpapertickets.com)



**“She writes with honesty, conviction, humour and love. She points out the absurdities we've grown too used to and lets us see the world with fresh eyes”**

Kate Tempest

**“Her rhymes have a driving quality, urgent words pinning down fleeting feelings”**

Observer

**“Wonderful”**

Davina McCall

**“Searingly honest. Will make you laugh and cry with her”**

Red Magazine

## Meet Arnie

This is Arnie, who - thanks to Wood Green the Animals Charity - now lives happily with the Thurley family in the North East of England. But it could have been a very different story.

Briony Archer, centre manager, from Wood Green explained: “When we found Arnie he and his siblings had been left on our doorstep. Arnie was much smaller than his siblings and dangerously underweight.

“An emergency examination from one of the charity's veterinary specialists revealed that Arnie's tail was badly damaged and part of it had to be amputated.”

The courageous little kitten bounced back thanks to around-the-clock care from Briony who fostered Arnie, taking him home every evening to aid his recovery.

Briony added: “Arnie and I developed a special bond during his recovery but, when it was time to find a second home for Arnie, we met the Thurley family who are his perfect match.”



Wood Green is one of the largest animal charities in the UK finding second-chance homes for thousands of cats, dogs, chickens, rabbits and more since 1924. Wood Green is one of the key charities The Grafton is supporting in 2017.

Wood Green in Godmanchester is having an Animal Fun Day on Sunday 23rd July from 10am to 4pm. There will be an animal adventure trail, fun dog show, animal talks, pet toy making and more.

To find out more about the charity, including how to volunteer foster or more about their fundraising events, visit [www.woodgreen.org.uk](http://www.woodgreen.org.uk)



# A Girl, A Style

We recently caught up with Australian-born, Cambridge-based blogger Briony Whitehouse from 'A Girl, A Style' to talk Cambridge, careers and style - all subjects she knows lots about and shares with her huge social media following.

**Q. How did it all start? How did you get into blogging?**

**A** I moved to Cambridge from Australia eight years ago, knew practically no-one here, and was working in an intense policy job in London. I wanted somewhere to document the places I was exploring and the things I loved. Soon it got noticed by publications like Elle and Red magazine, which made me realise I had a wider audience than just my sister and friends back home. Although I never set out to be a career blogger (and I've maintained my day job in politics the entire time), it's taken me to some great places and opened some wonderful doors along the way.

**Q. As an influencer you are inspiring people every day, but who influences you?**

**A** I'm influenced by anything and everything from old movies and photographs from the 60s, gallery exhibitions, street style in the cities I visit, or the latest collections at Fashion Week. I recently saw the David Hockney exhibition at the Tate which was a joyous explosion of colour on a rainy day, and now I find myself repeatedly drawn to the same 'Hockney pink'. In terms of other blogs, I'm inspired by friends such as Nicolette Mason, Alex Stedman, Liv Purvis and Julia Engel who manage to combine style and intelligence daily.

**Q. What do you love about summer fashion?**

**A** Having grown up in Australia - where the summers seems to last nine months and the lifestyle is by default relaxed - I'm happiest in a floaty white dress and sandals. I love when the weather is warm enough to just throw on a dress and you're ready and out the door in seconds, versus an elaborate weather-proofing process come winter. Summer dressing to me is all about relaxed femininity, with a side of Cambridge preppiness thrown in for good measure.

**Q. Are there any key trends you will be following this year?**

**A** Personally, I don't tend to follow trends too closely and instead prefer to invest in timeless pieces I know I'll love and wear for years to come. That said, I love the this season's obsession with pink, gingham, bohemian embroidered blouses and white midi dresses just made for lazy summer days.

**Q. Do you have any High Street must-shop stops?**

**A** I often visit Topshop, H&M and Debenhams to pick up new-season pieces.





**Q. Where are your favourite places to be inspired in Cambridge/take photographs/blog?**

**A** It's easy to be inspired by Cambridge; how lucky we are to have some of the world's finest architecture and most fascinating history right on our doorstep. When I need to recharge my creative batteries, I love spending an afternoon in the Botanical Gardens with a good book and a picnic,



lazing beside the river on a sunny evening, or taking in the sights of the magnificent colleges.

**Q. And, finally, can you give people planning on starting their own blog some tips?**

**A** The blogosphere is a wonderful place, and there's plenty of room for everyone! My top tips for starting a blog are:

1) What are you passionate about? Don't try to imitate what anyone else is already doing, but rather focus on what you love and what makes you unique in order to carve out your own niche. Stay true to your own style/voice.

2) Focus on quality and consistency over frequency and followers. Don't let perfectionism get in the way of just starting/posting (something I'm always having to remind myself), but aim for consistently beautiful words and photos above all else. With good content will come an engaged audience.

3) The best part about the blogosphere is the community spirit and the ability to reach like-minded people the world over. Join one or two social media channels to begin with - Instagram, Pinterest, or Twitter - and start to build a 'brand' there alongside your blog. Reply to comments, explore hashtags, engage with other accounts that you love, and support other bloggers in your community or niche. I'm still firm friends with many of the bloggers I met online when we were all starting out years ago.

You can read about Briony's adventures in Cambridge at [www.agirlstyle.com](http://www.agirlstyle.com)

## Accessories for the season

Update your wardrobe with some simple and stylish finishing touches. A shiny shoe, a floral handbag or maybe a colourful sock - worn to be seen, yes, you heard us right, SS17 is all about the sock and sandal!

**Men's Socks**

New Look (set of 2) **£5.99**

**Grey Watch**

Topman **£28**

**Bag**

Star by Julien Macdonald for Debenhams **£45**

**Hat**

Oasis **£16**

**Shoes**

H&M **£24.99**

**Nude Sunglasses**

New Look **£8.99**

**Nude Watch**

River Island **£32**

**Earrings**

Claire's Accessories **£4.50**

**Sunglasses**

Superdry at Vision Express **£59**





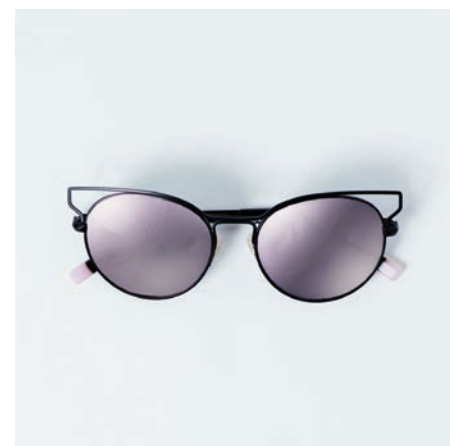
# Great Grey

This season's go-to colour is grey. We know it's not the most glam shade but, trust us, it's hugely versatile, really flattering and with so many shades there's definitely one to suit you!

If you're still not sold then your other option is its metallic twin - silver. Metallics are everywhere for summer and will shine beautifully in the sunshine. Whether you want a top-to-toe look or a quick outfit update, we say go grey - and here's our edit of some of the best options available now at The Grafton.



Outfit available from Next



Hat  
H&M **£8.99**

Sunglasses  
Vision Express **£49**

Large Bag  
Clarks **£35.00**

Silver Sandals  
New Look **£23.99**

Bag  
Quiz **£22.99**

Fluffy Shoes  
Topshop **£49**





**Children's Shorts**  
Bluzoo at Debenhams £10

**Necklace**  
H&M £19.99

**Denim Shirt**  
H&M £19.99

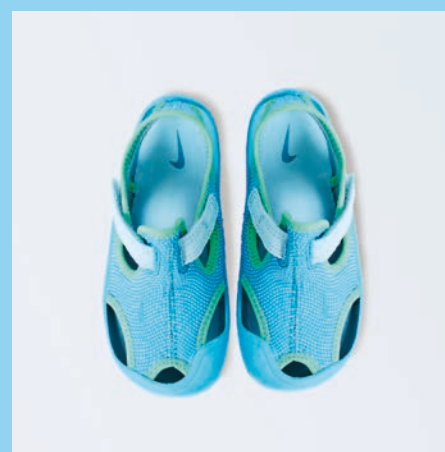
**Sunglasses**  
Topshop £18

**Children's Shoes**  
Graceland available  
at Deichmann Shoes £6.99

**Men's Blue Camo T-shirt**  
H&M £8.99

**Nike Children's Sandals**  
available at  
Deichmann Shoes £16.99

**Bikini**  
Oasis £20



# Colour Curated

Refreshing, wearable and versatile - we're all feeling good about being blue this summer. Even if the skies are grey, add some aqua to your look for an instant pick-me-up. Tonal dressing is a huge trend this summer and blue shades are a really wearable way to tackle what could be a tricky trend. Mix some aqua pieces with your denim for a wearable casual look or channel a tropical vista with your beachwear picks.



# What's New?

## Ready, steady, go!

Decathlon will be opening at The Grafton this summer. We caught up with Thomas Hodson of Decathlon to find out more.

**Q. When are we expecting Decathlon to officially open at The Grafton?**

**A** We will be holding a special opening evening on the 29th of June starting from 5pm. We'll be inviting local sports clubs, schools, businesses and a few special guests.

Everyone is welcome to come down and join in the fun as we will have some food and drink, a DJ and some other attractions to make the opening go off with a bang. We hope to see everyone there!

The store will then be open officially from 9am on Friday 30<sup>th</sup> June.

**Q. Can we expect any juicy promotions for the launch?**

**A** We will be giving away one of our best-selling products - the Quechua 10-litre backpack - everyone who attends the opening period and signs up for a free Decathlon account (there are loads of benefits).

There will also be competitions running for clubs, schools and community groups to win Decathlon vouchers worth hundreds of pounds.

**Q. Tell us a bit about what you stock and your most popular items.**

**A** We try to focus on our own brand products in Decathlon as we can guarantee incredible value at the lowest price possible. These products are big players in their sports, with many of them in

the top five worldwide for their area so we have a lot of confidence and offer a two-year guarantee on all these items.

Our most popular items have been our Decathlon innovations, products designed and created by us - they are unique and brand new. Things like the pop-up tent (Quechua 2 seconds), play anywhere table tennis net (Artengo Rollnet) and snorkel and mask combo (Tribord Easy Breathe) are all Decathlon creations. As well as this our bikes brand, B'Twin, has been very popular in recent years and is always winning awards for the value for money and quality they offer.

**Q. We've heard you've got lots of plans to do activity in Cambridge once you're open? Can you give us any more information?**

**A** At Decathlon we love getting out into the local area and playing sport with our community and will take any chance we can to do this. We will be getting involved with the Big Wednesday events in partnership with the Children and Young People's Service throughout July and August. We are also taking part in the Big Weekend event on Parker's Piece on Saturday 8th and Sunday 9th July which promises to be a great few days.

We will also be holding our own Decathlon Running Series 5km in September which is free to attend with a goodie bag for the participants. We have a few other things in the pipeline, like our huge Discover Decathlon sports day in the summer holidays and outings like cycle rides, park runs and team sports.

We are very excited to be in a sporty city like Cambridge where we can share the passion we have for all things sports!

**Q. How can we get in touch with future news and events?**

**A** There are lots of ways to see what's going on with the opening and get in touch. You can find us on Facebook and Twitter by searching "Decathlon Cambridge" or visit [Decathlon.co.uk](http://Decathlon.co.uk) where you can sign up for the latest news from the team in Cambridge.

**Or you can email me direct**  
[thomas.hodson@decathlon.com](mailto:thomas.hodson@decathlon.com)





Two great brands, new to Cambridge and located in The Grafton.

## Let's entertain you, Cambridge

The November arrival of the popular toy shop, The Entertainer, took Cambridge by storm and was one of the first stages in the centre's refurbishment. We met up with the founder of this toy store phenomenon - Gary Grant - to find out more about this great brand.

**Q. The Entertainer was founded in 1981, tell us more about the beginning stages for The Entertainer**

**A** The Entertainer started out as a small toy shop in Amersham, taking £2,000 a week, employing one part-time shop assistant with me as the manager.

We took over a toy shop called the 'Pram and Toy Bar' in 1981 and changed the name to The Entertainer. Choosing the name The Entertainer left our options open to maybe going into selling musical instruments and entertainment equipment.

The Jack-in-the-Box element of the logo was designed so young children would recognise us immediately as a fun shop.

My wife and I worked every evening moving stock to and from our garage at home and restocking the shop in readiness for the following day.

Now, 36 years later, we're a significant player in the international world of toys with 131 stores nationwide and a further 10 stores internationally and still growing.

**Q. What made you decide on a toy shop?**

**A** We had a dream that our toy shop would be a part of the wonder of growing up. So, right from the beginning we have always been a toy shop that does more than sell toys.

We always want a trip to The Entertainer to be an experience in itself. A toy shop should be a place where children and families come first and children can have fun!

**Q. In 36 years you've seen a lot of toys. Can you tell us about some of the most memorable ones?**

**A** The toy shop has seen many trends and crazes through the decades. There was the Rubik's cube in the 80s, Tamagotchi in the 90s and Loom Bands just a couple of years ago. The Entertainer has always prided itself on its product selection, offering the full range across a brand.

One of the many things The Entertainer excels in is collectables. When the online phenomenon Moshi Monsters was popular, we held nationwide in-store swap days and character costume appearances in selected stores. We also like to support new playground crazes where we can such as Loom Bands back in 2014. The Entertainer was the home of Loom Bands, becoming the place for every child to head to for all their Loom Band needs, stocking a huge diverse range of different types of band!

**Q. And what about now? What are this year's toy crazes?**

**A** Collectables from Hatchimals, Fingerlings (the interactive cute monkeys) and Infinity Nado battling tops!

**Q. What's next for The Entertainer?**

**A** We're continuing with our national expansion and are always on the lookout for the right spot where we can open and bring joy and make memories for children and their families.

Our vision is that every childhood should be filled with wonder. Our main customers are children, but we're also happy to see the big people! It is our mission to be the best-loved toy shop - one child, one community at a time.





Cambridge artist Loukas Morley introduces us to his Loft Life



# Art & Culture

## Re-working the natural world

Cambridge artist Loukas Morley works with beautiful, reclaimed wood to create 45 unique stools as a part of a new style brand - 'TheLoft.Life'.

The collection is crafted using reclaimed wooden shelves and desks from Cambridge University's Museum of Classical Archaeology Library, and is entitled En Pointe. Each stool in this limited-edition run is made to order, in collaboration with, and to reflect, the unique personality of the client.

This is the first collection from 'TheLoft.Life' - a style brand that incorporates a range of affordable, bespoke lifestyle products, each lending themselves to an urban eclectic lifestyle.

Lukas said: "The simplicity and elegance of the stools inspired the title of the project En Pointe - the name given to the poise of 'en pointe' ballet footwork.

"My first love is working with wood. I love the grain, textures, smells and

colours. Through connecting the owner to both a living part of the world and my natural brands, I aim to bring the energy of the natural world indoors as well as celebrate the heritage of making.

"To launch the En Pointe stool I enlisted the help of some of my wonderful friends who inspire me. We have created a series of portraits of these inspiring people doing and being themselves on En Pointe stools in loft spaces."

Once the stools are bought and used in their new spaces, Loukas captures them with a further collection of portraits. He explains: "When the stools are with their new owners we want to capture them and their new life. We will be creating a shared collection of images - potentially a book - of each of the stools, with their owners in locations that inspire them."

"There is a sense of joy connected to each piece I create. The wood in each stool has had a life before - in this instance, as a part of the Museum of Classical Archaeology Library - and now has a new life which I will be capturing in these images."

Loukas is currently taking part in a new exhibition, 'Complementing Solitude', shared with artist Julia Ball, plus group show, 'CUT', opening at UNIT1 Gallery in London, on April 28th. To find out more about the collection, the artist and exhibitions visit [www.theloft.life](http://www.theloft.life)



Illustration by Adrian Reynolds

## Pearls of Wisdom

Celebrating the voices of the elderly in the city is the Cambridge Art Salon Pearls of Wisdom Project.

The collaboration between the Art Salon and the charity, CARE Network, gives the elderly in the city a voice through art.

Ruthie Collins, project curator with Cambridge Arts Salon explains: "We are creating postcards this summer designed by primary school children, who will be responding to a 'pearl of wisdom' passed on by elderly individuals we are working with.

"The elderly are all residents in care homes in the city. We will have artists visiting them to spend time listening to them and capturing their wonderful pearls of wisdom."

The second part of the project will see participating children and the

elderly writing to each other using the postcards, plus the public will be able to buy them at a launch event later in the year.

The Art Salon is looking for companies to support the project as well as hosting a fundraising event. Ruthie added: "We need to raise money to fund the project. As well as looking for businesses to sponsor us we are also hosting a series of fundraising events.

"Our next fundraiser is at the award-winning The Architect pub on Monday 12th June. There will be a makers' fair raising money for the Mental Health Foundation as well as helping us further our work on Pearls of Wisdom.

For further information visit [www.cambridgeartsalon.org.uk/we-are-family/](http://www.cambridgeartsalon.org.uk/we-are-family/)



# Summer Blockbusters

## Vue Cambridge

This summer's blockbusters are looking out of this world. There's something for everyone with Pirates, Wonder Woman, Spider-Man, Transformers, Apes and more! For full listings and more information check out the newly refurbished eight-screen cinema with reclining seats at The Grafton.



### Pirates of the Caribbean: Salazar's Revenge

26/05/2017

The rip-roaring adventure finds down-on-his-luck Captain Jack feeling the winds of ill-fortune blowing strongly his way when deadly ghost sailors, led by the terrifying Captain Salazar, escape from the Devil's Triangle bent on killing every pirate at sea.



### Wonder Woman

02/06/2017

Raised on a sheltered island paradise, when an American pilot crashes on their shores and tells of a massive conflict raging in the outside world, Diana leaves her home, convinced she can stop the threat.



### Transformers: The Last Knight

23/06/2017

Michael Bay's sequel to 'Transformers: Age Of Extinction'.

Coming to cinemas this June.



### Despicable Me 3

30/06/2017

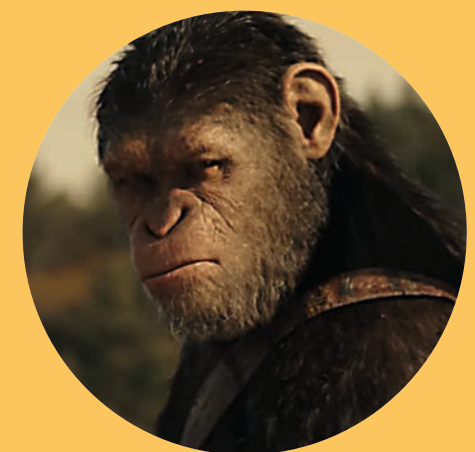
The team who brought you 'Despicable Me' and the biggest animated hit of 2013, 'Despicable Me 2' returns to continue the adventures of Gru, Lucy, their adorable daughters - Margo, Edith and Agnes - and the Minions.



### Spider-Man: Homecoming

07/07/2017

A young Peter Parker/Spider-Man begins to navigate his newfound identity as the web-slinging superhero.



### War for the Planet of the Apes

14/07/2017

A nation of genetically evolved apes led by Caesar become embroiled in a battle with an army of humans.



# Health, Fitness &

## 10 minutes with Josh Coulson

The Cambridge United player talks to us as he prepares to celebrate 10 years with the club.

**Q** As you're from Cambridge can you tell us a little bit about how you started your career and got to play for your home team?

**A** Growing up I played for Cherry Hinton Lions FC and at 14 started playing for Cambridge City. At the end of school I got a scholarship with them, which was great. I was playing full-time as well as studying. After my first year, the youth system went over to Cambridge United. This was great for me as I was a huge Cambridge United fan. Then, at 17 I got a professional contract and 10 years later, here we are!

**Q** Cambridge is such a beautiful city, do you have any favourite places to hang out?

**A** Since becoming a dad to my little boy eight months ago we definitely spend more time wandering around! We like to walk around town or the colleges, it's such a beautiful city to just wander and pass the time together as a family.

**Q** Apart from football do you enjoy taking part in or watching any other sports?

**A** In season it's important to always be match fit so that does take up most of my time but in the summer I enjoy playing golf with the team. I also like watching a bit of Rugby Union and, as the in-laws are northerners so, under sufferance, I now watch a bit of Rugby League.

**Q** You're enjoying a long and successful career, we know it's not as easy as it looks to be a footballer! Can you give any tips for aspiring footballers?

**A** Enjoy it! When it comes to exercise in general or a sport the most important thing is to enjoy what you do. Football is a competitive game and winning is important but you shouldn't lose sight of the pleasure and fun side. When I was younger and playing the parents would be on the sideline and your friends would be playing with you - it was more about taking part. Over the years I've had phases when I stopped enjoying playing.



It affects your home life and your performance so now I like to always keep front-of-mind that winning is important but the enjoyment of the game is the main thing!

Josh is celebrating ten years at Cambridge United this year and is celebrating with a Testimonial Dinner on Saturday 13<sup>th</sup> May for more information email [commercial@cambridge-united.co.uk](mailto:commercial@cambridge-united.co.uk)

## Fashionably Fit

If you need some added motivation to get fit this summer why not treat yourself to some great sportswear? Combining form and function to give your look, and sporting performance, a boost.



**Trainers**  
Clarks £60.00



**Firetrap Bag**  
USC £15.00



**Men's Sunglasses**  
Blue Inc £7.99



**Men's Quick Dry T-shirt**  
Trespass £27.99



# Beauty

## Summer in the city

Summer nights shine bright with our round-up of the best beauty to accentuate your sun-kissed skin. All available at The Grafton.

As we were going to press Cambridge was the proud recipient of the hottest day of the year so far...woo hoo! But when it comes to summer in the city it's not always plain sailing. Make-up runs and who wants to use a hairdryer when it's hot? Not us!

Therefore we suggest taking inspiration from the catwalk and this season's 70's trend and going back to nature. Why not give your hair a break from styling products and let it dry naturally? Add some serum to tame those locks and adorn with some flowers like these from Claire's accessories. The sun is great for our nails too, but, if you need a helping hand we love Sally Henson's nail growth.

Layer fragrances by adding a beautifully scented shower gel to your routine - we're loving this one by Zoella - and finish with a spritz of floral fragrance and you're ready to hit the town.

**If you've got treated hair Trade Secret at The Grafton have a unique bond strength service which protects and strengthens hair as you are having your hair coloured or bleached. It leaves your hair softer, stronger and shinier and is currently on offer at £5 with any colour service or £15 as a standalone treatment.**



**Marc Jacobs Gold Decadence 100ml Limited Edition**  
The Perfume Shop £96.00

**Ted Baker Make-up Bag**  
Available at Boots £10.00

**Zoella Bath and Shower Cream**  
Superdrug £5.00

**Flower Hair Clips**  
Claire's Accessories £4

**Sally Henson Nail Growth**  
Available at Superdrug £7.95

## Three of our favourite places to run in Cambridge...



- 1 Coldham's Common**  
An interesting and popular 2km route around the common and green pitches.
- 2 Cherry Hinton Hall**  
This buggy accessible 2km route around the park is perfect when Cambridge is in bloom.
- 3 Jesus Green and Midsummer Common**  
Slightly further at 2.5km but so pretty you won't notice!



# Food, Glorious Food

Bring a taste of Italy to your home from Bella Italia with this simple and delicious Carbonara recipe.

## Ingredients

(Recipe serves 2)

3 large free-range egg yolks

50g pecorino cheese (or use parmesan), plus extra to serve

150g diced pancetta

4 slices of crispy pancetta to garnish

Half a leek - washed and sliced

200g tagliatelle

100ml whipping cream

3 dessert spoons of olive oil

Salt and black pepper

- 1 Pre-heat the oven to 200°C/ fan 180°C/gas mark 6.
- 2 Put the egg yolks into a mixing bowl with grated Pecorino cheese (or Parmesan) and whipping cream, then mix well with a fork and put to one side.
- 3 Cook the tagliatelle for 3 mins in a large pan of boiling salted water until al dente.
- 4 Season the leeks well with salt, pepper and 2 dessert spoons of olive oil.

- 5 Transfer the seasoned leeks onto an oven tray and cover - cook in the oven for 10 mins (or until soft).
- 6 Place the slices of pancetta onto an oven tray - cook in the oven for 5 mins (or until crispy).
- 7 Meanwhile, heat one dessert spoon of oil in a pan, add the diced pancetta, stir occasionally and cook until crispy.
- 8 Pour the egg and cream mixture into the pan and remove from the heat.

- 9 Drain the tagliatelle, add to the pan and bring back to the heat, season with salt and pepper, and coat the tagliatelle well in the sauce.
- 10 Transfer the tagliatelle into two pasta bowls.
- 11 Top the pasta with the leeks and two strips of crispy pancetta.
- 12 Serve immediately with a grating of Pecorino (or Parmesan) and black pepper if desired.



## New coffee on the block

It's no longer a question of black or white. We all love a cappuccino in the morning, a lazy latte or maybe a shot of espresso, but the new kid on the coffee block is the Cortado.

The Cortado is a beverage that consists of espresso coffee mixed with a roughly equal amount of warm milk. The important bit is the milk...not frothy or foamy but more dense!

The team from Costa Coffee at the The Grafton introduces us to this small but mighty drink.

"The classic Cortado is a rich intense drink. You take two shots of espresso and top them off with textured milk. It packs the biggest punch of all of our coffees and is finished off with some signature coffee art."

### Caramel Cortado

"Take the classic Cortado and add a sweet touch and you have the Caramel Cortado. Two shots of coffee swirled around with caramel, velvety milk and finished with a caramel crumb".





### I Robot

Who doesn't want their very own robot? Well now you can. We're trying to work out if we can send him to work instead of us... we'll let you know.

**£249 from The Entertainer**



### Fit Fashion

We love this new way to wear our FitBit. Perfect for the stylish and sporty.

**£80 from Debenhams**  
(fit bit not included)



### My first mobile

Maybe if they have their own phone they will stop stealing yours? We think it's worth a try with this lovely Disney smart phone.

**£12.99 from Mothercare**



### It's a whole new world

It may be raining outside but you can be in a tropical paradise with a virtual reality headset like this Samsung Gear VR. You can explore new worlds and immerse yourself in incredible journeys all from the comfort of your home!

**Samsung Gear VR £79.99\***  
Find out more by visiting the O2 store at Grafton.



### Water Works

Let's face it, we all want to stay connected wherever we are but the beach and technology are not natural friends! How about a waterproof mobile? The Sony Xperia XZ is perfect for the beach or just talking in the rain!

**Sony Xperia XZ from £29.99\***  
per month from Carphone Warehouse



### Time to talk

If it's time for a new mobile you're spoilt for choice at Carphone Warehouse, Three, Vodafone, Mobile Blitz and O2. Here are some of our favourites.

**Pixel phone by Google from £40.99\*** per month from EE

**Samsung Galaxy S8 plus from £40.99 per month (£99 upfront)\*** from Three

\*deal correct at time of going to press but subject to availability. See individual stores for details

# Tech Talk

From simple gadgets to the latest technology this summer's toys are high tech, high fun and will appeal to the little boy or girl in all of us.



## Competition

Be one of the first shoppers to The Grafton's new and exciting store, Decathlon. Visit [graftoncentre.co.uk/whats-on](http://graftoncentre.co.uk/whats-on) to enter for your chance to WIN a £200 Decathlon shopping voucher!

Competition runs from 2<sup>nd</sup> May - 29<sup>th</sup> June 2017, be sure to enter online. Terms & conditions apply. Visit [graftoncentre.co.uk](http://graftoncentre.co.uk) for full details.

# What's On

## May

### Cambridge Beer Festival

22<sup>nd</sup> May - 27<sup>th</sup> May

The 44<sup>th</sup> Beer Festival is taking place this May on Jesus Green. It's the longest running CAMRA beer festival and currently one of the largest regional Beer festivals in the UK.

[cambridgebeerfestival.com](http://cambridgebeerfestival.com)

## June

### Jazz and Brass in the Parks

On selected Sundays from June to September (3pm to 5pm)

Jazz and brass bands playing in Cambridge's parks and open spaces for you to enjoy. Just turn up, bring a picnic and enjoy jazz and brass in Cambridge's beautiful leafy parks!

[cambridgelivetrust.co.uk/city-events](http://cambridgelivetrust.co.uk/city-events)

### Midsummer Fair and Market

21<sup>st</sup> June - 26<sup>th</sup> June 2017

Midsummer Fair (Wednesday 21<sup>st</sup> June to Monday 26<sup>th</sup> June) has an unparalleled position as a historic Cambridge event with 2017 being its 806<sup>th</sup> year. With traditional rides and fun for the whole family.

For more information visit: [cambridgelivetrust.co.uk/city-events](http://cambridgelivetrust.co.uk/city-events)

### Strawberry Fair

Saturday 3<sup>rd</sup> June 2017

Held on Midsummer Common on Saturday 3<sup>rd</sup> June the theme this year is Fairy Tales - dance play and celebrate.

[strawberry-fair.org.uk](http://strawberry-fair.org.uk)

## July

### The Cambridge Mela

Saturday 8<sup>th</sup> July

The Cambridge Mela is celebrated as a part of Cambridge's Big Weekend. The celebration of Asian culture includes music and dance from top national and local acts, Asian arts and crafts, fashion and delicious food and more!

### Cambridge Open Studios

A flourishing community of around 470 artists, craftspeople and designer-makers working throughout Cambridgeshire.

Each July the workshops and studios are open to the public giving you the opportunity to see their wonderful work and find out more about the techniques used.

[camopenstudios.co.uk/](http://camopenstudios.co.uk/)

### Cambridge Shakespeare Festival

10<sup>th</sup> July - 29<sup>th</sup> July

This year's festival's programme includes: Much Ado About Nothing - King's College; Hamlet - St John's College; All's Well That Ends Well - Downing College

[cambridgeshakespeare.com/](http://cambridgeshakespeare.com/)

### Cambridge Folk Festival

27<sup>th</sup> July - 30<sup>th</sup> July

This year's headliners include legendary folk singer and respected song collector Shirley Collins, a festival exclusive from multi-platinum selling Indigo Girls and English country twin sister duo Ward Thomas.

[cambridgefolkfestival.co.uk](http://cambridgefolkfestival.co.uk)

### Cambridge Comedy Festival

20<sup>th</sup> July - 24<sup>th</sup> July

The star-studded program is packed with Edinburgh Comedy Award winners and the hottest emerging talent plus great kids shows.

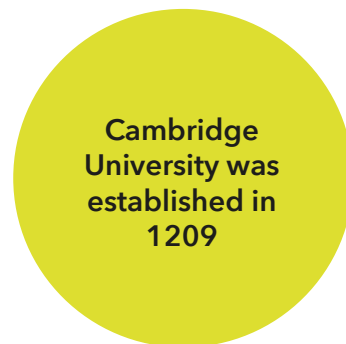
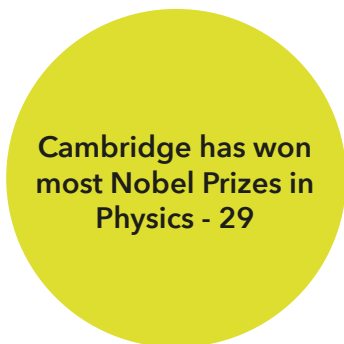
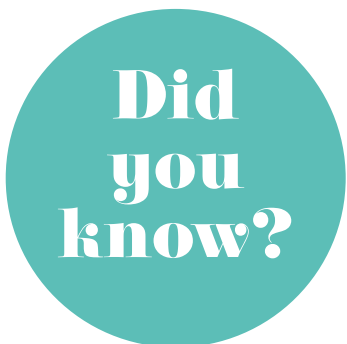
For further information including how to get tickets visit [cambridgecomedyfestival.com](http://cambridgecomedyfestival.com)

### The Big Weekend

7<sup>th</sup> July - 9<sup>th</sup> July

The Big Weekend is provided by Cambridge City Council and runs from Friday 7<sup>th</sup> to Sunday 9<sup>th</sup> July and is organised by Cambridge Live.

[cambridgelivetrust.co.uk/city-events](http://cambridgelivetrust.co.uk/city-events)



## Word search

- University
- Parkland
- Summer
- Grafton
- Makeover
- River
- Museum
- College

- Bicycle
- Fashion
- England
- Fun
- Cambridge
- Dictionary
- Local

E	S	D	E	G	D	I	R	B	M	A	C	M
F	Z	I	D	C	G	K	L	C	L	R	M	A
U	E	C	B	Z	S	T	A	V	F	D	U	I
N	N	T	F	U	U	R	C	L	N	F	S	C
R	G	I	Q	D	M	B	O	A	A	K	E	W
E	L	O	V	K	M	E	L	S	J	E	U	S
V	A	N	T	E	E	K	H	V	G	L	M	F
O	N	A	G	P	R	I	V	E	R	E	R	Y
E	D	R	G	A	O	S	L	J	H	M	W	D
K	A	Y	P	N	G	L	I	Q	S	P	H	O
A	Y	U	N	O	O	N	O	T	F	A	R	G
M	T	B	I	C	Y	C	L	E	Y	O	Q	H
A	N	M	J	P	B	Y	I	N	P	D	I	X

## Get in touch

We would love to hear from you.

Get in touch and let us know what you think of The Grafton Press or to feature in our next issue!

[editor@graftonpress.co.uk](mailto:editor@graftonpress.co.uk)

For a full list of brands available at The Grafton, visit [www.graftoncentre.co.uk](http://www.graftoncentre.co.uk)

All products featured in this issue, available at The Grafton, Cambridge.

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