

It's Getting Fresh!

Your autumn winter guide to Cambridge

We meet Goldie Sayers

Local girl and world class athlete talks to us exclusively about her illustrious 20 year career and what's next.

**Read our exclusive
interview inside.**

In this issue...

Beauty news with
Blogger Sophie Kate

New stores and
more investment
for The Grafton

Autumn Blockbusters
with Vue Cambridge

Autumn's must have
fashion trends



Welcome



Since launching back in the spring we have been inundated with kind words and great content suggestions, and we would like to thank everyone for taking the time to get in touch.

For this, our second issue, we've met and spoken to businesses, community groups, scholars and bloggers from our great city to bring to you our edit of what's happening this autumn in Cambridge.

We have an exclusive update on the next phase plans for The Grafton as well as a sneak peak at new retailers joining us soon.

Our cover star Goldie Sayers recently announced her retirement from athletics. We sat down with her to talk about what comes next.

Plus, autumn/winter trends and beauty must-haves, a great recipe from Bella Italia for you to try at home and loads more.

Thank you for your support and we will see you again soon!

Editor, The Grafton Press

www.graftoncentre.co.uk



4.

Exciting Times!
The Grafton increases investment to £28 million.

6.



Winning Attitude
Our exclusive interview with local girl and world class athlete Goldie Sayers.

8.

I am, Charlotte
Meet fashion Blogger Charlotte Olivia.

10.

Womens Fashion
Seasonal updates for AW17 including one of the season's key trends - red.

12.

Mens & Kids Fashion
Keep your family toastie all winter with these style ideas.

14.

A Feast fit for Cambridge
The culmination of artist Harold Offeh's 7 month residency with Kettle Yard.

15.

Autumn Blockbusters
This autumn's must see films at Vue Cinema.

16.



Health and Fitness
10 minutes with Charlotte from Activus Health.

17.



Beauty
Sophie Kate's Autumn make-up must-haves.

18.

Food Glorious Food
Delicious taste of Italy recipe from Bella Italia.

19.

Tech Talk
The latest gadgets and gizmos for the whole family.

20.

What's On
A round-up of some of the events taking place in Cambridge this winter.

Exciting Times!

The Grafton investment to increase to £28million



The Grafton recently celebrated the completion of the first phase of its multi-million pound refurbishment. We think it looks great, do you? But, it's not finished yet! The next phase is to be even bigger and better with the recent announcement of an additional £10 million investment from The Grafton owners – Legal & General Real Assets.



The Highlights!

So, how has the money been spent so far? And what's coming next?

Here's some great images and CGI's of what the centre will look like soon.

It's lighter, it's more modern and there's a heck of a lot more space to enjoy a coffee with friends or maybe even a romantic date.

The new entrance has a striking double height glazed roof, which, along with a new floor, creates a bright and light centre for us all to enjoy.

The Future's bright and tasty

Costa Coffee is raring to go with their expansion which will double its size by February 2018, first floor works will soon be commencing ready to welcome a range of new food offers, plus, PureGym will be opening its doors on the second floor next year!

H&M expands, bringing along its Home concept

The previous BHS unit has also been reconfigured to welcome a series of new offers to the centre, including a brighter, better H&M store! The retailer has relocated from a 1,655 sqm unit, to a 2,654 sqm unit. The new, larger store will be revealed to customers in two phases. Phase one of the store is now open offering H&M's full Ladies, Mens, Divided and Kids concepts! The second phase of the reveal will take place later in the year, during which H&M will open the doors to its Home concept, with an entirely separate entrance!



Winning Attitude

With Olympic Athlete and Motivational Speaker Goldie Sayer

Local girl Goldie Sayers recently announced her retirement from athletics after an exciting and successful 20 year career. We caught up with Goldie to find out more about her career and what comes next.



In the beginning...

I was a very sporty child and dreamt of playing for my country at sport. Before I got involved in athletics I was playing county hockey, netball and tennis. I was even national u11 table tennis champion, so mainly a ball games player. My school in Ely knew I could throw a ball a long way so asked me if I would compete for the school in the summer term in javelin. I was actually given a javelin to take home over the school Easter holidays to practise with which I'm sure wouldn't happen today because of health and safety but I'm very glad it was the '90s! I managed to win the county schools competition through merely practising on my own in the garden over the holidays but more

importantly than winning that day was that I was spotted by my first coach from Peterborough AC. I travelled there to be coached and within a few months had improved 10 metres and went on to win the English Schools Championships. The rest is history...

Just Javelin...

I specialised in purely javelin when I was 18 but carried on with my studies. I went to university at Loughborough, which enabled me to keep training whilst studying and finishing my degree. I competed in my first Olympics whilst still a university student so I guess I was getting towards professional level whilst still a student so the progression to doing sport for a

living was a natural one. However, when I became a professional athlete after university, I never thought that it would become my livelihood for so long. I was just grateful that it enabled me to follow my passion and get paid for the privilege.

Career Highs and Lows

Despite 2012 being absolutely the best Olympics in terms of crowd and overall experience, it was actually my greatest disappointment as I was unable to finish the competition due to injury. I had actually broken the British record three weeks before the Games but, in the same competition, injured my elbow. I had beaten every competitor who went on to win a medal at the Games and the distance I threw was far enough for a silver medal three weeks later. So it was pretty devastating not to be able to give of my best on the day.

A big highlight for me was breaking the British record in the Olympic final in 2008 to finish in 4th place (on the day). However, a retrospective doping of a Russian athlete who finished ahead of me uncovered a positive sample so I will hopefully be awarded a bronze medal from those Olympics in the future.

What's next...?

Alongside a love of health and fitness, I love property. I am the Director of a property investment business (Athlete Property Investment). We buy, sell, refurbish,

rent and develop property all over the country. I also do some motivational speaking, personal training and coach in athletics. I sit on the Board of the British Olympic Association Athletes' Commission which I have done for the last seven years. I am also studying for an MSc in Sporting Directorship so I'm pretty busy.

A Winning Attitude?

There are numerous factors that combine to establish a 'winning attitude' but luckily they are all things we have complete control over. There are many more but my top 5 are:

- 1) Having a goal** – one that is very specific and has clarity. There should be stages to achieve on the way (process goals). You should also be really honest with yourself in where your strengths and weaknesses lie in order to achieve your goal.
- 2) Hard work** – no goal can be achieved without it. But if you aren't passionate about your goal then it is very unlikely that you'll be prepared to put in the hard work to achieve it.
- 3) Grasping opportunities** – be prepared to have a go and be out of your comfort zone. You have to be prepared to fail in order to learn

Continued over...



and progress. Often opportunities are also disguised as hard work so be prepared to be uncomfortable. You never know what doors may open or passions revealed in just having a go.

4) Overcoming obstacles – success is not a linear progression but the successful are masters of this. See obstacles as opportunities to learn and progress and make sure you have a good network to help you when the going gets tough. Training your mind to stay in the present is crucial here as fear can creep in when things aren't going well. It's pertinent to remember though that fear is merely 'future events appearing real'. Most of what we're afraid of is what might happen not what is actually in front of you. Ways to stop your mind being future focused are breathing techniques and meditation/mindfulness.

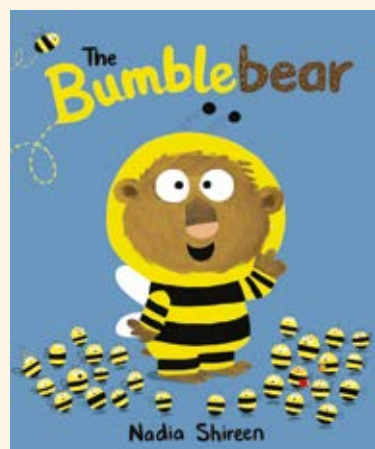
5) Attitude – a small thing that makes a big difference and something we are ALL in control of on a daily basis. Human beings will always take the path of least resistance but if you're not learning, growing and challenging yourself, you're standing still.

Goldie does many motivational talks on high performance, a winning attitude and resilience.

If you would like Goldie to come into your business, school or event then please contact:
goldie@goldiesayers.com

Meet The Bumblebear

A beautiful book by an Anglia Ruskin University graduate is buzzing around the country this autumn as a part of a BookTrust charity initiative.



The children's reading charity will distribute 700,000 copies of Nadia Shireen's *The Bumblebear* to reception-aged children for them to enjoy and be inspired.

The book was chosen due to its strong storytelling attributes, clear message about inclusivity and realistic school setting.

The tale, about a bear who infiltrates 'bee school' on a honey-stealing mission, is being distributed as part of the Time to Read scheme. The initiative was launched last year by BookTrust to encourage parents and carers of reception-age children to read with them on a regular basis.

We caught up with Nadia who explained how much being chosen meant to her. Nadia said: "I am so happy and honoured that BookTrust have selected *The Bumblebear* for their excellent Time to Read campaign. BookTrust is fantastic at turning kids into readers and, crucially, they reach those kids who can't access books so easily. I hope reading about Norman's adventures at Bee School raises a chuckle or two, but mainly I'm delighted that so many children will be forced to own one of my books – whether they like it or not!"

“BookTrust is fantastic at turning kids into readers and, crucially, they reach those kids who can't access books so easily.”

To find out more about Nadia's beautiful work visit
www.nadiashireen.org/portfolio

ESOL Café celebrates five years with national award

Five years ago Sarah Adams, a music teacher based in Cambridge, realised that some of the parents of children she was teaching were unable to understand what their children were doing as they couldn't speak English.



She had an idea and with 10 parents she started running ad hoc ESOL (English for Speakers of Other Languages) classes. And now, five years later, she's helped hundreds of Cambridge residents to learn English.

Her efforts have been rewarded with a B-Inspired award from the Learning and Skills Council, which is a great boost as ESOL Café starts the autumn term offering seven different classes a week.

The ESOL Café is part-funded by Cambridge County Council, meaning a course of eight lessons is £32. The café also runs a free library, singing group and regular trips for

students to enjoy and meet each other.

Sarah explained: "We have pupils from all over the world but they have a lot in common, they are learning English and are in a new country. We aim to do a lot more than teach them to speak English. Through the ESOL Café they make friends, learn about where they live and become part of their community."

"The ESOL Café is a community project and it wouldn't be possible without our team of volunteers. We currently have 15 fantastic volunteers working with us to deliver classes each week."

The café's recent award from The Learning and Skills Council was to recognise their excellent volunteers programme and work with the community.

Sarah added: "Five years ago when I had this idea I never would have thought we would be here - winning national awards and running fabulous classes almost every day. It really is thanks to the volunteers and all of the pupils that we are celebrating this great success."

To find out more visit:
www.esolcafe.co.uk

I am, Charlotte!

The life of an influencer... we recently caught up with Charlotte Olivia from the blog I am Charlotte Olivia. With almost 10,000 instagram followers and a busy job in fashion we wanted to know how she started blogging and what, in Cambridge, inspires her.

Q Hi Charlotte, so, how did it all start?

A I started blogging when I was about 15, it was kind of a secret and I didn't really tell anyone about it. Some people at school started talking to me about it, I got really embarrassed for some reason and just stopped. I was super shy at school as well, so that didn't help. Then, when I went to university, I re kindled my love for blogging as we often had to have a blog for various different projects. We had a guest lecturer mark our work and she gave me the best feedback on my blog so I knew that it was an area I needed to pursue. I graduated uni and that is when I Am Charlotte Olivia was born.

Q As an influencer you are inspiring people everyday but who influences you?

A I am influenced by many different things and areas. From people on the street to big bloggers. In terms of style and outfits, I am often influenced by those you see shopping or in the street going about their daily lives. Personal style is something that I am so influenced by and can easily change my thoughts on trends or particular controversial items. Big bloggers within the industry easily influence me, I mean it's their job. Bloggers such as Fashion Mumblr, Lydia Millen, Sophie Milner just to name a few are some of those that inspire me daily.

Q What do you love about autumn winter fashion?

A I love everything about autumn winter fashion. The thought of being warm and cosy is just exactly what I love the most. I'm a sucker for a knitted jumper so that would probably be my favourite thing about autumn winter fashion but I love the scarves, my bobble hats, wearing layers, boots, buying a new coat for the season...there are so many things!

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

A I will definitely be following the oversized coat vibe that's appearing in a lot of the high street stores. Sleeve detail is another trend that I'm all for this autumn winter. I also really want to get into the faux fur trend as it is everywhere, I will definitely be getting my hands on a faux fur bag this season.

Q Do you have any favourite stores at The Grafton Centre?

A I love H&M in The Grafton Centre, it always has some hidden gems. H&M are great for affordable on-trend knitwear as well.





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

A Cambridge is such a beautiful city and it's something I often forget about as I have lived here for so long. I love exploring new areas in Cambridge, there's so many hidden cute streets which make perfect backdrops for blog photos. A good spot to be inspired or just to think is down by the river watching the punts go by. It's such a relaxing area which is still busy. I think the hidden little streets and the amazing backdrops are what makes Cambridge such an interesting city.

Q Can you tell us a bit about your plans for the future?

A In the future I hope to be blogging as a career and still be enjoying it as much as I do now. Until then, I hope to work hard and gain additional experience within the fashion industry and carry on my blog too. The more I blog, the more I learn and the more passionate I get about it and I am keen to pursue a career in the blogging world.

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

A Have a good name for your blog. Try to go for something a little different, something that doesn't include the word fashion just incase you start as a fashion blogger and change half way through to be a cooking blogger.

Just write.

Put out as many posts as you can just to get some content on your blog so that when people start to read it they have multiple posts to read rather than just one. It gives readers a chance to find out what you are like as a blogger and the content that you provide.

Be whatever you want to be.

My blog is mainly about the outfits I chose to wear but your blog can be about anything. If you want to mix different things together and become your own unique blogger you can do. Just be whatever you want to be and don't feel like you have to be a certain way or do certain things.

Just be you and have fun with it.

You can read more about Charlotte and her fashion blog at:
iamcharlotteolivia.blogspot.co.uk



Phase one of the new, upsized H&M store now open at The Grafton!



Dress , Yours £36

Red Alert

Be bold and beautiful in this season’s key hue - red. Top-to-toe dressing is a key trend this season and creates a strong and striking silhouette, or, if that’s too much a great red accessory or statement coat will elevate your wardrobe staples.



- 1. Jumper
Next £26
- 2. Earrings
H&M £9.99
- 3. Bralette
H&M £12.99
- 4. Shoe
New Look £27.99

- 5. Boot
H&M £34.99
- 6. Coat
Oasis £100
- 7. Choker
Quiz £6.99



- 1. Dress
Debenhams £39
- 2. Dress
New Look £29.99
- 3. Skirt
River Island £50
- 4. Blouse
Oasis £39

- 5. Blouse
H&M £34.99
- 6. Jumper
H&M £69.99



Pretty Dramatic

Florals aren't just for spring. They're this season's must-have pattern. From ditsy prints to dark and dramatic blooms the choice is yours. We've rounded up our pick of the best floral finds from The Grafton. The page just isn't big enough. There's also great accessories in the likes of Bags ETC. and Claire's Accessories.

Man of the moment

Autumnal tones and layered textures bring a touch of the great outdoors to menswear. Team a checked shirt with a cosy knit for a great daytime look.

- 1. Jacket
Next £64
- 2. Jumper
H&M £29.99
- 3. Shirt
H&M £19.99
- 4. Jumper
Next £30
- 5. Jacket
H&M £69.99

- 6. Jeans
USC £89.99
- 7. Trainer
H&M £39.99
- 8. Shirt
Next £22
- 9. Shoes
H&M £39.99

Need more inspiration? Why not try a dark denim jean from Officers Club for a smarter casual look this season.



Kids fashion,

with Cambridge blogger Thrifty Mum.

I love fashion. I'm also a mum of two lads (with another baby on the way!) so my passion has now extended to their wardrobes as well as mine!

From the very start of my journey as a mum, my go-to shop has always been Mothercare. Opened in 1961 and still going strong!

My first son was 5 weeks premature, weighing just over 5lbs at birth. Mothercare have a lovely range of premature clothing starting from a weight of a teeny 3lbs. They also offer free next day delivery when you order (offer code: PREM) which I think is a really considerate touch.

Personally, my favourite range at Mothercare is and always has been Little Bird by Jools Oliver. I just adore the 70's retro vibes! The pieces are mostly unisex which are easy to mix and match. I love dressing my kids in bright, colourful and fun clothing. Little Bird hits

"From the very start of my journey as a mum, my go-to shop has always been Mothercare. Opened in 1961 and still going strong!"

the mark every season! They have quite the collection. They wash brilliantly too.

For more classic and nostalgic styling then take a peek at the Heritage Collection. It's right up Wills and Kate's street! The floral all-in-one with the pink bonnet is so dreamy!

If you prefer a more contemporary feel then the My K range is for you. Designed by Myleene Klass, this collection is all monochrome and uber cool. The black and white striped dungarees and body suit set is perfect for all those hipster parents out there.



- 1. Bonnet, £8
 - 2. Vest, £8
 - 3. Rompers, £14
 - 4. Tracksuit trousers, £10
 - 5. Coats from £24
 - 6. Pyjamas, from £10
 - 7. Romper, £8.50
- All from Mothercare



All Little Bird at Mothercare. Available at The Grafton

Thrifty Mum!



A Feast fit for Cambridge

The Open House Gathering and Feast was the culmination of artist Harold Offeh's 7-month residency with Kettle's Yard in North Cambridge.

This celebratory event took place at North Cambridge Academy and showcased the diversity of skills and creativity of the community. Featuring design, food, music, horticulture and performance it reflected the cultural interests of individuals and groups in the local area.

Harold Offeh moved to Cambridge almost three years ago. He was drawn by the cultural diversity and thriving arts scene of the city. A trained photographer he specializes in performance arts and collective works. This is one of a series of

projects Harold has led and curated on behalf of Kettle's Yard and, he explains, one of his favourites, so far.

Harold explained: "The project was partly inspired by Jim Ede - Kettle's Yard founder - who listed many of the objects in his home in a document called, 'Notes on an Inventory'. The inventory poignantly makes links between objects and memories.

"We extended this approach through various community groups, charities and societies in North Cambridge. We invited them

to share memories and create responses resulting in a range of locally designed and crafted objects forming a new 'Inventory Collection'.

"Bringing such a diverse group of people, objects and memories together has been a truly inspiring project and one I am thrilled to have been able to work on. The domestic objects of the Inventory Collection were made by hand by participants from local groups including the Grovebury Ladies, Rowan, Cambridge Community Arts, The Red Hen Project and the Grove Primary School, to name just a few."

At the Gathering the objects were shared with friends, family and the community. At the Gathering participants also made bread from local recipes, discovered how to grow their own food and danced

with street dancers Sin Cru and African cultural group, the Efua Sey Dance Group.

This was followed by a feast hosted by Harold Offeh for participants and their guests where the objects were used and enjoyed by all.

Open House is a long-term collaboration between Kettle's Yard art gallery and communities across North Cambridge. Open House will continue to develop new creative projects following Kettle's Yard reopening on Castle Street in February 2018.

To find out more visit:
kettlesyard.co.uk/

Cambridge International Jazz Festival Punches Above its Weight



At three years old, and one of the youngest on the block, Cambridge International Jazz Festival packs an increasingly powerful punch offering Jazz lovers over 80 events and 25 workshops to enjoy.

This year's event features a galaxy of major international stars, some of the UK's finest female instrumentalists, emerging and boundary-pushing talent, workshops and tributes.

As well as headline sponsors Brewin Dolphin the festival has backing from Cambridge BID, Cambridge Live and The Arts Council England.

Saxophonist Andy Sheppard opens the Festival on the 14th November at the stunning Stapleford Granary, to bring a new project, Beyond the Dancing Sun, while legendary vibraphone icon and Godfather of Neo-soul, Roy Ayres winds down the Festival at Cambridge Junction on 25th November, bridging the gap between generations of music lovers.

In short more jazz than you can shake a stick at. Full listings and tickets at:

cambridgejazzfestival.info
11th to 26th November

Wonder -land

at the Vue Cambridge

This winter's blockbusters are looking out of this world. There's something for everyone with Ninjas, Bears, Ragnaroks and the return of the last Jedi! For full listings and more information check out the newly refurbished eight-screen cinema with reclining seats at The Grafton.



The LEGO Ninjago Movie Now Showing

In this big-screen Ninjago adventure, the battle for Ninjago City calls to action young Lloyd, aka the Green Ninja, along with his friends, who are all secret warriors and LEGO Master Builders.



Thor: Ragnarok 27/10/2017

Thor is imprisoned on the other side of the universe without his mighty hammer and finds himself in a race against time to get back to Asgard to stop Ragnarok - the destruction of his homeworld and the end of Asgardian civilisation.



Paddington 2 10/11/2017

Paddington, now happily settled with the Brown family and a popular member of the local community, picks up a series of odd jobs to buy the perfect present for his Aunt Lucy's 100th birthday, only for the gift to be stolen.



Justice League 17/11/2017

Fueled by his restored faith in humanity and inspired by Superman's selfless act, Bruce Wayne enlists the help of his new-found ally, Diana Prince, to face an even greater enemy.



Star Wars: The Last Jedi 15/12/2017

The eighth film in the Star Wars saga. As far as potential blockbusters go, the Force is probably very strong with this one!



Pitch Perfect 3 22/12/2017

After the highs of winning the World Championships, the Bellas find themselves split apart and discovering there aren't job prospects for making music with your mouth.

Health & Fitness

10 minutes with Charlotte from Activus Health



I love being outside and Cambridge has so many great open spaces. A run along the river followed by a workout like the one below on Jesus Green is when I am happiest. Cambridge also has a number of parks and recreation grounds with body weight exercise equipment that is free for anyone of any ability to use.

I've put together this simple workout to try at home or in the park to build strength and fitness...hope you enjoy it.

First of all don't forget to warm up. A 5-10 minute brisk walk and some stretches should do the trick.

The Workout

20 sec. high knees sprint

10x bodyweight squat

10x press-up

10x split lunges

30 sec. high plank

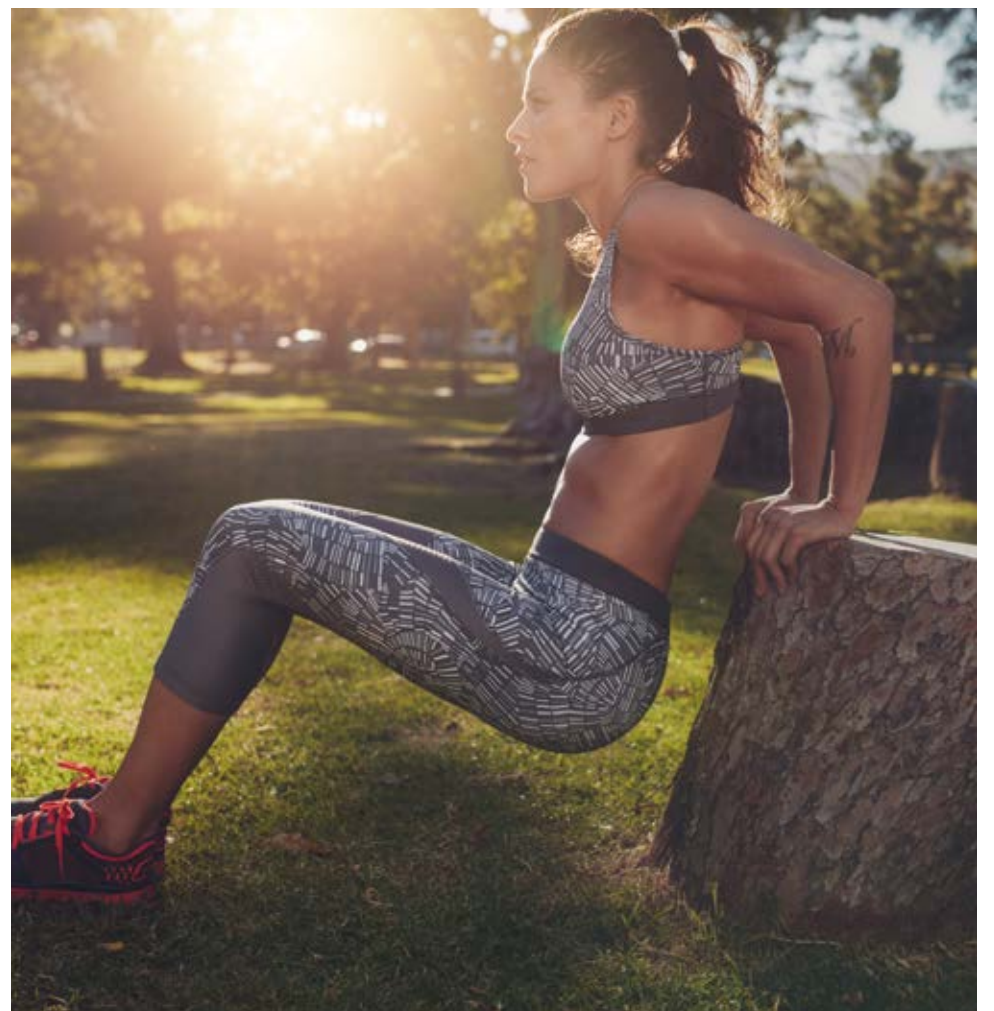
10x side lunge (each side)

10x tricep dip

10x ab crunch

Repeat 5 times and then warm down with another walk and some stretches.

If you'd like to learn more or need that bit of extra motivation take a look at www.activushealth.net



Fashionably Fit with,



Whether you fancy a brisk walk or a mountain top climb, form meets function with Trespass' range of the best outdoor wear and with offers of up to 70% off there's always a great bargain to snap up in store.

TRESPASS®

Sophie Kate's Autumn make-up must-haves

This time of year is perfect to bring those warmer tones to your makeup collection – I'm thinking rich reds, deep berries and burnt oranges.



Fabulous fragrance

**Yves Saint Laurent Y
60ml £53, 100ml £72**

**Available from
The Perfume Shop**

Beauty

News

Urban Decay Naked Heat,
Debenhams £39.50

Rimmel Stay Matte Liquid Lipstick
in Plum This Show, Boots £5.99

Rimmel Radiance Brick,
Boots £5.99

L'Oreal Paris Paradise Mascara,
Boots £9.99

Here's my selection of products that I wouldn't want to be without this autumn, starting with the palette of dreams...

The Urban Decay Naked Heat Palette! It's the palette everyone is talking about this season. It features so many perfect colours and textures ranging from mattes to shimmers. There's something to suit everyone, whether it's a daytime or an evening look. Simply a must-have!

The Rimmel Stay Matte Liquid Lipstick in 'Plum This Show' is just a gorgeous deep plum shade, and it teams up perfectly with the colours from the Heat Palette.

Let's be honest, we all want that perfect glow after our summer tans have faded, so the Rimmel Radiance Brick is definitely the bronzer to reach for.

Lastly, there's the L'Oreal Paris Paradise Mascara. This is my go-to mascara. It's incredible at giving you intense volume and making your lashes look fuller and longer!

I hope you enjoy finding your look this season and working with those lovely warm tones to contrast the cold weather closing in on us!



Take time for you!

We're approaching the busiest time of the year but don't forget you.

Why not take some time for a mini pamper? **Angel Beauty** and **Trade Secret** at The Grafton Centre always have great offers on meaning you can look a million dollars without breaking the bank.

Glorious Gnocchi

This delicious Gnocchi dish is brand new to the Bella Italia menu and features on their new menu. The restaurant are proud to serve amazing, fresh, pesto made by the Contino family in Liguria in this dish – why not pop in to the restaurant and try it for yourself, then use this recipe to re-create it at home.



Ingredients

(Recipe serves 2-3)

500g gnocchi

200g diced chicken breast

3 tablespoons of basil pesto

1 red onion

1 red pepper

Handful of sun-dried tomatoes

Handful of fresh basil leaves

Parmigiano Reggiano cheese to serve

Salt and pepper to season

1 Pre-heat the oven to 180°C

2 Roughly chop one red onion and one red pepper and place in a baking tray, drizzle with olive oil, lightly season with salt and pepper. Roast in the oven for 20 - 25 minutes or until soft.

3 Bring a pan of water to the boil and salt if desired.

4 Cook gnocchi in boiling water for 2 minutes – you can tell they're ready when they float on the surface!

5 Drizzle a pan with olive oil and cook the chicken. Season with salt and pepper, lightly fry for 6-8 minutes until they are golden brown, the juices run clear and they are cooked all of the way through.

6 Add the roasted onions and peppers to the pan along with the sun-dried tomatoes (as many or as little as you like!) and heat.

7 Once hot, remove from the heat and stir in the pesto. We use amazing pesto made in Liguria by the Contino family – pop in to Bella to try it out!

8 Add the gnocchi and stir.

9 Transfer in to a bowl and top with grated Parmigiano cheese and a sprig of fresh basil.

Serve and enjoy!

5 minutes at Signorellis

We sat down for a coffee and maybe a cake – what?! They just looked so good – with Alex, owner and founder of Signorellis Deli.

Q. Hi Alex, can you tell us a little bit about the inspiration behind the deli?

A My experience is all Italian restaurants. My family have businesses here and in Italy. I love Italian food and the relaxed atmosphere of an Italian restaurant. I wanted to capture that here in Cambridge.

Q. And your menu? What are the highlights?

A We're open from breakfast through until 10pm so the

menu evolves with the day. We have great Focaccias, Pizza, Antipasti platters of meats and fabulous cheeses plus, lots of homemade pastries and cakes – all made here in the restaurant.

Q. So why did you choose Cambridge?

A The food scene in Cambridge is buzzing and I wanted to be a part of it and bring something different to the mix. We opened eight months ago and it's great to see our regulars as well as new people discovering us everyday.

Find us at:
17 Burleigh St, Cambridge CB1 1DG



We're Moving!

Costa is relocating to Central Court in The Grafton. The bigger, brighter and better kiosk will have a wider range of delicious food to offer and lots more comfy seats.



**Camera, Action!**

Designed for sportspersons looking for a 4K and FULL HD (up to 60 frames per second), water resistant (up to 40m) action camera. Image stabilisation, pause function to capture videos that need no editing, embedded slow-motion, water resistance to 40m with its housing.

4K G EYE 900 from Decathlon, £129*

**Zoom, Boom, Zoom!**

Your prehistoric pal also responds to motion so move your hands to make him perform tricks or follow you around. Boomer even comes with a remote handset if you prefer complete control. Train him, pet him and feed him...but whatever you do, don't make Boomer angry! An ideal gift for kids aged five years and up.

Zoomer - Boomer the Dino Robot from The Entertainer, £49.99*

**Next level flying**

Your handset's really easy to use, letting you perform one-touch stunts like flips, spins and barrel rolls. You can even record your flights by saving them onto a micro SD card (sold separately), letting you show off your moves to your family and friends.

Sky Viper V2450HD Streaming Video Drone from The Entertainer, £99.99*

Whether you want a great camera to capture the perfect Selfie or a large screen to read work emails, or, just a great looking phone to call your nearest and dearest on, you're spoilt for choice at The Grafton with Mobile Blitz, Mobile Solutions, Vodafone, O2, EE, Carphone Warehouse and Three to choose from.



Samsung Galaxy Note 8 From £62.99* per month at EE



Google Pixel 2XL From £799 * to buy at Carphone Warehouse



Apple iPhone 8 plus From £52* per month at Vodafone

Tech Talk

Our round up of our favourite gadgets and gizmos. These tech toys are fun and functional for the whole family.

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

Competition

We are giving away 15 copies of Nadia Shireen’s book, The Bumblebear! Visit graftoncentre.co.uk/graftonwin to enter for your chance to WIN!

Competition runs online from 30 October 2017 – 15 January 2018, be sure to enter. Terms & Conditions apply. Visit graftoncentre.co.uk for full details.

What’s On

The North Pole Ice Rink
17th November to 8th January
The North Pole returns to Cambridge bringing with it festive fun for the whole family. From ice skating lessons to great food and drink and fab rides.

thenorthpolecambridge.co.uk



2017 International Garden Photographer of the Year
1st November to 22nd December
International Garden Photographer of the Year returns to Cambridge University Botanic Garden.

A collection of winning images from the prestigious International Garden Photographer of the Year Ten Year Anniversary Exhibition will be displayed at Cambridge University Botanic Garden.

botanic.cam.ac.uk



Fireworks and Bonfire Night
Saturday 4 November
6pm -10pm (Firework display at 7pm) £3 suggested donation to Midsummer Common.

A fabulous firework display and bonfire party for the whole family.

For further information visit:
cambridgelivetrust.co.uk

The Young Artists Sessions
Sunday 3 December
Saffron Hall, Various times, Tickets £10.

For over three decades the Young Classical Artists Trust has given Cambridge residents and visitors a chance to discover outstanding young musicians and follow their progress. Superb artistry and fresh insights are assured.

The U’s Fixtures **Cambridge United FC**

Day	Date	K.O	Fixture
Saturday	24.10.17	3pm	U16s Tottenham (Checkatrade)
Saturday	07.11.17	3pm	Peterborough (Checkatrade)
Saturday	11.11.17	3pm	Accrington
Saturday	25.11.17	3pm	Stevenage
Saturday	16.12.17	3pm	Newport
Friday	26.12.17	3pm	Barnet
Tuesday	30.12.17	3pm	Crewe Alexandra
Saturday	13.01.18	3pm	Mansfield
Saturday	27.01.18	3pm	Notts County

Word search

Have a go at our word search, with key words to find from The Grafton’s charity partners.

- Wood
- Green
- Charity
- Animals
- Jimmy
- Shelter
- Each
- Children
- Hospice
- Cambridge
- United
- Football
- Club
- Support
- Volunteer
- Community
- Time

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

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

For a full list of brands available at The Grafton, visit www.graftoncentre.co.uk

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