

# Your Autumn Update

**The people, places and faces of Cambridge**

## ...and all that Jazz

Roslin Russell gives us  
a preview of Cambridge  
Jazz Festival.

## In this issue...

24 hours in the city

Autumn's blockbusters  
with Vue Cambridge

Fashion focus with the  
latest news from your  
new flagship River Island





# Hello!



As the seasons change and there is a chill in the air it's a great time to take stock. Autumn brings so many new faces to our wonderful city, the new term heralds a new start. New faces mix with famous places to create our wonderful Cambridge culture.

In this issue we've taken this as inspiration, looking at what's new for the city and the season as well as celebrating our history, culture and people.

We've spoken to two fabulous Cambridge based authors on how our region's history inspires them to create their stories. We've got a great first look at the new Debenhams store in The Grafton plus, a great What's On guide, cinema reviews, interviews and more.

Thank you so much for all of your interest in The Grafton Press, we really do love reading your emails, so please, keep them coming! You can contact us at [editor@thegrafton.co.uk](mailto:editor@thegrafton.co.uk)

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



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# Coffee and a chat

## with Regis Crepy

In August, Amélie Flammekueche became the first restaurant in the highly-anticipated Food Social section of the centre to open. In amongst their busy schedules, we were able to get 15 minutes with Regis and Alex Crepy, the father-son team behind the most exciting, new restaurant in Cambridge, to have a coffee and a chat about how it all started.

**Hi Regis and welcome to The Grafton! How have your first couple of months at the centre been?**

Amazing, hectic, exciting. We are loving it! For sure we are still working things out, making tweaks here and there and constantly working hard to make sure our staff are settling in and that customers are happy and enjoying the new experience of eating Flammekueche, a big thanks to them for sharing their views on TripAdvisor, we're rather delighted to have received so many 5\* reviews, quickly pushing us up the ranks of places to eat in Cambridge. We're really pleased with our location and The Grafton has been brilliant in its support. I feel refreshed and energised - 27 again!

**You've got quite the background in owning and running restaurants, so give us a bit about you, your experience and what led you to opening Amélie.**

I've had a fantastic 35 years or so working in the fine dining industry. Having had classical training, I worked in Michelin starred restaurants in Europe. Then moved to the UK with my wife Martine in the early 1980s and established The Great House in Lavenham which we owned for 32 years as well as two other successful restaurants in Suffolk. It was white tablecloths, crystal glasses, beautiful presentation, superb cuisine, 320 different wines and we were very proud to win numerous awards over the years. Food for me has



never been about fashion, it is about colour, balance, contrast and showcasing the quality ingredients we're lucky to source. Though Amélie is informal and casual, my principle is the same and with my experience and knowledge of contemporary flavour combinations, this new simple concept is delicious and good value for money - Flammekueche I hope, will become the talked about fast food.

**Amélie is very much a family affair with your son Alex being a part of it and the restaurant named after your daughter. Family is obviously very important to you, so tell us how it all came about and what is it like working so closely together?**

Yes, I am very lucky that Alex wants to work with his dad! Like me he attended the top catering and hospitality college in Lausanne and having gained invaluable experience as one of the Gaucho Groups' youngest managing partners was keen to find his own niche in the dining scene. As families do, we brain stormed around the kitchen table and bringing Flammekueche to the UK seemed to be the idea that stuck. The name? Alex was never much good at buying his sister birthday presents - so named his new restaurant Amélie after her.

**Amélie is based around the dish Flammekueche, for those that haven't had the pleasure of tasting it, can you give a quick explanation of what it is and how you discovered such an unusual cuisine?**

**"As families do, we brain stormed around the kitchen table and bringing Flammekueche to the UK seemed to be the idea that stuck"**

Alex and I always enjoyed eating Flammekueche when in Alsace - it's the region's traditional dish that dates back to the 14th century, a light dough base, spread with crème fraîche, sliced onion, bacon and gruyere cheese - tasty, quick and good. It's relatively unknown over here though and as we love it for its simplicity and taste, why wouldn't others - we have obviously updated the taste and presentation!

**As well as fantastic food, you've also got a great drinks menu that even features your own beer on it. What made you decide to create your own beer brand?**

A - Yes, we're rather proud to have our own beer and it's thanks to Nethergate Wines and Brewery, our restaurants' suppliers for many years, for making such a good one to represent us. It's a light pale ale, called Amélie naturally - and popular with many customers.

**For those that haven't been to Amélie yet, is there anything in particular you'd recommend trying, your favourite dish on the menu perhaps?**

I don't have a favourite - what I recommend though is for customers to try the 'Authentic' dish first and then experiment with the topping combinations we have created - perhaps if there's a group of you, choose a variety and share.

**It's been great talking to you and finding out more about the restaurant. Last but not least, when you're not busy in the kitchen what are we likely to find you up to in your spare time?**

Reading cookery books - I own about 2000!

Thanks for your time, and good luck with Amélie - we're already looking forward to trying even more delicious food!

**"What I recommend, is for customers to try the 'Authentic' dish first and then experiment"**





# And all that Jazz

The fourth Cambridge Jazz festival is just around the corner, with international artists and local talent coming together for this unique event.

We had five minutes with Roslin Russell - Co-founder and Art Director of The Cambridge Jazz Festival - to find out more about her, her love of Jazz and what this year's event has to offer.

Hi Roslin, great to meet you. Can you tell us a bit about you?

I'm British although I was born in Thailand and spent my childhood in Hong Kong as both my parents were architects out there in the 70s and 80s. My dad's English (played in a London Skiffle band called Les Hobeaux in the early 60s!) and my mum's Thai. They met in Thailand after dad's epic journeys driving a bus from London to Kathmandu in the 60s (he did it three times!) and they were about to travel around the world together on their boat, Russamee, but plans were put aside when mum fell pregnant with me!

And, where do you live now?

I live in Cambridge and have done for the last 22 years. I did a PhD in Molecular and Computational Biology at the University of Cambridge and stayed as it's a great place for Science and an important international and innovative tech hub. I now work for a biotech company developing cancer immunotherapeutic drugs but still teach at the University too.

Which came first for you, music or science?

They have been together for as long as I can remember. My earliest memories are of me recording myself singing and playing the piano - I was creating my own songs on my snazzy new Hitachi tape recorder when I was 7 years old. I also remember at that age being so inspired by my primary school teacher, Mr Walker who used to bring live mini-beasts into school and even a live snake that was found in the school playground! He gave fascinating accounts of his explorations in the Indonesian Rainforest with another fellow teacher at the school who also took his parrot to class every day! My love for music and biology started at the same time.

jazz community. Worse, jazz was and still is a very much mis-understood genre of music when in fact it's a very fresh and boundary pushing genre, and many schools and colleges in the region are in real need for more resources and support to keep this artform going and to inspire the next generation. The ideas I had for a jazz festival had been brewing for quite a while, but Cambridge then wasn't really ready for it and nor was I.

It wasn't until after my studies and having kids who are now older and more independent that I found that I had more time for myself to do something I was passionate about. In 2008 I decided to end my hiatus and get back into the music scene by meeting and performing with other musicians locally at jazz and funk jams. It re-ignited my dream and passion of starting a Jazz Festival as jazz is so much more vibrant and diverse now in Cambridge although very much spread out all over the place - I felt it needed an umbrella organisation to link up all the different groups and communities.

After meeting a few like-minded musicians (many of whom are also scientists!), I roped them in to help me formally establish the Cambridge Jazz Festival ([www.cambridgejazzfestival.info](http://www.cambridgejazzfestival.info)), a not-for-profit community interest organisation. Since the inaugural Festival in 2015, we now have almost 8,000 attendees/ participants with events across over 30 venues such as Saffron Hall, Cambridge Junction, Corn Exchange, West Road Concert Hall, Storey's Field Centre, Mumford Theatre, University Colleges as well as churches, pubs, bars and hotels and we've established a community choir (CJF Choir), a Summer School for under 18s and we're about to start a Cambridgeshire Jazz Youth Orchestra with County music hub, Cambridgeshire Music.

I love living and working in Cambridge as it's an excellent centre for both the Sciences and the Arts, although I would like to see more invested in the Arts, they help and support each other and spark new ideas and collaborations. The educational, developmental, creative and therapeutic benefits of the Arts to the community (all ages and backgrounds) are enormous and the scientific evidence for this is overwhelming!

Can you tell me about the Jazz music scene in Cambridge and where would you go to listen to music normally?

The Jazz music scene is the strongest it's ever been - it's incredibly exciting! Jazz is such a diverse art form from early to contemporary jazz, solo to big band, gypsy to rock, folk, soul, funk and even hip-hop and drum'n'bass inspired jazz and there are numerous venues and organisations in Cambridge that host and support live jazz. Established in 1972, Cambridge Modern Jazz ([www.cambridgejazz.org](http://www.cambridgejazz.org)) regularly present both international and national jazz stars at The Hidden Rooms and at the stunning The Stapleford Granary, and more local and emerging UK artists can be seen at Clare Jazz, Jazz@

John's, CB2 (Jazz, Soul & Funk), CUC Wine Bar, The Locker Cafe and Hot Numbers. There's also a new regular event called 'Listen!' run by local heavy gig-goers Carol Garrison and Graham Lee ([www.listencambridge.com](http://www.listencambridge.com)) "presenting fresh and diverse sounds for curious minds" and also 'NextGenJazz' which is linked to the Festival's educational program, championing and showcasing some of the most talented boundary pushing young musicians in the UK jazz scene ([www.nextgenjazz.info](http://www.nextgenjazz.info)) offering both live music and workshops led by the artists.

The theme for the festival is Women in Jazz? Can you tell us a little bit more?

Every year the festival has many themes, and this year one of the key themes that we have been developing over the past few years is both the contribution and leadership of Women in Jazz. Jazz has long been recognized as a male-dominated field and although there have been many great women players in jazz history, only a few have had the recognition they deserve. The intimidation and exclusion tends to begin in childhood, with girls not being encouraged to join bands. We also need to champion more female role models to inspire the next generation of musicians. Performing at this Year's Festival (Nov 18), British-Bahraini trumpet player and composer, Yazz Ahmed said in a blogpost last year "I had to start my own band to get my voice heard". In her late teens she would search in vain for female trumpet players online, looking for inspirational female role models.

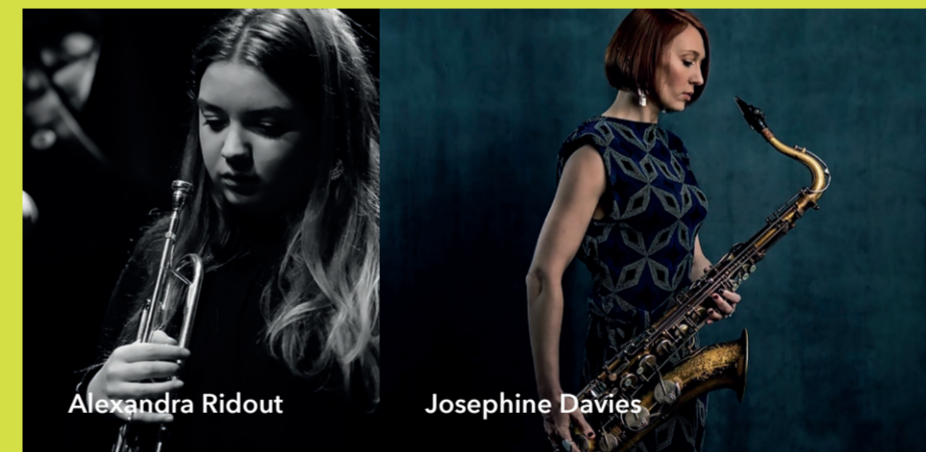
Things are definitely changing for the better in the UK Jazz scene and it's important to recognise the work done by organisations such as Blow The Fuse, PRSF Women Make Music and Tomorrow's Warriors who brought award winning female band, Nérija (who played at the Festival last year), featuring the exciting talents of saxophonist Nubya Garcia, trumpeter Sheila Maurice-Grey and guitarist Shirley Tetteh). Issie Barratt has also been an important driving force with the National Youth Jazz Collective and she'll be at the Festival with her all-female dectet 'Interchange' featuring award winning instrumentalists Laura Jurd and Zoe Rahman. Issie will also be leading an improvisation workshop with Laura Jurd 'Music by Women' (Nov 18) which involves looking at tunes by notable women composers. She'll also give a talk at Millers Music (free entry!) entitled "Women in Jazz and Making Changes" celebrating women in jazz and 30 years in the industry by discussing her life in the creative arts and highlighting ways in which we can help redress the gender imbalance in jazz (from performers to repertoire to audiences) for future generations. Issie was recently ranked #38 in BBC Woman's Hour's top 40 most powerful women currently working in the music industry.

Also performing at the Festival is award winning vocalist/pianist/composer Liane Carrol (performing with Ian Shaw on the Festival opening night, Nov 13), 2016 BBC

Young Musician Jazz Award winner, trumpeter Alexandra Ridout (The Ridout Family, Nov 22), Perrier award winning saxophonist Josephine Davies, and drummer Lorraine Baker (Nov 22).

What are you looking forward to most at the festival?

There are so many events that I'm really excited about and there are too many to mention here! But definitely up there is the opening night with UK legends Liane Carroll & Ian Shaw with support from the fabulous London Gay Big Band (Nov 13). The closing night with internationally celebrated Jazz vocalist and composer Madeleine Peyroux (Nov 27), the phenomenal Danish/British/Swedish trio, Phronesis who are releasing their 8th album, Incognito's Vanessa Haynes celebrates Aretha Franklin with her 10-piece band (Nov 16). Mercury Prize nominees, Dinosaur's already sold out concert at The Zoology Museum (Nov 21), Cambridge stalwart of Soul, vocalist Myles Sanko and the UK's leading Latin band leader and percussionist legend Snowboy & The Latin Section (Cambridge Junction, Nov 22) drum'n'bass inspired tunes from the brilliant Richard Spaven (Nov 15), new material from jazz funk band Resolution 88 (Nov 23) and the awesome funk-fuelled The Brass Funkeys (Nov 25) at the award winning new Storey's Field Centre. There are also several family events specially designed to be a midpoint between children's entertainment and 'regular' adult concerts including The Alley Cats playing Disney tunes (I'm the vocalist!) and an APP interactive show, Groove Baby presents 'Grove Into Space' with members from The Brass Funkeys. There is something for everyone at the Festival!



Alexandra Ridout

Josephine Davies



Phronesis

## Read It! Historical Fiction

As the night's draw in we don't think there's anything better than a cosy night in with a good book, apart from maybe a cosy night in with two great books?! We caught up with two fabulous and very different local authors to discuss their latest books and how Cambridge inspires their work.

Susan Grossey, 52, came to Cambridge for University and, like so many of us, has never left. The city became her home as well as inspiration for her successful literary career.

Originally from Brussels and brought up in Singapore, Susan started her career in Cambridge as a secondary school teacher. A series of jobs including one writing an instruction manual for choc-ice wrapping machines ensued before she stumbled upon the topic of money laundering.

Susan explained: "About twenty-five years ago I stumbled upon the topic of money laundering - which is how criminals attempt to conceal the illegal origins of their assets - and I was hooked.

"Since then I have worked as a money laundering consultant, advising firms (such as banks and casinos) on how to avoid criminal money, and what to do if they think they have criminal clients.

"In short, my day job requires me to be obsessed about - and write books about - financial crime. And when I decided that it was time to try my hand at fiction, only one topic really drew my attention: historical financial crime."

What inspired your first novel?

I discovered the inspiration for my first novel - "Fatal Forgery" - in the University Library in Cambridge. I was doing research for a client into the history of their bank and came across the story of a London banker in 1824 who stole money from his own bank and, when caught, immediately pleaded guilty - despite knowing that this would lead him straight to the gallows. (In those days, we didn't have comfy open prisons for dodgy financiers...) As soon as I read this story, I knew that I had to write about him - why did he steal the money? what did the banking community think? why did he plead guilty? - and this turned into my first draft.





## Read It! Cont...

"Once that was finished I realised that I didn't like the banker very much but did very much like the man who had arrested him - in my version, a magistrates' constable called Sam Plank. I then re-wrote the whole book with Sam as the narrator and it worked much better.

### How easy was it to get published?

I sent that book to nine publishers and agents, and all nine replied - which I now realise is pretty rare. But sadly they all said the same thing: it's a good story, and it's well-written, but no-one is interested in historical financial crime. I couldn't believe that - I work everyday with people who are fascinated by financial crime - and I decided to self-publish the novel. My two dozen non-fiction money laundering texts are all self-published, so I know the ropes.

What many people don't realise is that self-publishing is free - unless you want to spend money on particular elements of the process. I am lucky enough to have a small team of volunteer "beta readers" who act as editors and proof-readers for me, but I did splash out hard cash on a cover designer, and on a template for the book's interior, to make it look more professional. I am convinced that it is these efforts to make my books look like traditionally-published books that have enticed (to date) five booksellers to agree to put the Sam Plank books on their shelves. The Sam Plank series is thus available on Amazon (in paperback and Kindle formats, with audiobooks for the first two), and in Heffers and G David in Cambridge, Topping & Company in Ely, Hart's Books in Saffron Walden, and Daunt Books in Cheapside in London (being in the City, they love stories about financial shenanigans).

**"When I decided that it was time to try my hand at fiction, only one topic really drew my attention: historical financial crime."**

### How many books have you now written? Does an author have a favourite book, or is it like children and you love them all in their own way?

I had originally intended to write only one book, to get it out of my system. But I committed the cardinal sin of authorship and fell in love with my character. I couldn't bear the thought of leaving Sam behind and decided to write a series of books with him as the narrator. "Fatal Forgery" starts in 1824 and jumps forward to 1830, so I decided the fill in the missing years with a book a year - a series of seven. The most recently published - "Faith, Hope and Trickery" - is number five, and I am now writing number six.

As for a favourite, I am gratified to find that readers generally tell me that their favourite is the most recent - which suggests that I am getting better at writing them! Personally, I have always had a weakness for the yellow one - "The Man in the Canary Waistcoat" - because it features my favourite baddie, and because it tells us a bit about Sam's childhood and how he became a constable.

I should admit that the titles are not my own work. I did name "Fatal Forgery" all by myself, but the titles for the next four have been chosen by readers. I have a writing blog (susangrossey.wordpress.com) through which I share the writing process with readers, and when I have nearly finished the first draft of a new book I put up a plot summary and five possible titles that I have created - and people vote for their favourite.

**"I sent that book to nine publishers and agents, and all nine replied - which I now realise is pretty rare."**

### Your characters sound fascinating, can you tell us a bit more about some of them?

Sam Plank is a magistrates' constable. This is a job that no longer exists: during the fifteen years or so between the demise of the Bow Street Runners and the launch of the Metropolitan Police in 1829, London operated a system of magistrates and constables. If you were the victim of a crime and thought you knew who had done it, you reported the matter to your local magistrates' office (there were seven in London, including Sam's in Great Marlborough Street - the street which is home to Liberty department store today). If the magistrate thought you had a case, he would issue a warrant and send out a constable to arrest the suspect. And that is Sam's job. This was before the invention of the detective, so really all Sam should be doing is finding people and hauling them in for questioning - but of course he does much more, particularly given his special interest in financial crime.

Sam is married to Martha, and she is really the strength behind him. This is the 1820s, however, so I have to be very careful not to make her (or indeed, him) too modern in outlook - they did not consider themselves to be equals, and she could not

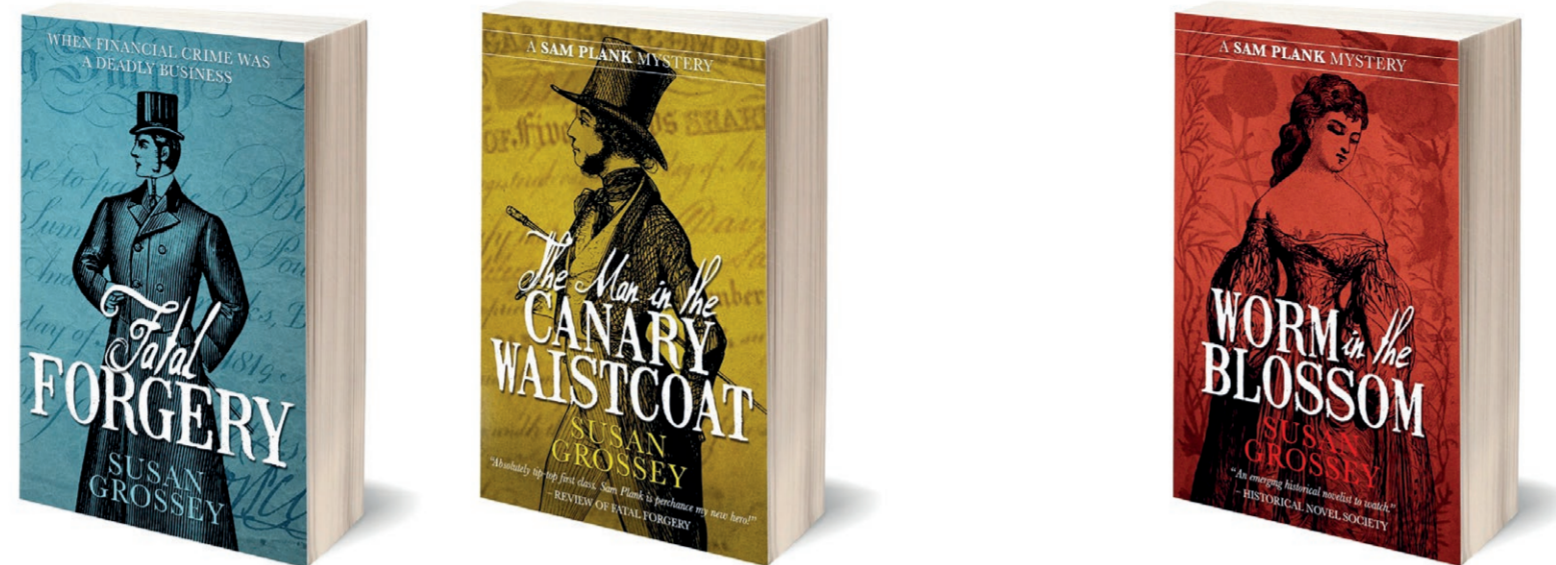
participate openly in his working life. But they have a close marriage and she provides a great deal of support and common sense. Sam is also training up a junior constable called William Wilson, and this is a handy device for a writer, as Sam can explain things to Wilson as a way for me to explain things to the reader. (That's why so many detectives have side-kicks.)

The books are set in a very narrow period of time - the 1820s - and in what we would now call central London. In Sam's day, however, Piccadilly (with Regent Street as its heart) was on the very western edge of the city, with fields just beyond. London is the perfect backdrop for historical fiction for two reasons. First of all, it is so well documented. I refer constantly to a detailed street map drawn in 1827 - what a resource to have! Although the pattern of streets generally remains the same, names do change: Sam lives in Norton Street in Marylebone, but you won't find it today unless you look for Bolsover Street instead. And there are nearly always contemporary drawings and paintings of London locations. And second, if you go down to London today and walk around with your eyes raised - looking above the modern shop fronts - you will see the London that Sam knew. It's pretty much all still there. (Apart from poor Wilson's home, which

was one of hundreds demolished to build Euston Station.) Whenever I send Sam on a new journey across London I always do the route myself - my husband calls it "walking the Plank"!

### What's next for you?

I am trying hard to forget that I have only two more outings with Sam - how will I live without him? But I do have a next project in mind, with another series of Regency crime novels, this time set in Cambridge. Can you imagine the mist swirling down Garret Hostel Lane on a dark early morning in 1825, and around the corner comes a man, running and stumbling, looking over his shoulder in panic...



## Stirling to Essen: A Bomber Command Story of Courage and Tragedy

### Roger Leivers (AGE) from Godmanchester also stumbled onto his subject matter for his debut novel 'Stirling to Essen'.

Launched in July 2017 at the IWM Duxford, it tells the true-life story of Sqd Ldr Drummond Wilson and his crew who flew with XV Squadron out of RAF Alconbury from October 1941 until the crash in Godmanchester on the 11th April 1942.

Roger was working as a volunteer at the Porch museum in Godmanchester in 2012 when an enquiry came in regarding a pilot and a Stirling aircraft.

Roger explained: "The gentleman had recently bought a sports car and was looking at its provenance. This led him to us and, in time led me to forming the Godmanchester Stirling Fund and publishing the book.

"I started researching and I couldn't stop. The stories of the individual crew members captured my imagination. Yes, it's a book about WW2 but, really the story is about these brave young men, how their lives intertwine and the impact the crash had on their families.

"Having located the families of nearly all the crew, and those connected to the story, I was able to uncover an amazing tale of young men going to war and those they left behind. The twists and turns of luck, and the fickle finger of fate."

### An overview of the story...

The book tells the story of a stricken Short Stirling Royal Air Force bomber that crashed into fields to the east of Godmanchester on 11 April 1942.

Hours earlier the commitment and skill of the crew had been tested to the limit confronting the formidable searchlight and flak defences of the German city of Essen. This event, hidden for so long, had drifted into the fog of history.

It's a tale of a wealthy young man, whose mother died during his birth, who lived for excitement, and who went on to join the RAF in 1938. Matthew Drummond Henderson Wilson went on to become a Ferry pilot,

a Flying Instructor and finally a Test pilot. In October 1941, he joined RAF Bomber Command's No. XV Squadron becoming a Squadron Leader, and taking part in numerous raids on Brest and the Ruhr. Stirling to Essen is also the story of the men who served alongside their pilot, and the unbreakable bond of friendship they found as they soared over the deadly skies of the Third Reich and occupied Europe. What became of these men, did fate smile upon them or was luck to desert them? Time and again new and unexpected stories came to light, embroidering the already rich tapestry.

It's a story of friendship, bravery, and sacrifice, acted out against the nightly threat of never returning.

Roger started telling the amazing story at Historical Societies and soon word spread...

Roger continued: "After speaking at Historical Societies up and down the country I realized there was a real appetite for this story. I applied for a publisher's award and secured £1000. I match-funded this with monies from the fund I manage in honor of the Godmanchester Stirling Fund.

I self-published and the original run of 800 copies and they sold almost straight away. The second print run is also selling well.

Profits from sales of the book, alongside Roger's other fundraising activities go into the Godmanchester Stirling Fund.

Roger explained: "The fund started as I wanted to pay for the installation of a monument to remember the brave young men. The monies continue to be used to honour them and support Military and local charities and community groups."

The book has been nominated for 'Book of the Year' by the Aviation Enthusiasts Book Club but it is perhaps the wonderful feedback from the families of some of the men Roger writes about that's the highest praise.

The son of Sqd Leader Drummond Wilson - Drummond Wilson Thorne - said of the book: "I am overwhelmed by all the information that Roger Leivers has unearthed. He has told a story which I never knew existed. When I was growing up the subject of my father's life and death were never discussed. I was told that his damaged plane had crashed on the runway after returning from a mission and all the crew were killed. Now through Rogers story we have the truth, perhaps it was all too painful for my mother to talk about it. In this book Roger Leivers has shone a light on to my father's and his crew's lives, what a remarkable story, now they will not be forgotten. Their memory will live on forever."





- 1. Dress  
Yours £45
- 2. J by Jasper  
Conran at Debenhams
- 3. Vase  
Debenhams £20
- 4. Blouse  
Monsoon at Debenhams £40
- 5. Sunglasses  
Ted Baker at Vision Express £99
- 6. Clutch bag  
Deichmann £6
- 7. Over the knee boots  
Deichmann £50



# Love Story

Autumnal tones, tactile fabrics and 70's silhouettes... this season's biggest fashion story is Love Story.

The 1971 movie starring Ali MacGraw and Ryan O'Neal is your one-stop-shop for fashion and home style inspiration.

## Get the look

For him, her and the kids it's corduroy, velvet, ditsy florals and muted tones. Plus, we see the return of the flare... or, the more palatable 'boot-cut' trouser or jean.

For the home take these deliciously autumnal shades and textures to create your very own 70's inspired oasis.



**Jumper**  
Racing Green at Debenhams £30



**Jacket**  
Next £80



**Hat**  
New Look £18



**Cord Skirt**  
Monsoon at Debenhams £40



Leopard print is another big story this year and works really well teamed with tonal pieces.



Love Story, 1970



**Dress**  
Wallis at Debenhams £40



New flagship store opening this autumn/winter  
**RIVER ISLAND**



1.



2.



3.



4.



5.



6.

All from River Island

- 1. Shoe £40
- 2. Boot £60
- 3. Coat £85
- 4. Jacket £60
- 5. Kid's coat £40
- 6. Kid's jacket £25

# Fashion Focus

As one of the most well-known and loved high-street brands River Island is 60 years old and has more than 350 locations across the UK - including its brand-new store, that is soon to open in The Grafton this autumn/winter. The new, larger space means we can enjoy a wider range of the fabulous fashion they're known for. Here's some of our favourite pieces from the latest collection.

# Go Gold

After decades in the fashion wilderness gold is making a big shiny comeback. Superseding its subtler platinum, steel and chrome brothers and sisters for centre stage. Whether it's updating your tech, your jewellery, your wardrobe or your home, gold is your new go-to.

**Decorative bird cage,**  
River Island £65

**For the home**  
Gold accents lift neutral décor and add a touch of luxe.

**Technically speaking**  
Not to be left out mobile phones and the latest gadgets and gizmos have also been given a golden glow including pieces from Mobile Bitz, Carphone Warehouse, EE, Vodafone and O2.

**Apple iPhone X,**  
Various carriers

**Make a statement**  
For years jewellery has been delicate and dainty. But, this year it's big and bold with 80's references. Choose one piece to elevate a simple outfit.

**Rose Gold Oval Drop Earrings, Quiz £14**

**Golden hour**  
A gold watch is a timeless piece. It's fashionable now and will always be stylish.

**Pink rose gold round watch**  
at River Island, £28







# Art & Culture

## Challenging Perceptions

Inez Martina Mihaldinecz is a talented Cambridge based photographer who is preparing to graduate from Cambridge School of Arts.

Her captivating work is built around the subject of consumerism and targeted marketing towards young women while tackling the relationship of self-defining beauty in the reflection of media's image of one's own body.

She believes that images should not be as easily consumable as they are today, since photography is accessible, it should be used to shake the viewer with a message, and it has to be in a language that can reach the right audience.

In her dissertation, she explores the effect of picture-based media on our relationships to consumerist behavior and takes on the challenge to illustrate the unreachable beauty standards with a message about how beauty and fashion can affect our minds.

To find out more about Inez visit:

Instagram  
[inez\\_martina](#)  
Twitter  
[@Inez\\_Martina\\_](#)  
Website  
[inezmartina.com/](#)



# We just love Film

## at the Vue Cambridge

The days are getting shorter, the leaves are falling, and the temperature takes a dip - it's the perfect excuse to get cosy and watch a film. This season a fantastic range of films will hit the big screen, giving you six great reasons for a trip to the cinema.



**Venom**  
Out Now

Venom is one of the most enigmatic, complex and intriguing characters in the Marvel Cinematic Universe. After a scandal, journalist Eddie Brock heads to San Francisco to revive his career but contact with an alien symbiote embodies him with an alter-ego - Venom.



**First Man**  
Out Now

Based on the book First Man: The Life of Neil A by James R Hansen, this film starring Ryan Gosling as Neil Armstrong, explores the sacrifices and the cost - both on the man himself and to the USA.



**The Grinch**  
09/11/2018

One for the youngsters, and those just young at heart, this animated feature is from the studio behind the 2016 hit The Secret Life of Pets. Benedict Cumberbatch lends his voice to the infamous Grinch.



**Fantastic Beasts: The Crimes of Grindelwald**  
16/11/2018

Set in 1927, the film follows Newt Scamander and his efforts to thwart evil wizard Gellert Grindelwald who has escaped from prison - something that Newt played a big part in during the first Fantastic Beasts film.



**Aquaman**  
14/12/2018

Aquaman, picks up with the hero as he struggles with the fact that he's now the ruler of the underwater kingdom of Atlantis. Half human, half Atlantean, the hero finds himself caught between the surface dwellers that ravage the sea and protecting his own people.

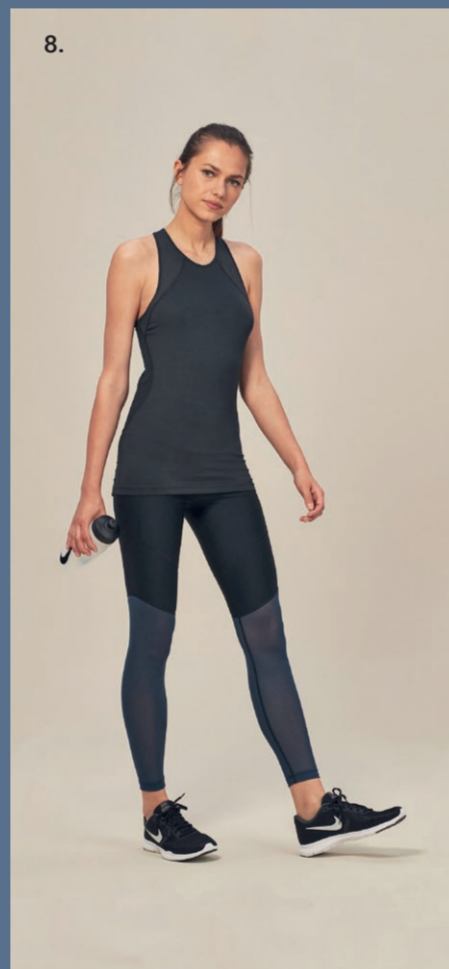
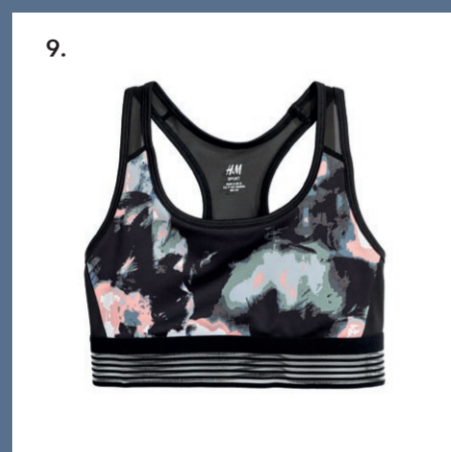
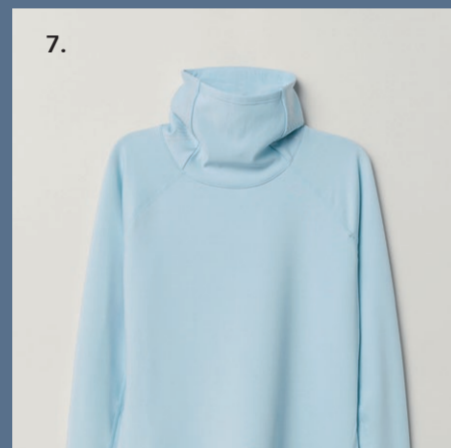
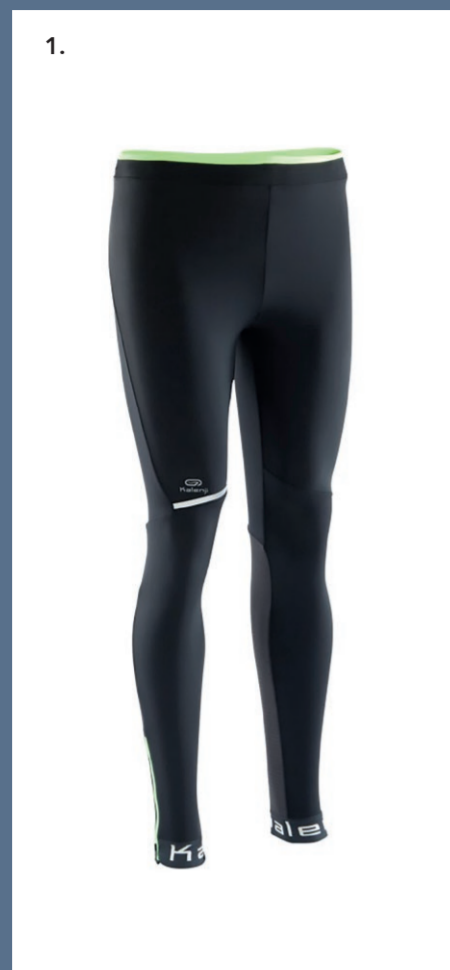


**Mary Poppins Returns**  
22/12/2018

Set in Depression-era London, Emily Blunt dons the iconic red hat and umbrella to visit a now grown Jane and Michael Banks and his three children after the family suffers a tragic loss. Along with her friend Jack, she aims to help spread the joy that the family has lost.



- 1. Kelenji kiprun warm men's running rights - black/yellow Decathlon £24.99
- 2. Kelenji run dry men's running t-shirt -yellow Decathlon £3.99
- 3. Ultra-light running jacket H&M £19.99
- 4. Ultra-light running shorts H&M £19.99
- 5. Water Bottle Decathlon £5.99
- 6. Adidas Run Alpha Bounce Beyond Next £69.99
- 7. Light turquoise polo-neck running top H&M £19.99
- 8. Nike black power tight Next £48
- 9. Sports bra medium support H&M £9.99



# Getting active

## running in Cambridge

As the long nights draw in and the temperature drops, we know just how hard it is to find the motivation to exercise and how easy it can be to grab the chocolate and curl up on the couch with a film or some bad reality TV for the evening.

As tempting as that may be (and as great as it is every now and then), there are a whole host of health benefits to keeping active during the colder months, including beating the winter blues and helping to keep pesky colds at bay. To help you find the inspiration to get moving and working out, we've pulled together two bright, colourful, stylish outfits - one for men and women - that you'll love pulling on, whether you're hitting the pavement for an evening run or heading to the gym for a morning session.

# New Season Refresh

You've got your favourite lipstick, your tried and tested foundation and your go-to bronzer, so, you're sorted, right?

Well, maybe not. With the changing seasons our skin and our wardrobe choices change and therefore it's wise to consider a bit of a refresh. We're not talking a complete makeover - though you can if you want! This is subtle simple updates that make a big difference. We suggest starting with a brow tidy at Angel Beauty, updating your skincare for the new season and then finishing with some new season colour.

- 1. Urban Decay 'Naked Heat' Palette from Debenhams £35.55
- 2. Too Faced 'Peach Mist' Matifying Setting Spray from Debenhams £27
- 3. PIXI Glow Tonic, 250ml from Boots £12
- 4. BENEFIT 'Homemade Hotness' Full Face Makeup Set from Debenhams £26.55



## Up-do update

Think 'up-do's' are for prom queens and brides? Think again! The AW18 catwalks were a wash with fabulous and modern up-do's. So, next time you're planning a night out or a special occasion, why not book an appointment at Trade Secret for a stylish top-knot, braid or French pleat?

**We've had a makeover!**

Have you seen the new Debenhams beauty hall? With top brands including Clarins, Clinique, Estee Lauder and Benefit all packaged in a luxurious new department it's the perfect place for a bit of me-time retail therapy.

**Debenhams**



# Food

We love going out for dinner but, sometimes, on cold winter night's there's nothing better than a cosy night in with great food. Here we share a recipe from Regis Crepy, Head Chef, Amélie, for you to enjoy at home.

## Ingredients

Recipe serves 4:

250g baby spinach leaves, washed

2 tsp olive oil

200g smoked streaky bacon, cut into thin strips

Dash of distilled white vinegar

8 whole eggs

**Chive hollandaise sauce:**

300g butter

4 egg yolks

4 tbsp water

Juice of ½ lemon

Small bunch of fresh chives, finely chopped

Pinch of salt

Pinch of cayenne pepper

## Make it

Pan-fry the spinach leaves quickly with a little of the olive oil in a saucepan. Leave to cool. Add the bacon strips and remaining olive oil to the pan and fry until crisp and golden brown. Keep warm.

Make the chive hollandaise sauce: melt the butter slowly over a low heat and keep it warm (it will be used as clarified butter).



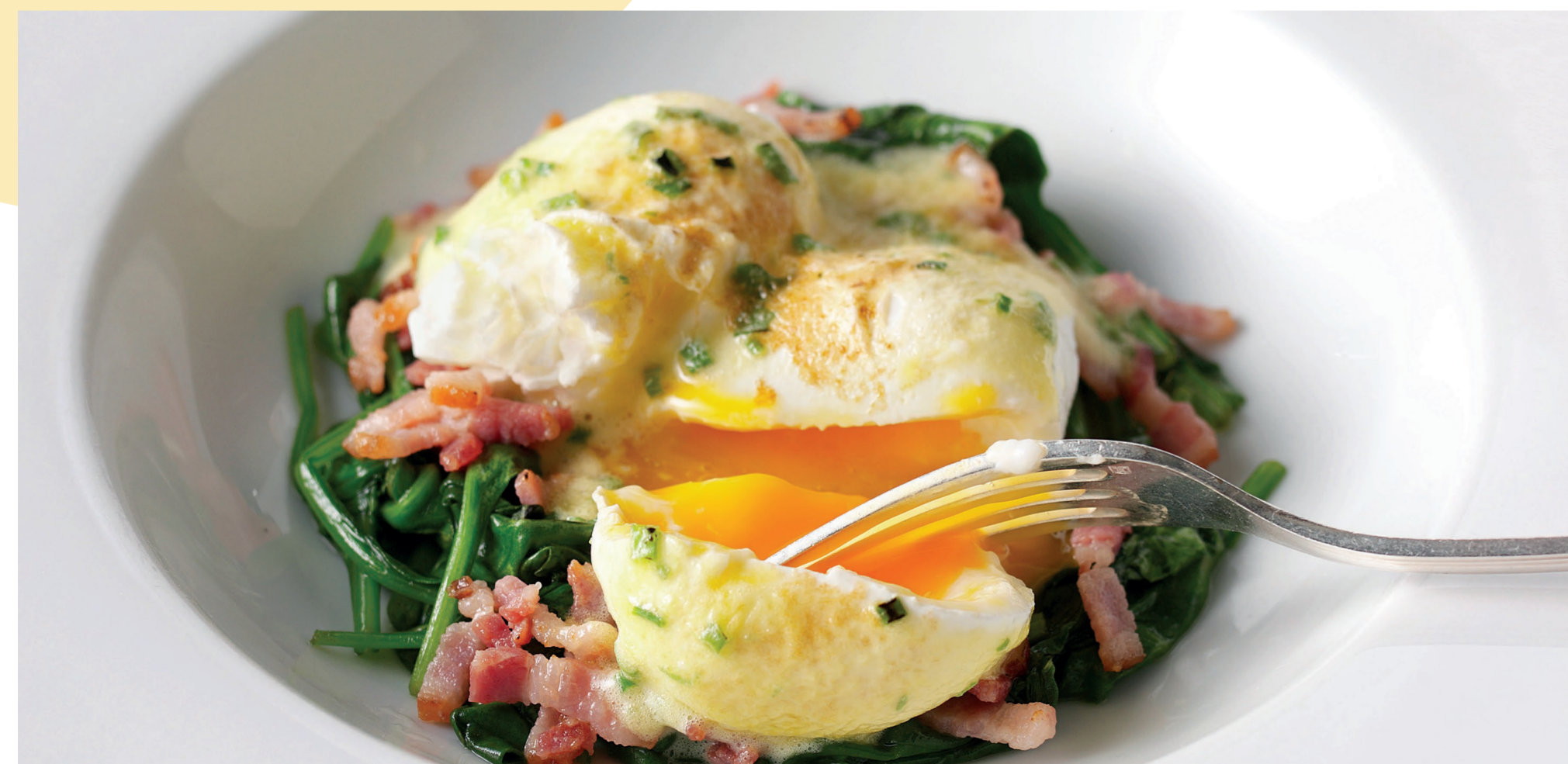
Soft poached egg,  
spinach and bacon,  
glazed with chive  
hollandaise

Put the egg yolks and water in another saucepan and whisk them quickly over a very low heat until warm, foamy and thickened - take care not to overheat the egg yolks or they will split. When you reach the stage at which, when you lift the whisk, there is a 'continuous ribbon', start adding the clarified butter, slowly and gradually, but do not stop whisking. When all the clarified butter has been added to the mixture, add the lemon juice, chives, salt and cayenne. Check the seasoning and leave the sauce in a Bain Marie to keep it warm.

Simmer some water in a large saucepan with a dash of white vinegar. Carefully break each egg and immerse it slowly in the boiling water. Boil for 2 minutes 40 seconds, then remove and drain well.

Meanwhile, warm the spinach and the bacon, and arrange a bed of spinach on each of 4 slightly curved serving plates. Add the bacon strips and place 2 eggs on top of the spinach. Cover them with a little chive hollandaise sauce before glazing quickly with a blow torch.

Serve immediately.



# 24 hours in Cambridge

Whether you're new to the city, just visiting for a weekend, or a born-and-bred Cambridge local, there's nothing like a change of season to inspire exploration. Cambridge offers a vast array of exciting things to do and places to eat at set amongst other-worldly old buildings and framed by the picturesque River Cam.



Start your day with a coffee at Espresso Library, where bikes hang from the ceiling and displays show work by artists from the area in a bright airy space. Created by John Gull and Malgo Dzierugo, Espresso Library is known for its speciality coffee and rotating art exhibitions. There is always something different on offer here and it serves as the perfect spot to get you going for your day.

The best way to take in the historic University buildings, infamous bridges and open, green spaces is by punt, a truly leisurely past-time, distinctive to Oxbridge. Local company, Let's Go Punting will bring you from Quayside along what is known as 'the backs', past idyllic fields of cows and some of the most



beauty brand Kat Von D opened at The Grafton's Debenhams. If you're looking for a gift for the beauty-fanatic in your life, or if you need a new liquid lipstick that won't budge, this should be your first point of call.

Relax at the new Amélie Flammekeuche restaurant which serves French flat breads, a delicious way to enjoy a break in between shopping or the perfect pre-cinema snack if you're heading to see the latest releases at the Vue.



For a quiet drink after a long day of exploring the city, head around the corner to the Free Press. They have an open fire and cosy snug area as well as plenty of board games and plenty of good beer on tap (as well as Cambridge Gin - which I would highly recommend!)

impressive colleges. Experienced punters will tell you more about the city and the University as you sit back and take it all in.

Once you're back on dry land with your head filled with tales of the great people who attended Cambridge, Kettle's Yard offers further creative inspiration. The contemporary and modern art gallery and House is a unique domestic space, balancing art, found objects and nature as well as changing displays by some of the best artists working today. Kettle's Yard is free to visit and is the perfect calming escape from the busy city streets on weekends.

If it's retail therapy you're looking for, head to The Grafton. I recommend taking the scenic route over Parker's Piece, where the rules of football were allegedly invented. You might pass 'Reality Checkpoint' in the parks centre point, which is said to mark the spot where you leave the University 'bubble' and enter the real-world.

You can find all of your favourite high street brands at the recently redeveloped Grafton Centre. My current favourite is the H&M Home department, which has been a thriving addition to the classic high street store. This Summer, cult

Dripping in history, Cambridge may be on the map for third level education but it's the locals today who have created a new city landscape. The combination of the University and it's offering with new additions, brought by contemporary creatives, have transformed the city into a distinguished modern destination. With lots to do, it's easy to keep busy but as demonstrated by the meandering punts, Cambridge is best enjoyed at a slower, more relaxing pace.

## About the author Eleanor Costello

Eleanor Costello is a writer and communications professional from Dublin, Ireland. She has written for Anaphase Magazine, Stellar Magazine, Indie + Design, CARA Magazine, Irish Tatler and many more. Eleanor currently lives in Cambridge and can be found punt-watching around the college backs in Summer, enjoying many a pint at the Free Press in Winter and at Kettle's Yard all year round. She likes dogs, Beyoncé and a good cheese board. You can follow her on her travels on Twitter and Instagram: @eleanorcos





# Win a shopping spree at River Island on us!

To celebrate the new flagship River Island store at The Grafton we are giving you the chance to win a £200 gift voucher. To win the River Island gift voucher simply visit [graftoncentre.co.uk/whats-on](http://graftoncentre.co.uk/whats-on)

Competition runs from 25th October 2018 - 3rd January 2019. Please see online for terms and conditions.

# What's On



## Horror at Hinchingsbrooke House

20 - 28 October, Hinchingsbrooke House, Huntingdon, Cambridgeshire

October is the most Spooktacular month of the year, and the return of the award-winning Horror at Hinchingsbrooke House is set to scare even the most ardent horror fan.

Set in the famously haunted house and grounds in Huntingdon, Cambridgeshire, the interactive and immersive experience brings nightmares to life across 18 different sets with 60 actors giving you the scare of your life.

The adrenaline will be pumping as you navigate your way through forests, hedge mazes and dark rooms across the house as you're stalked and hunted by killer clowns, demons, maniacs with chainsaws and more.

For those brave enough to want to find out more and to purchase tickets, visit [enterifyoudare.co.uk](http://enterifyoudare.co.uk)



## 38th Cambridge Film Festival

25 October to 1 November in locations across Cambridge

The Cambridge Film Festival is presented annually by the Cambridge Film Trust and 2018 is quite remarkably the 38th edition of the event.

The festival is a celebration of film - past, present and future, and as well as being a brilliant chance to relive old favourites, it's a great way to get an idea of what is happening in film right now and watch work from some of the names that will be shaping cinema for decades to come.

Back in 1996 a young director by the name of Christopher Nolan (The Dark Night trilogy, Dunkirk, Inception, Interstellar and many more) had his student short chosen at the festival - just one example of the talent showcased. With screenings across the city in locations such as Jesus Green Lido and Grantchester Meadows the festival is accessible for fans

of good films. More information about the films that will be shown this year, alongside the latest news from the festival can be found at [cambridgefilmfestival.org.uk](http://cambridgefilmfestival.org.uk)



## Cambridge International Jazz Festival

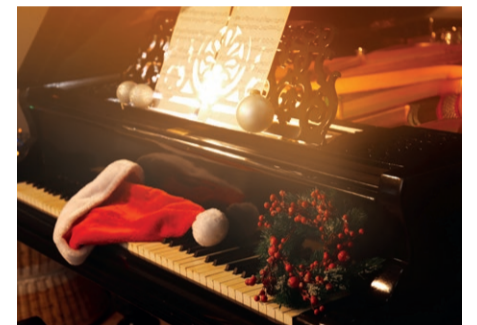
13 - 27 November in locations across Cambridge

Since starting in 2014, the Cambridge International Jazz Festival has grown and grown, and this year it is back and bigger than ever. From funk and gypsy jazz to hip-hop, spoken word and jazz poetry, the festival is a celebration of the variety of music that jazz encompasses. With solo artists alongside big bands the festival's aim is to open jazz up to new audiences.

It all kicks off on Tuesday 13 November with Liane Carol & Ian Shaw and the London Gay Big Band at Cambridge Junction J2 and closes two weeks later with Madeline Peyroux, supported by

Tom Baxter at the Cambridge Corn Exchange - with a wide range of bands and solo artists in between.

The full list of performances along with information as to where to get tickets can be found at [cambridgejazzfestival.info](http://cambridgejazzfestival.info)



## Prime Bass Family Christmas Concerts

16 December at West Road Concert Hall

A firm favourite with families across the region, the Prime Brass Family Christmas concerts are back just in time for Christmas.

The Cambridge brass ensemble, Prime Bass will be joined by Junior Prime Bass as well as the choirs ToungeTwisters, Harston & Newton Primary School and Haslingfield Primary School for festive music making - a perfect pre-Christmas Sunday afternoon treat. Tickets for the two performance slots can be purchased at [adcticketing.com/primebrasschristmas](http://adcticketing.com/primebrasschristmas)

# Word search

Have a go at our word search, with key words to find from the winter season.

- Snowman
- Thermometer
- Hibernate
- Wellingtons
- Rain
- Ice
- Cosy
- Festive
- Flu
- Scarf
- Fireplace
- Parka
- Duvet
- Evergreen
- Mittens

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

## 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)

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