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Love will clean your mind

Issue 13 • Autumn/Winter 2023

Let's hear it for **small** businesses!

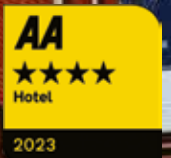


Just loving Mill Road Houseplant tips for winter
Indie community collaboration Young at Art Catering for
our canine friends + more than 50 indies featured inside



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Just loving Mill Road

As well as being home to a wonderful array of independent businesses, the Mill Road wards of Petersfield and Romsey are home to over 17,000 residents. Local charity Love Mill Road is doing its bit for the community.



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Janet's houseplant tips for winter

Janet Fox, from indoor plant specialists Small and Green, shares her knowledge and advice for caring for your plants during the colder months.



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Indie community collaboration

Cherry Hinton didn't have its own community centre, but now it does. Thanks in part to the collaborative efforts of some of our indie Cambridge members.



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Young at Art

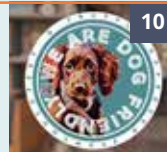
Hannah Munby from Fen Ditton Gallery believes that art, and the collecting thereof, should be available to anyone. Which is why she's set up Young Collectors to support emerging collectors as well as artists.



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Catering for our canine friends

Ever felt a second-class citizen because you have a dog? Riadh Falvo (and Truffle) are on a mission to create a dog friendly directory to share the canine love.



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IndieCambridge



indie.cambridge



Welcome

to the Autumn/Winter 23 Indie

In the wonderful world of high street retail, Christmas is crucial. Many more people are now shopping online, but where's the fun in that? We should make it fun, shouldn't we? For the past few years, I have set myself an 'Indie-Christmas Shopping Challenge' where I aim to buy all of my presents, food and drink from independents. I have to say, it's been really enjoyable, to me it feels like Christmas shopping used to be. And of course, being out and about means there's the added benefit of being able to throw in a lunch or dinner treat too – well, you have to have a break!

I think of all the independent shops as one great big department store – just spread out a bit so I get my step count up too. I also appreciate the personal service, shorter queues, and amazing range of unique gifts I can really tailor to each lucky recipient on my list. And because I can always find presents I know will be appreciated for their personal nature, it takes less time and can actually save money too. So, it's more fun for me and I know it makes a huge difference to the indies too. Buying from them, as opposed to online or in chain stores, in the festive sales period helps them through the leaner first months of the year. It's a bit like how theatres up and down the country rely on takings during the pantomime season to be able to stay open throughout the rest of the year – and who can imagine Christmas without panto!

Why not try it yourself this Christmas? Have fun!

Anne Beamish | Founder and Editor



Roll camera ... and action! We had a great night out with our indie members thanks to the Cambridge Film Festival. Events like this are one of the many benefits Indie Members enjoy. Find out more about joining in the fun >>>



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Just loving Mill Road

Mill Road Winter Fair 2023 – Saturday 2nd December

Love Mill Road is a charity set up to do...well...just that! Love Mill Road – as we all do! It grew from the Mill Road Winter Fair and the Suzy Oakes Trust. Suzy was a much-loved member of the road's community and a key figure in the foundation of the Fair and in typical generous fashion, in her will, she left money to Mill Road in the shape of a trust.

Not having charitable status placed certain restrictions on the trust's activities, so it was agreed that all remaining funds be donated to Love Mill Road. This fantastic charity aims to protect and champion Mill Road and all the diversity and inclusivity that it encourages. By raising funds through donations from the community, from residents and businesses alike, it allows Mill Road to continue to support the community and celebrate its rich, vibrant character.

Tackling inequality

One of the main missions of Love Mill Road is to protect the most vulnerable members of the community. They aim to tackle the disparity in the area and protect the community from the inequality. They are there to support activities that counter social injustices such as isolation, addiction, homelessness and deprivation.

Sharing the love

The funding generated through Love Mill Road is shared among many community projects. These range from the well-known, well-loved Mill Road Winter Fair, as well as local teenagers participating in the Duke of Edinburgh Awards and local organisations such as Romsey Mill and Lifecraft. They regularly organise and host community events. For the more artistic among us, they help to facilitate things such as poetry evenings and mini film festivals as part of Mill Road Fringe. They even sponsor the Mill Road Kindness Rock Garden! For those of us that are more practical, there is a regular Repair Café hosted at the Edge Café,

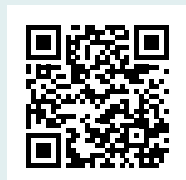
where visitors can bring their broken items from home and the very talented volunteers can breathe new life into them. This kind of event is quintessential to what Love Mill Road is all about: generous members of our loving community working together to improve the lives of those who need it.

Funding facts

Funding can only be allocated to projects and activities that are taking place within the wards of Romsey and Petersfield. Funding is of course dependent on donations, but Love Mill Road estimate that allocations can range from £200 to £2000. It can only be granted to projects that align with their aims and beliefs. For example, projects that help those who face social exclusion, whether this be travel expenses for isolated members of the community or providing translators for people with low-level English skills. It can be used for helping with costs for community gatherings and meet-ups, or even for community gardening!

Every donation matters >>>

And if you are interested in donating to this wonderful cause, you can do so easily, directly through their website. You can also donate via Just Giving. You have the option to make a one-off donation or alternatively, set up regular payments. Love Mill Road benefits from Gift Aid, which adds 25% to the value of each donation. Every donation, no matter how big or small, will help to keep Mill Road the vibrant, inclusive community we know and love!



For more information on the charity's activities (including details of upcoming Fringe events), apply for funding or to donate visit

www.lovemillroad.org.uk



Houseplants are tremendously popular right now, as people learn the health and wellbeing benefits of bringing nature inside. So how best to care for them during the colder months? We asked Janet Fox from indoor plant specialists Small and Green for some tips. And having been a professional gardener for over 20 years, Janet has a wealth of knowledge and advice on how to

keep your plants looking their best all year round.

All plants will slow down their growth through the winter months due to the colder weather and the reduction in light. Because of this they will need less water so start to gradually reduce the amount of water that you give your plants at this time of year. Remember never to leave them sitting in water, let all the water drain away before popping them back in their decorative pot.

Let there be light

Because of the shorter days, all your plants will need to get as much light as they possibly can. This might mean moving them nearer to a window, just for the darker days, you can move them back to their original spot when the days lengthen again.

Keep your plants warm

Houseplants hate the cold especially plants like Marantas, Calatheas and Begonias. They are all tropical plants and so are used to warm and humid conditions with minimum temperatures of about 12 to 15 degrees. Beware of putting them too close to a radiator as they might get scorched and dry

out too quickly. Because we all have our central heating on in the winter, the air can become too dry for a lot of plants. To rectify this try grouping them together so that they can create their own mini micro-climate, increasing the humidity around them. You can also mist their leaves daily or place a group of plants on a pebble tray filled with water which will gradually release humid air around their leaves.

Pest patrol

Keep an eye out for pests during the winter. Red spider mites love warm dry conditions so misting can help keep them away. As part of your plant care regime, check all leaves and stems regularly for signs of pests. Regularly dust the leaves of all your plants which helps to dislodge any possible pests, and also allows more light to reach the leaves. Spray the top and the bottom of the leaves with SB Invigorator spray which is a foliar feed and it will help to kill any pests if they are present.

Cactus and succulent success

Remember that most of these plants will go dormant over winter and may not need watering at all. Check them regularly and if the leaves are starting to shrivel then give them a water otherwise leave well alone! Make sure they get the most light you can give them.

Repotting and feeding

As a general rule, do not repot or feed your plants after the end of October through to mid-March. I do still feed some of my plants if they are still actively growing but I will dilute the feed much more than the recommended amount during this time. If your plant seems to be really pot-bound, you can repot but most plants will hate sitting in too much wet/damp compost during the winter. It can cause root rot and possibly death, so it is preferable to wait until they all start into active growth again in the Spring.

Janet's houseplant tips for winter

www.smallandgreen.com



Indies at the hub of the community

www.cherryhintonhub.org



There is currently no café in Cherry Hinton. Can you imagine that? There's nowhere for a community of nearly nine thousand people to meet their friends for a natter over a cuppa. That, however, is all about to change and two Indie Cambridge members are playing an important part in turning a dream of ten years into a reality.

Meet Kate Jones from Studio 24 and Felicity White from Felicity White Interiors, Cherry Hinton residents and collaborators – with a host of others – on the Cherry Hinton Hub project.

Getting the go-head

“It’s been a waiting game for so long,” says Kate, “but the speed with which things have progressed since we got the go-ahead this last time year has been phenomenal. I can’t believe we’re at the point of putting the roof on and talking interior design!” Felicity agrees: “Suddenly there are a lot of decisions to be made very quickly, but it’s great that things are becoming a reality rather than something in the distance. Now we’re at the point of visualising what the space is going to look and feel like.”

Kate and Felicity connected through Indie Cambridge and, as a relative newcomer to Cambridge, Felicity has valued the opportunity to meet and work with a fellow Indie member and neighbour, particularly on a project that is going to deliver a much-needed community resource. It’s not just a café that was missing; Cherry Hinton residents have long wanted a community space to call their own. The Hub will have a café, a new library (it’s being built on the site of the old library) and rooms for groups and individuals to use. Kate is particularly pleased that because the café will be open every day, the library’s self-service facilities will also be available, giving residents more access to this important resource.



Kate Jones

Felicity White

Skilful and collaborative indies

Kate got involved in the project “not just to fulfil a very real need” she says, but also because she knows she has valuable skills to offer, honed through her years of working for an independent business. Her particular focus is on fundraising and marketing and as someone who enjoys making connections between people as part of her job, she’s enjoying building

relationships with businesses in Cambridge that are interested in helping small charities help their local communities.

Felicity too is relishing the opportunity to deploy her skills in support of the project. “My role is to make sure there’s a cohesive look, and that we’re choosing the right colours and materials for what we want to achieve, that also fit within our budget. We’ll soon be exploring what we want the café to look and feel like, and that’s very exciting.”

Creating that community feel

Kate is keen to point out that the Hub is something that is being created for everybody to get involved in. “A community hub makes a community feel like a community because it’s something the community can take ownership in,” Kate says. “The Hub is for all of us. We want people to come and get involved, to be part of the story.”

Being part of the story has certainly been an enriching experience for Felicity and Kate. Felicity has been introduced to the world of her neighbourhood, and the world of Indie Cambridge. And, she admits, “I’m an avid reader so the new library is going to see a lot of me, and I can’t say no to a coffee either!” Kate sees future generations using the café too. “I sometimes think, wow, what we’re doing now will be in Cherry Hinton for at least the next 60 years, maybe longer. There’ll be a café! That seems like such a small thing yet actually it’s going to be a really big thing. And that feels good.”

Hannah Munby sympathises with anybody who's felt uncomfortable visiting an art gallery. She's felt it herself and she's a person who's grown up around and in the art world. "There's a lot of noise around art," she says. "It can feel quite exclusive." But not, she believes, at Fen Ditton Gallery, the gallery she runs with her mother, artist/photographer Lotte Attwood.

The Young Collectors

Believing that art, and the collecting of art, could and should be available to anyone, Hannah has set up a group specifically for people new to collecting: Young Collectors, meaning those young in their collecting journey, not necessarily young in years. It is an initiative through which Hannah aims to support emerging collectors in the same way that the Gallery supports emerging artists, by offering a safe space in which they can explore and begin to understand their own taste.

For the love of art

To be clear, however, Hannah is not in the business of giving advice about art as a financial investment since that is not her area of expertise. That said, she would argue that the emerging artists the gallery supports are a good investment because they are incredibly talented. They include graduates of the Royal Drawing School and artists who came to the gallery's attention through two open-call print making prizes Hannah has run. Print making is an accessible way of starting to collect art because as multiples, prints tend to have a lower price point, but they are still hand-created and therefore unique.

There are currently about 100 members of Young Collectors, and they're all ages and come from all over the world. Closer to home, Fen Ditton residents and Young Collectors Christiane and Tim Christopher recount how they fell into collecting almost by accident. "We went into the Fen

Ditton Gallery, on one of our walks between lockdowns, out of curiosity, not intending to buy anything. The gallery owner [Lotte] was very welcoming and later, over lunch, we discovered there was one piece we both absolutely loved, a 1970s photograph by James Wedge. We went back that same day and bought it." Christiane says. One of the many things they love about collecting is that each piece they've bought has its own meaning and reminds them of certain event or times in their lives.

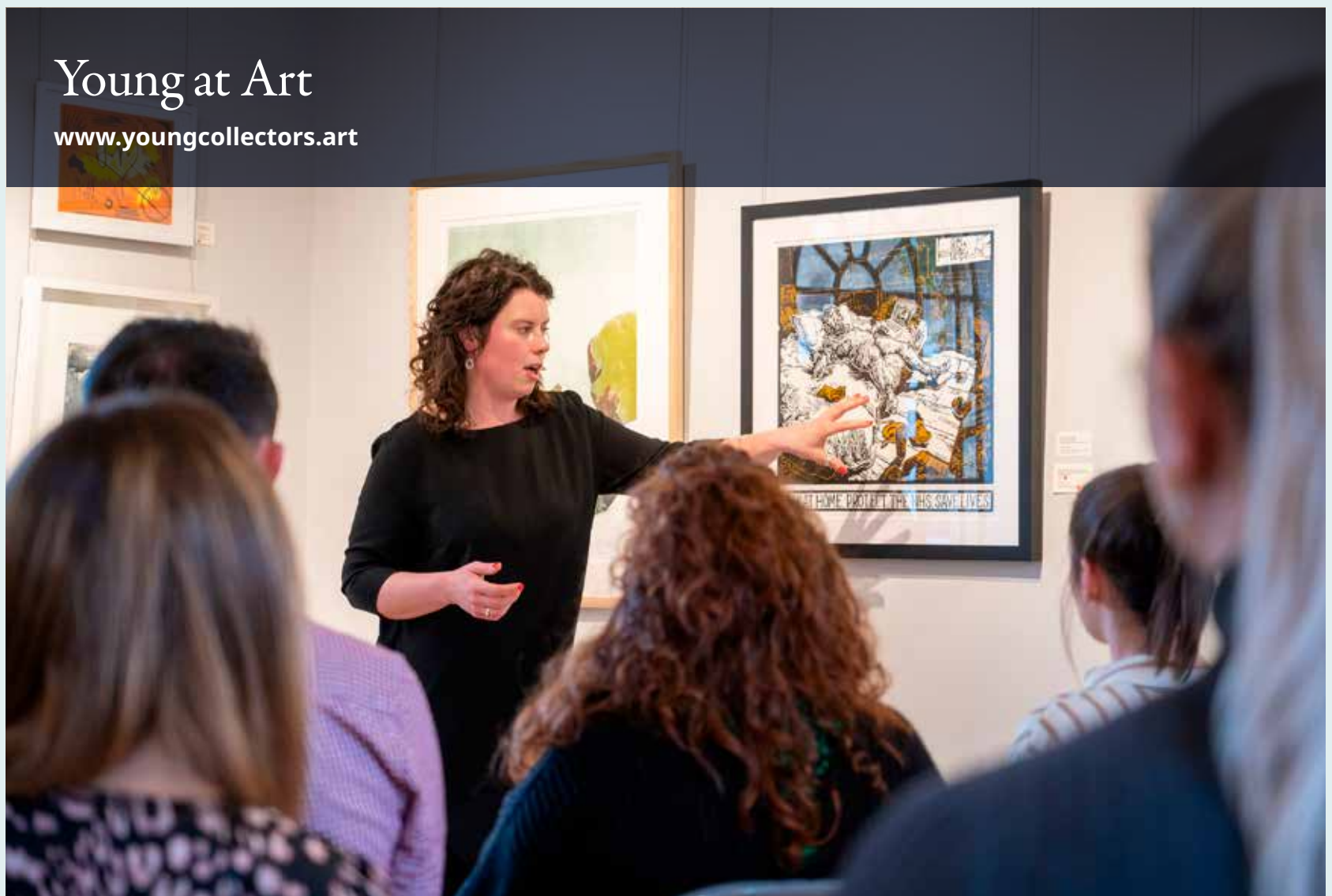
Feeling your way

"It's not just about discovering what you like, it's as important to identify what you don't like." Hannah says. One of her favourite exercises is to encourage young collectors to focus on a piece of art that inspires a strong feeling in them, whether that's liking or disliking, and then talking about it. "It's an interesting way of introducing people to their taste." Hannah says.

As Hannah points out, a lot of other contextual factors can influence how you respond to a piece of art – what you're doing and who you're with, what memories it might evoke, what the weather's like – but your instinctive response is very important. "There isn't an algorithm as to what you do and don't like," says Hannah, "there are a lot of levels of play happening across why you would collect one thing and not another."

Collecting, it seems clear, is as much a voyage of discovery as it is putting artwork on your walls. This has certainly been the case for Christiane and Tim, and Young Collectors has played an important role in their journey. "Young Collectors events are a great way to meet the artists and other collectors, and to discuss the creative process of the piece you're thinking of buying."

Hannah passionately believes that collecting – an individual's response to creativity – can and should be for anyone. "It really doesn't matter what your background is," Hannah argues, "everyone can discover and explore their affinity with art."





Catering for our canine friends

When Riadh Falvo was just in primary school, she was confronted by a dog on the green on her way home. The dog jumped up repeatedly, eventually knocking her to the ground. She walked the rest of the way home in tears as the dog followed.

When Riadh was a little older, she was over at her friends one day after school. Her friend's dog had had a litter of puppies, and there were three left. No longer scared of dogs, or certainly not of puppies, Riadh called her mum and asked if she could have a puppy. Riadh's mum, said "N.O. absolutely not!"

Riadh must have misheard and carried that puppy all the way home. Her mum named the new addition after her favourite tippie, Brandy.

Fast forward an undisclosed number of years which included a Yorkie, a Westie and finally, Truffle her chocolate cocker spaniel and brand ambassador for the Cambridge Chocolate Festival.

Indie recently caught up with Riadh between running a boutique Airbnb, making chocolates, and on her way to Saffron Walden to deliver her most recent project, her Dog Friendly Directory window stickers for businesses to display across the UK.

Why a Dog Friendly Directory?

Like a lot of ideas, they are constantly brewing, but very simply, as a dog owner I know there is a need for it. I was at a café at Quayside working one day, and when I was leaving, I asked if they allowed dogs. They said, yes. My next question was if they would display a sticker letting people know? They said, absolutely! So, I went home and designed a sticker that very night. Within the week I had sussed out an independently run printer and 100 stickers were delivered after I signed off on my final proof.

How have you found the response?

Overwhelming in some instances to be honest. I have had people write in

to thank me and tell me they are treated like 2nd class citizens with dogs and don't know where

they're welcome. I have since been denied service and nearly stranded on my way home from Brighton because the rail replacement bus drivers hired by Thameslink did not like dogs, and therefore my boarding was up to their discretion. I had to wait in different queues just to board a bus to get home that night – all because I was travelling with a puppy. It's a bit of an issue, and I was completely unaware before I had my own dog. I want to change that.

How does it work?

I have started off with 100 stickers, the majority for windows, and some for walls. Businesses get in contact with me with their interest and address, and I pop one in the post, or hand deliver them if they are local. Participating businesses are then photographed with the sticker, entered in the growing database, and get a little promo on my social pages. When I have funding, partial proceeds will be going to 'Dogs Trust – The Freedom Project', the rest will cover the growing costs of sending them out, printing – and my time!

The directory calls the Cambridge Chocolate website at bumbleandoakco.com home for now, however I would love someone to join me in this endeavour to create a proper phone app! There is very much a need, and I am confident people will pay. I would!

If you are a dog friendly destination (or a canine caring app developer!) and would like to find out more, email Riadh at riadh.falvo@gmail.com



Indie intros

Throughout the following pages, we're going to introduce you to a selection of our wonderful Indie Members. Some are from our local high streets, others are skilled trades people, and yet more are from the business community, but they are all passionate about what they do, and about supporting each other and the local independent scene. If it wasn't for our members, we wouldn't do what we do and

for all of us, the place where we live would be a lot less interesting.

To see written features and photographs of all our members, and search our database of hundreds more small businesses, visit

www.indiecambridge.com

Indie Cambridge members October 2023

Artists & galleries

Art and Horse Racing Gallery
Bleach Box Gallery
Darryl Nantais Gallery
Emily Jolley
Fen Ditton Gallery
Karen Jinks Design
The Artists' Marquee
Wysing Arts Centre



Art and Horse Racing Gallery



Maggie's Farm Shop



M-Power Fitness

Retail & shopping

ATTREN.
Cambridge Bee
Clare Kenward Flowers
Cuckoo
Kingsway Cycles
Laird Hatters
Lilac Rose
Maggie's Farm Shop
Nomads
Providence
Sew Knit Craft Limited
Small and Green



Go Glass



Art and Soul Café



Cambridge Literary Festival

Health & beauty

Hair Systems Cambridge
M-Power Fitness

Homes & gardens

Art Of Flooring
Babouris
Bush & Co
Byard Art Bespoke Framing
CDC Studio
Cooke Curtis & Co
Eadonstone Kitchens
Eve Waldron Design
Felicity White Interiors
Go Glass
Henry Rose Interiors
KCP Furniture & Finishing
Linford Joinery
MOOi Architecture
Peter Harrison Furniture
Radcliffe & Rust
Rebecca Orde Ltd - Property
Project Management
Renata Drummond Interior Design
Sylvia Newman Garden Design

Cafés, food & drink

Al Amin
Amelie Flam-Kuche
Art and Soul Café
Bacchanalia
Bean Theory
Bridges Café
Burwash Larder
Cafe Abantu
Cambridge Chocolate Festival
Cambridge Cookery School
Cambridge Fruit Company
Cambridge Juice Company
Cambridge Luxury Bakes
De Luca Cucina & Bar
Fifi's Cakery
Garden Kitchen
Ginporium Mobile Gin Bar
Hot Numbers Roastery
Meadows Cambridge
Mill Road Butchers
Pint Shop
Prana Indian Restaurant
Scott's All Day
The Cambridge Cheese Company
The Cambucha
The Lab
The Locker Café
The Lodge, Duxford
The Orator
The Station House, Histon

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Ann Hawkins - Business Advisor
and Mentor
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Ian Olsson Photography
Julian Eales Photography
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SkyTech Cambridge
Studio 24
The Blooming People
Partnership
The Innovation Practice
Websters Cambridge Ltd
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Services

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5 Chapel Street Bed & Breakfast
Cambridge Literary Festival
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Cambridge Tour Guides
CB Travel Guide
Elite Swimming Academy
Form The Future
Fullers Hill Cottages
Helen Handmade Books
Jenny Jefferies
Kyle Chater Acoustic
Literature Cambridge
Rutherford's Punting
Sarah Ingram - writer/teacher/
drama coach
Sleepy Bee Studio
South Cambridgeshire
Equestrian Centre (SCEC)
The Collaboration Choir
Together Culture
Waresley Park Estate

Shop Indie

Free yourself from chains

Wave goodbye to corporate blandness, show your individuality and style
by shopping indie



Featured image: Providence

ATTREN.

office@attren.com

www.attren.com

Husband and wife team Matt and Lauren Rowley, founders of dynamic streetwear brand ATTREN., are on a mission to empower individuals through fashion. With the motto 'Be Bold. Be Confident.', the couple have created a size-inclusive streetwear collection spanning hoodies, T-shirts, bomber jackets and hats.

The ATTREN. story stretches back to 2016, when Matt was involved in a road accident which led to him having his leg amputated. Reassessing life, Matt first proposed to Lauren, then the fashion-loving pair, who had struggled to find styles to suit their body types, devised ATTREN. Based in Hope Street Yard, the brand has four collections for men and women; The Classic (T-shirts); The Hood (vibrant-hued hoodies); The Collab (T-shirts and jackets celebrating British artists); and The Crown (snapback caps). ATTREN. may be a fledgling indie, but is already empowering others, sponsoring amputee charity Positive Bones.



Laird Hatters

4 Green Street, Cambridge CB2 3JU

Telephone 01223 356820

www.lairdhatters.com

Located on one of our prettiest thoroughfare's, Green street, amid a host of independents, Laird is a hat lover's paradise, with a collection ranging from sophisticated Sinatra trilbies and casual Brooklyn tweed caps to dainty woollen cloches and cool Panamas.

With a friendly team led by the enthusiastic Faye Gilbert-Brown, it'd be almost impossible not to find a statement piece to suit. All hats are handmade in England using traditional methods. Shapes are traditional but aimed at a unisex market. Bestsellers are the Hunter woollen fedora, the all-American Brooklyn flat cap, the Crushable range and, come the summer, Panamas.

True old-fashioned customer service remains key, there's even a decanter of whisky by the till, so once you've selected your dashing tither, you can celebrate with a wee dram. Now that's customer service – and some!

Small and Green

82 Mill Road, Cambridge CB1 2AS

Telephone 01223 474368 or 07902 208195

www.smallandgreen.com

Janet Fox of Small and Green, doyenne of the central market, has moved into 82 Mill Road with the Garden Kitchen giving delighted customers the chance to buy plants, cakes and coffee in one divine experience – the perfect indie combination!

It's well known that bringing nature inside is good for you and Janet sells a huge variety of beautiful houseplants. There are easy-care plants for the newer plant parent, and terrariums are always a popular choice, being so low-maintenance. You'll find a carefully curated mix of plant-related gifts and homewares too, all individual, quirky and innovative products, many made by local artists.

Janet has plenty of advice to offer on how to keep your plants looking their best. Keep an eye on Janet's Instagram for details of upcoming workshops, care tips and featured plants.



Lilac Rose

71 Bridge Street, Cambridge CB2 1UR

Telephone 01223 363330

www.lilacrose.co.uk

If you've got an eye for colourful clothes, quirky accessories, or gifts with a twist then Lilac Rose is a shopping must.

Owners Mark and Amanda Sinclair aimed to bring theatre to the high street and with their range of British clothing featuring fantastic fabrics and a fabulous fit, and their inspired collection of glamorous, quirky jewellery and accessories, it's easy to get caught up in the fun. Although pricing is consciously 'high street', Mark and Amanda only stock a small number of each item so you won't get lost in the crowd.

Lilac Rose is a brilliant place to find presents as well, from books and bags to cards and wrapping paper. Enjoy a personal experience with the very helpful team, or buy from their easy-to-use online shop which offers a handy 'click and collect' service too.



The Darryl Nantais Gallery

59 High Street, Linton, Cambridgeshire CB21 4HS

Telephone 01223 891289 or 07787 517825

www.linton59.co.uk

Housed in a charming, listed building on Linton's pretty High Street is The Darryl Nantais Gallery. Here you will receive a warm welcome from proprietor Karl Backhurst who likens his gallery to one's home, albeit one resplendent with wondrous watercolours, atmospheric oil paintings, gorgeous glassware and distinctive jewellery.

Karl, an avid art collector and self-taught painter, who previously worked in investment before becoming a stay-at-home-dad, launched the gallery – named after close friend and artist Darryl – in 2001.

Karl exhibits a diverse portfolio, including Magdalena Morey's vibrant paintings, Peter Corr's textured atmospheric paintings and contemporary still life paintings by Nancy Chambers, to name but a few.

Aside from displaying desirable art, Karl offers a framing and restoring service, breathing new life into neglected treasures.

Al Amin

100a-102a Mill Road, Cambridge CB1 2BD

Telephone 01223 576396

www.alamin.co.uk

Al Amin is no ordinary grocery store. Here's a world of fabulous foods from around the world: salsa from Mexico, jerk seasoning from Jamaica, pumpernickel breads from Germany, and pomegranate molasses from Iran. Mouth-watering fruits and vegetables dazzle the senses: mangoes, fresh dates, guava, granadilla, yams, okra, eddoe and apple bananas, and a huge array of chillies.

There's a halal butchers and every variety of rice and spices you could ever need. No time or inclination to cook? Grab a freshly-made wrap or baguette, or a curry, or bhaji or seriously good samosa.

Owner Abdul Arain is proud that Al Amin lies at the heart of the Mill Road community, and he sources local as much as possible. So if you fancy some Cambridge-made Omba organic vegan chocolate, you know where to go.



Providence

Burwash Manor, New Road, Barton, Cambridge CB23 7EY

Telephone 01223 264666

www.providenceuk.com

Located at Burwash Manor, Providence is filled with beautiful and practical Shaker-influenced furniture and other finishing items for the home.

Providence started out as cabinetmakers, producing pieces in oak and pine including freestanding kitchen dressers, larder cupboards, linen presses and wardrobes. They also build stunning bespoke fitted furniture, from kitchens and wardrobes to bookcases and alcove units.

To finish their pieces, owners Kathy and Tim Ritchie developed their own Providence Paint and stock this along with other quality ranges from Farrow and Ball, Earthborn Claypaint and Myland.

Providence can also mix colours, including RAL and NCS. As well as larger furniture items, this lovely indie is home to a selection of gorgeous accessories including Shaker rails, shelves, handles, hooks, brooms and traditional braided rugs.



Cuckoo

Burwash Manor, New Road, Barton, Cambridge CB23 7EY

Telephone 01223 262123

www.cuckoooclothing.co.uk

Owners Michelle Veenman and Kate Bols are inspired by art, design, colour and texture, and Cuckoo's customers have come to expect the clothing to reflect this passion. Their range is designed to appeal to the woman of any age who is looking for clothes that combine unusual prints and beautiful textiles, with longevity, wearability and a mixture of price points. And because they buy in relatively small numbers you can be sure that what you get will be special and unique. There's also a gorgeous collection of tasteful gifts and accessories.

With the global challenges we are all experiencing, Michelle and Kate are increasingly keen to put sustainability at the heart of everything they do and they love to support smaller UK brands where possible.

Cuckoo looks forward to welcoming you at the Burwash farm site, where there is free parking, a café and a wealth of other independent businesses to explore.

Kingsway Cycles

8 City Road, Cambridge CB1 1DP

Telephone 01223 355852

www.kingswaycycles.com

There are two big issues that Kingsway Cycles can help with – one very much a global issue, and the other, a bit closer to home.

This 'hidden gem' of an indie – on the corner of City Road and Paradise Street, near the Grafton Centre – is helping Cambridge folks do their bit for the planet and beat local traffic woes too. As alongside its range of traditional bikes, Kingsway Cycles has recently increased its impressive range of e-bikes and cargo bikes. Just think about all the money you could save on petrol on your daily commute or school-run!

Hire bikes are also part of the Kingsway offering, and a solid range of second-hand bikes, clothing and accessories, and a fantastic repair service too. And demand for that special Kingsway Cycles experience is growing, so the team has grown too – providing even more friendliness and responsiveness to the cyclists of Cambridge.



Eat & Drink

The stuff of life

Fresh, flavoursome, overflowing with goodness and all made with indie love



Featured image: The Cambridge Cheese Company

De Luca Cucina & Bar

83 Regent Street, Cambridge CB2 1AW

Telephone 01223 356666

www.delucacucina.co.uk

Italians are renowned for their passion for fine food and warm hospitality and you'll discover a joyful fusion of both at De Luca Cucina & Bar in Cambridge. The stylish independent restaurant, launched by Paul De Luca in 2006 – inspired by his love of people and proud Italian heritage – specialises in modern Italian cuisine, cooked from scratch, using locally-sourced ingredients.

Bestsellers include the lasagne, Melanzane Parmigiana, Linguine Al Frutti Di Mare, crispy squid and Neapolitan-style pizzas, hand stretched using speciality Italian OO Caputo flour – plus artisan gelato.

Aside from its stunning Skylight Restaurant and Bar, De Luca boasts a first-floor Vespa Function Room and a New York loft-style cocktail bar, home to its 'world-famous Piano Bar' where professional singer-pianist entertainers – including founder Robin P-iano – lead request-driven sing-alongs.



Prana Indian Restaurant

97 Mill Road, Cambridge CB1 2AW

Telephone 01223 229988

www.pranarestaurant.co.uk

Prana is an award-winning Indian restaurant run by Kobir Ahmed serving a mouth-watering menu that caters for all.

Since it opened on Mill Road in 2016, the light and airy restaurant has become a firm favourite for those looking for authentic Indian cuisine and continues to go from strength to strength.

Signature dishes include melt-in-the-mouth Sikandari Lamb and fragrant Korai Kabab Khyberli. The platter appetisers are also bestsellers offering delicious medleys of street food, samosas and pakoras. Traditionalists need not worry as alongside the more innovative creations customers will also find all the favourites, including dhansak, bhuna, dopiaza and madras as well as fresh seafood choices and vegan options. Prana in Indian means 'soul' or 'life' and there's no doubt Kobir has put his heart and soul into this venture. Feeling peckish? Why not book a table and experience Prana for yourself?

Pint Shop

10 Peas Hill, Cambridge CB2 3PN

cambridge@pintshop.co.uk

www.pintshop.co.uk

Pint Shop epitomises the pleasure to be had from eating and drinking in an intimate, friendly and warm atmosphere, whether it's just a few beers, a light lunch, or a full-blown feast featuring delicious food cooked on the coals.

Owners Richard Holmes and Benny Peverelli took their inspiration from the Victorian beer houses or 'Tom and Jerry Shops' that proliferated after the passing of the Beer Act in 1830. Before the Act, beer was considered a rich man's drink because it was heavily taxed, so the poorer classes drank rot-gut gin in illegal gin shops. The Beer Act allowed anyone who paid a small fee to brew their own beer and sell it in their own houses and thus was a new generation of beer drinkers born.

Cheers to the beer, the food and good company!



The Cambridge Cheese Company

4a All Saints Passage, Cambridge CB2 3LS

Telephone 01223 328672

www.cambridgecheese.com

Jacky and Paul Sutton-Adam conceived the idea of The Cambridge Cheese Company after failing to find some festive fromage back in 1993. Nearly 30 years later, their glorious emporium, occupying a Grade II listed building in the heart of Cambridge, boasts over 200 phenomenal farmhouse and artisan cheeses sourced from small suppliers in Britain and Europe who share their passion for quality, sustainability and animal welfare.

The delectable cheeses include Baron Bigod from Suffolk, Colston Bassett Stilton, and rare farmhouse cheeses from Bavaria and The Netherlands, nurtured to peak ripeness in the basement maturing rooms. It's not just cheese. There are fiery chilli sauces, artisan charcuterie, locally-sourced pork pies, and a smorgasboard of other specialities from hand-picked European suppliers. Festive fromage failure is definitely a thing of the past in Cambridge!



Burwash Larder

Burwash Manor, New Road, Barton, Cambridge CB23 7EY

Telephone 01223 264600

www.burwashlarder.com

Burwash Larder began life in 1985 as a roadside table selling farm-grown asparagus and sweetcorn alongside an honesty box. Now the product line numbers a dizzying 3000 items – including founder Mike Radford's legendary asparagus – and occupies a magnificent barn packed to the rafters with organic fruit and veg, fresh bread and cakes, and locally sourced meats. It is truly one of the region's finest delicatessens; the cheese counter alone stocks over 70 British and European cheeses.

Manager Clare Rosier explains the philosophy: to buy 'as good as we can, as close as we can'. Suppliers include the Cambridge Organic Food Company, Hannah Bakes and Pastim Bakery, family butcher Leech & Sons, Brewboard, Kandula Tea and Hodmedod. Even the famous Burwash sausage roll is made with pork from the farm's rare breed pigs. It doesn't get more local than this!

Jenny Jefferies

www.jennyjefferies.co.uk

jenniferlouisjefferies@yahoo.com

A life-long love of food and an appreciation for food provenance led Jenny Jefferies to produce a series of beautiful cookbooks. Her debut title, *For The Love Of The Land*, published in July 2020 and features recipes from 40 British farmers, while championing the story of her arable farmer husband, John.

Jenny was inspired to add to her publishing portfolio whilst tucking into a fish and chip supper on Southwold seafront. *For The Love Of The Sea* emerged from the printing press in April 2021. Taking the reader up and down the British Isles to regions where fishing is the lifeblood.

Jenny, who has two little girls and runs the family's self-catering business, Fullers Hill Cottages, has published a third book – *For The Love of the Land II*, and her fourth – *For The Love Of The Sea II*.



The Cambucha

hello@thecambucha.com

Instagram @thecambucha

Lukas and Kasia, the dynamic husband and wife team behind The Cambucha – who handcraft premium kombucha on the outskirts of Cambridge – have been fermenting food since their childhood in Poland.

During lockdown, food science consultant Lukas and PhD researcher Kasia began brewing drinks to find an energising, gut-friendly and grown-up alternative to alcohol.

The result was their delicious, lightly fizzy, small batch kombucha, made from fermented teas and lush whole fruits (with no nasties).

They launched their delectable drinks at Cambridge Yoga Festival in July 2023, with customers loving the ‘surprising rich and refreshing flavours’, which include Original, luscious Raspberry and zingy Lemon and Ginger.

Pick up a bottle of The Cambucha at indie producers Daily Bread and The Larder, Burwash, to enjoy the pleasure of a grown-up drink without the hangover!



Ginporium Mobile Gin Bar

info@ginporium-bar.com

www.ginporium-bar.com

Terry Horsfield is a veritable oracle on gin, and has channelled his love of the artisan spirit into mobile bar Ginporium.

Housed in a refurbished caravan with a vintage, steampunk vibe, Ginporium is stocked with small batch gins from UK-based distilleries (around half locally produced), including its own blend distilled at Buckden's Saragusta Spirits.

Also onboard are gin cocktails, small-batch vodkas and rums, tequilas, BrewBoard beer and soft drinks.

Terry launched Ginporium in 2020, and has since gained two business partners (Cambridge entrepreneur Charlie Stepney and Ben Griggs, of Newham indie Bean Theory) and catered for various celebrations and events, including the BBC's Gardeners' World Live festivals.

The dream is for a bricks and mortar aperitif bar in Cambridge, but in the meantime Ginporium will be popping up at Bean Theory!

Fifi's Cakery

Unit 10, Avenue Business Park

Brockley Road, Elsworth

Cambridgeshire CB23 4EY

www.fifiscakery.com

Baking is in Fifi's genes: her Nan was a baker and her grandfather was an artist who often designed the cakes her Nan made.

It was making a car cake for her son that set Fifi on her path to the Cakery and now she not only makes stunning wedding and celebration cakes, she also teaches other people how to bake and decorate their own cakes.

Flavours are tailored to customers' requirements – although a real favourite is the raspberry cake which is out of this world - and with Fifi's new takeaway service, you can buy a cupcake (or two) to sample before you choose.

As the Cakery is in a converted stable block in a field just outside Cambridge with plenty of free parking, it couldn't be easier.



The Station House, Histon

118 Station Road, Histon, Cambridge CB24 9LF

Telephone 01223 234381

www.histonstationhouse.com

There's a new station master at Histon Station. Entrepreneur David Harrison has transformed the former haven for railway commuters into a buzzing brunch and lunch stop.

With a stylish, quirky interior and an expansive outdoor terrace, The Station House is the perfect place to eat, drink and feel cheery. The tantalising menu includes energising smoothies, decadent waffles, milkshakes, healthy meals, and a scrumptious selection of cakes. Their best-selling brunch offers a loaded plate of Smoked Salmon, Avocado, Poached Egg, Halloumi, Spinach, Heirloom Tomato and Waffle. Yum!

Passionate about supporting local independents like himself, David stocks Reforest Tea, Hot Numbers Coffee, Cambridge Juices and Kale & Damson produce. And for those who want a little something extra with their hot chocolate, David has a licence to sell alcohol – mimosas or craft beer anyone? I don't mind if I do.



Cafe Abantu

42 Hobson Street, Cambridge CB1 1NL

Telephone 07884 317836

www.cafe-abantu.co.uk

Café Abantu is named for the Zulu word for 'people' and Wendy Slade, the South African-born owner, is rightly proud of her 'People's Tearoom'; the food and drink she makes and serves there is out of this world.

Picture this: a bowl of steaming South African Bunny Chow washed down with a beetroot latte or an iced gingerbeet smoothie. And this: rainbow vegetable kebabs and fried butterbean, sorrel, feta and sumac salad. Or this: Boboti, a fruity meatloaf with an egg custard topping, made by Wendy in homage to her heritage.

The menu changes daily. Wendy simply opens the fridge, takes a look at what's in there, and starts to cook. If there's a glut of aubergines there'll be honeyed aubergines on the menu. This is heavenly homemade food so flavoursome it requires no frills.

The Orator

Round Church Street Cambridge, CB5 8AD

Telephone 01223 417142

www.theoratorcambridge.co.uk

The Orator is the stylish bar and restaurant within the historic Cambridge Union Society on Round Church Street. Following a major refurbishment, The Orator opened in May 2021 and is the perfect place to enjoy a delicious meal or custom cocktail.

The Society's rooms are available for hire throughout the year around the debates and speaker events timetable, which take place during the Cambridge University term. The historical rooms provide a special setting for birthday or anniversary celebrations and make an inspiring space for networking or teambuilding events. There are also a variety of Christmas offerings available.

Members of the public can join the Society's Open Membership. Priced £250 a year, the membership includes access to selected debates and speaker events at The Union and online, as well as 20 per cent discount on food and drink in The Orator.



Bridges Cafe

20 Bridge Street, Cambridge CB2 1UF

Telephone 01223 300800

www.bridgescambridge.co.uk

Bridges café is a family-run business in the heart of historic Cambridge. Owners Meggy and Chan Yip opened what was originally Bridges Patisserie in 1997 serving tea and cake but over time it has become a truly eclectic foodie experience.

Scrumptious cakes, from the traditional Victoria Sponge to gluten-free lemon drizzle cake and vegan banana cake, vie for your attention with a delicious savoury menu: Homity Pie, toasted sandwiches and paninis, the recently introduced hot smoked salmon lasagne. Made-to-order juices and smoothies are created from the freshest ingredients.

Meggy and Chen also offer their own speciality dishes like Korean-style garlic beef or tofu, tried, tested and loved by their children and friends. You'll feel like part of the family too as you savour an aromatic coffee or lunch at one of the tables lovingly handmade by Chan.



Amelie Flam-Kuche

The Grafton Centre, Cambridge CB1 1PS

Telephone 01223 778898

www.amelierestaurants.co.uk

If you haven't yet tried Flam-Kuche – the delicious 'Skinny Pizza' served up by Alex and Regis Crepy at Amélie then you really must.

The traditional recipe hails from the Alsace region in France and is the signature dish at Amélie Flam-Kuche – the stand-out restaurant with the bright yellow van opposite the Vue cinema at The Grafton. The super-thin pizza base is spread with either crème fraiche or tomato sauce and topped with a variety of mouth-watering ingredients before it is cooked to pizza perfection in just 90 seconds.

And it's not just us that think it's great. Amelie is ranked in the top restaurants on TripAdvisor for Cambridgeshire and is one of seven Cambridge restaurants to make it into the Waitrose Good Food Guide! As well as dining at the stylish restaurant you can also try it for yourself at home and order a flat pack 'Skinny Pizza Meal Kit' containing all the ingredients you need to feed four delivered to your door.

Hot Numbers Roastery

Wrights Mowers, Dunsbridge Turnpike, Shepreth SG8 6RB

Telephone 01223 612209

www.hotnumberscoffee.co.uk

Hot Numbers is an independent speciality coffee shop and roastery with a vision focused on excellent coffee and food, served with a smile, and all to a soundtrack of jazz/blues. Cambridge-grown by Simon Fraser, it's named after a former record shop he frequented in his youth on Kingston Street, close to their first coffee shop in Gwydir Street.

The second branch opened in Trumpington Street in 2014, and soon evolved into the buzzing café it is today. Needing more space, in 2018, Simon relocated the roastery to its current stunning spot at Shepreth – creating Hot Numbers HQ with a café, bakery, coffee training area.

And to satisfy your craving anytime for that distinctive single-origin Hot Numbers taste, there's a Roast & Post subscription service, delivering freshly roasted coffee to you whenever you choose.



Discover

Rich diversity

Entertaining and educating, stretching your mind and body



Featured image: Cambridge Cookery School

Art and Horse Racing Gallery

Saint Wendred's, Hamilton Road, Newmarket CB8 7JQ
www.artandhorseracing.com

There's something incredibly joyful about seeing art in unexpected places.

At the Art and Horse Racing Gallery, fine art is displayed across three converted stables at a Newmarket racing yard, under the watchful eye of the resident thoroughbreds.

The unique gallery was launched in April 2023 by German-born trainer and vet Ilka Gansera-Leveque, who owns racehorse training stable St Wendred's with French husband Stephane. Ilka curates original art and sculpture from regional, national and international artists, designed to 'make you feel good', celebrate nature and applaud hard work.

Stable stars include New York painter Diana Cook, British folk artist Anna Pugh and Ukrainian street photographer Jean Kosse.

Open seven days a week, by appointment, and with free parking, the Art and Horse Racing Gallery is THE place to see uplifting art in inspiring surroundings.



Waresley Park Estate

Gamlingay Road, Waresley, Sandy SG19 3DD
Telephone 01223 491396
www.waresleyparkestate.co.uk

Nestled in the heart of the Cambridgeshire countryside is the beautiful Waresley Park Estate. Spanning 120 acres of open space, the stunning destination has evolved throughout its history from its early days as a family home to the charming venue for bespoke weddings and parties it is today.

Director Ben Griggs is always striving to diversify the estate's offering to make it a destination in which to enjoy a range of experiences and from the end of November is opening to the public on a daily basis. Visitors can enjoy a walk through the grounds and relax at the newly-opened café, Bean Theory. The team is also excited to launch the estate's Winter Lights event, which is taking place over 12 evenings in November and December.

With so much on offer now and in the coming months this special place is well worth a visit.

Karen Jinks

Studio 3, Stapleford Granary, Bury Road, Stapleford
Cambridge CB22 5BP
www.karenjinksdesign.co.uk

When a series of fortunate events led Karen Jinks to her own studio at Stapleford Granary, she realised that the universe was finally on her page. Lockdown had impacted her freelance graphic design business but also given her space to focus on her own art.

She learned a great deal, and now she's sharing that learning in her memorable workshops, not only practical techniques and tips gleaned from her own artistic practice over the years, but also how to deal with the 'spiral of negativity', the voice in your head that tells you you're no good.

Karen's classes attract a real mix of people with very different levels of experience, but everyone gets her individual attention, and the space, tools, materials and encouragement to explore their own creative path.



Literature Cambridge

Telephone 01223 324960

info@literaturecambridge.co.uk

www.literaturecambridge.co.uk

Literature Cambridge was set up in 2015 by Trudi Tate, an Emeritus Fellow of Clare Hall who teaches Victorian and modern literature at Cambridge and has a passion to bring great literature in English to readers all over the world.

It began with a series of summer schools in which participants spend a week immersed in the life and works of their favourite authors. Enlisting many luminaries to teach, Trudi's summer courses have been a resounding success.

In 2020, Literature Cambridge created an exciting series of Online Study Sessions. These attract lovers of literature from all over the world as well as locally. A group of superb lecturers, all with a Cambridge connection, provide top quality lectures and seminars, live online via Zoom. They study a great range of writers and also run a regular season of live online lectures on Virginia Woolf.



Fen Ditton Gallery

23 High Street, Fen Ditton, Cambridge CB5 8ST

www.fendittongallery.com

A short bike ride from Cambridge, you'll find Fen Ditton Gallery. This independent exhibition-led art gallery brings renowned contemporary artists and makers to Cambridge through an exciting programme of events and exhibitions. It's run by artist/photographer Lotte Attwood and daughter Hannah Munby, with advice from independent curator, Amanda Game.

Hannah also heads up a Young Collectors Club, inviting aspiring collectors to join a community of like-minded people which supports them in building the confidence to start collecting art.

Since opening in 2018, printmaking has become a key strand of the gallery programme and they continue to build their relationship with master-printmaker Kip Gresham and The Print Studio, Cambridge, as well as supporting emerging printmakers with a biannual Contemporary Printmaking Prize. Other upcoming exhibitions include a mixed exhibition titled 'Wintering' (Nov/Dec 2023) and an exhibition celebrating the life and work of glass designer and painter Kathryn Holford (March 2024).

Wysing Arts Centre

Fox Road, Bourn, Cambridge CB23 2TX

New Offsite Commission: Rafał Zajko at St Peter's School, Huntingdon

In 2022, Wysing Arts Centre, Bourn, and St Peter's School, Huntingdon, began a new partnership which saw artist Rafał Zajko 'in residence' across a school year, running workshops with 270 Year 7 students that led to a significant commission based around their desires for the future. The artist was selected by the students in June 2022, and fifteen months on, a new series of sculptures unfold throughout the school, with a major new artwork situated right at the entrance.

Rafał worked with the students to explore the future, discussing what they most wanted to be different from the present and what they most wanted to keep hold of. They designed time capsules and used Artificial Intelligence to explore the future of living, working, learning, and farming in Huntingdon. All works are commissioned by Wysing Arts Centre and St Peter's School, Huntingdon, with the support of the Henry Moore Foundation.



Photos: Lucy Rose Shafrain-Fenner

Kyle Chater Acoustic Singer and Guitarist

kyle_chater@hotmail.com

www.kylechateracoustic.co.uk

www.thesnapchaps.co.uk

Whether performing solo at a private party or as frontman of his unplugged, strolling band at a beautiful wedding venue, Kyle Chater promises to play feel-good music that will get you on your feet. The Cambridge-based singer and acoustic guitarist has been performing for almost 20 years and in 2020 formed The Snap Chaps – Strolling Band. The all-singing four-piece specialise in weddings and corporate parties and are known for their quirky, unplugged and interactive style, performing amongst their audience.

Alongside the band Kyle is a popular solo performer and, if you're looking to add an additional sound, offers a selection of duo options, including percussion, sax/flute, double bass, second guitarist and ukulele.

With over 450 tracks in his repertoire and a community of experienced musicians to call upon to join him, you can trust Kyle to provide the perfect entertainment for your next party.



Cambridge Literary Festival

Telephone 01223 515335

hello@cambridgeliteraryfestival.com

www.cambridgeliteraryfestival.com

They say it takes a tribe to raise a child and that proverb rings true for Cambridge Literary Festival. From its launch in 2003 as Cambridge Wordfest, when founder Cathy Moore roped in friends to organise the city's first celebration of books, to its metamorphosis into a grown-up affair with a global audience, it's taken a community to raise this festival.

Celebrating its 20th year, the festival – a charity since 2014 – welcomes more than 200 writers and speakers annually, including Nobel Laureates, debut writers, politicians, scientists and poets.

Now twice-yearly with digital content on CLF Player, the festival also offers access to beautiful 'hidden' Cambridge venues.

Team CLF, incorporating a supportive board, brilliant team and 100 volunteers, promotes equality, social justice and inclusivity, and plans to develop its outreach programme.

Cambridge Music Festival

info@cambridgemusicfestival.co.uk

www.cambridgemusicfestival.co.uk

When Justin Lee took the helm as director of Cambridge Music Festival in 2012, his mission was to bring musicians of the highest calibre to the city and explore the refreshingly unusual. And thanks to CMF's new model, audiences can savour more live music, with 'seasons' of concerts replacing the November festival.

Leaving the concert hall and bringing the festival to a wider audience, there's an innovative VR Orchestra experience coming to Cambridge in Spring 2024. Participants will experience what it's like to perform as part of a symphony orchestra, without leaving the high street.

Artists appearing in 2023-24 include: the Takács Quartet, the Choir of King's College, the Choir of New College Oxford and the Philharmonia, the BBC Singers, cellist Natalie Clein, pianist and Bach specialist Anglea Hewitt, Maya Youssef, 12 Ensemble, Tenebrae, Stephen Hough, the Bugallo-Williams piano duo and Jasdeep Singh Degun.



Form the future

Future Business Centre, King's Hedges Road, Cambridge CB4 2HY

Telephone 01223 781296

www.formthefuture.org.uk

How many of us can say we do a job that makes a difference? Anne Bailey can, as she – and her dedicated team – help to empower young people to 'dream big'. Anne founded Form the Future in 2015, with business partner Michaela Eschbach, to help young people find routes through education into employment and provide employers access to their future talent.

Though Anne's team is relatively modest in size, their impact is huge, helping around 20,000 students each year. The team provides schools, colleges and other groups with high-quality outsourced Careers Education, Information, Advice and Guidance (CEIAG) services.

Since 2016, Form the Future has also managed a STEM outreach programme, Cambridge LaunchPad. Together with 26 industry partners, they run hands-on STEM related project days to showcase the diverse range of careers and education pathways and meet the growing demand for a skilled workforce in our region.



Clarendon Street Veterinary Surgery

28 Clarendon Street, Cambridge CB1 1JX

Telephone 01223 359021

www.clarendonstreetvets.co.uk

With 60 years' experience to its name, owners and their pets are in very safe hands at Clarendon Street Veterinary Centre. The small community practice in the centre of Cambridge has been run by Patrick von Heimendahl for the past 25 years, providing services including vaccinations, neutering, surgery, travel certificates, microchipping and home visits, caring for a variety of pets including cats, dogs, rabbits, hamsters, guinea pigs, and even the occasional chicken!

Known for being a friendly, family run practice, Patrick has been joined by his niece and fellow vet Harriet O'Riordan. Alongside Patrick and Harriet work Sue, Anna, Nancy, Catherine, Becky and Alaina, plus surgery cat Zamba, a rescued stray who spends her time happily lounging around in the warmest, sunniest spots. They say cats are very intuitive – and clearly Zamba has fallen on her feet/paws to snare this fine surgery as her forever home!

Sarah Ingram – writer/teacher/drama coach

Telephone 07540 776225

sarah@kenyoningram.co.uk

For Sarah Ingram, it's all about words and what you can do with them. Words create worlds, she says. Since hanging up her stage makeup box after a 13-year career as a professional actor, Sarah has built an impressive array of directing credits in local community theatre. She's now using her expertise to coach students of all ages for the highly-valued LAMDA exams.

Sarah writes regularly for local glossy magazine, Velvet, and for our Indie, and with a Master's in Creative Writing from the University of Cambridge, she's turned her attention to teaching creative writing, fiction and non-fiction. She believes that writing can be therapeutic, inspiring, fun. It's good for your wellbeing and, yes, anybody can do it.

Words – she loves them, whether you're reading her words, writing your own words, or performing them for others to enjoy.



Cambridge Cookery School

School House, Homerton Gardens, Cambridge CB2 8EB

Telephone 01223 247620

www.cambridgecookery.com

If you're an employer looking for a novel way to carry out a 'team-building' activity, Cambridge Cookery School has the answer. Through their popular corporate events – which have been running since 2008 – the award-winning school has a special take on the usual 'team-building' offering. From the slightly more competitive 'Master Chef' and 'Bake Off' themes through to a fun 'Food Safari' for larger groups, these are all perfect opportunities to bring people together in a positive way.

You don't need to be a culinary genius to get the most out of the group activities. Under the expert guidance of owner and head chef Tine Roche, who trained at the world-renowned Leiths School of Food and Wine, you will pick up some essential skills and expertise which you can use in your own kitchen. Check out the website for more details on the school's celebration events and classes for both adults and children.



M-Power Fitness

The Davey Field, Cambridge Road, Great Shelford, Cambridgeshire CB22 5JJ Telephone 07969 724372 www.m-powerfitness.co.uk

M-Power Fitness is a modern facility specialising in achieving life-long improvements in health, fitness and body conditioning for its clients. Founded by New Zealander Tony Begovich, and based at Shelford Rugby Club, M-Power Fitness focusses on three key areas of exercise, nutrition and mindset. Together with his team of professional coaches, he provides his clients with a bespoke programme to fit their individual needs and gain the results they want to achieve.

M-Power Fitness is an inclusive community, welcoming members of all ages and fitness levels, from complete beginners to sports professionals. The private gym, with off-street parking, has a clever modular design, meaning a maximum of six members will be training at any given time, with a coach always on hand for assistance and motivation. Get in touch – and become part of their supportive, inclusive and empowering community.

South Cambridgeshire Equestrian Centre (SCEC)

Foxton Road, Barrington, Cambridgeshire CB22 7RN

Telephone 01763 263213 or 07712 033862

www.scec.co.uk

The South Cambridgeshire Equestrian Centre (SCEC), run by Christian Rawoo and James Shepherd, is part of a 260-acre farm based in Barrington. Set up in 2003, SCEC is a British Horse Society Approved Riding Centre and caters for riders of all abilities from ages five to currently their oldest rider of 75. The facilities are both indoor and outdoor enabling year-round riding, and alongside the centre's own horses and ponies, there is a livery yard for private horse owners too.

Hearing from some of the regular riders at SCEC gives a real insight into the many benefits riding can offer. Endorsements include confidence-building, emotional and physical mindfulness, developing muscles and core strength, teaching responsibility and developing perseverance, resilience and 'grit'! If you're thinking of taking up horse riding be sure to contact SCEC.



Home & Garden

Our sanctuary

Design it, fill it, live it and love it



Featured image: CDC Studio

Emily Jolley

art@emilyjolley.co.uk

www.emilyjolley.co.uk

Abstract artist Emily Jolley creates beautiful and impactful artwork. Working to both small and large scale, Emily's signature material is emulsion paint though she works in a variety of media. In the midst of her studio is an old office chair with the words 'artwork is work' painted on its back; a reminder to Emily that the creative space is where she is meant to be.

Emily also works as a business development professional and combined her art and project management skills to create a platform for local artists works with the launch of Huntingdon Art Gallery in 2022. Emily organises exhibitions on behalf of other art groups, collaborates with businesses such as fellow indie member Providence and has been shortlisted for the Visual Artists Association Professional Artist of the year award 2023.

Emily's art is available to buy, and commissions are welcomed.



Sylvia Newman Garden Design

Green End Farm, Over Road, Longstanton,
Cambridge CB24 3DW

Telephone 01954 583239

www.sngardendesign.co.uk

From residential gardens to presidential palaces, Sylvia Newman has the vision to create exquisite outdoor spaces. She set up Sylvia Newman Garden Design after training at Writtle College, and 10 years ago, was joined by son Ed, who brought fresh ideas such as CGI for visualising designs.

Having a dedicated team of employees, rather than relying on contractors, sets the company apart, giving a more fluid nature to the process of design, build and maintenance.

Sylvia and Ed have created stunning show gardens at the company's headquarters in Longstanton. Here clients can see herbaceous borders in bloom, enjoy the tranquillity of ponds and water features and choose specific pieces of garden furniture and hard-landscaping. It's a fantastic way to visualise how Sylvia and her team can transform your outdoor space.

Renata Drumond Interior Design

Telephone 01223 969409

www.renatadrumond.com

Brazilian born architect Renata Drumond is passionate about designing amazing spaces, whether that be a high-end luxury beach house in Doha or a family residence in Cambridge.

Renata launched her creative architecture and design studio in 2019, having spent several years in London heading up residential projects, from Switzerland to the Middle East. Renata and her dedicated team offer a comprehensive 360 service, from concept to completion, including technical drawings, interior architecture, and space planning.

Time is taken to help clients visualise their projects with mood boards and virtual reality walk-throughs. The team work on residential and commercial projects in the UK and abroad, from luxurious homes for Qatari clients to London restaurants. Cambridgeshire commissions have included Turkish fine dining hub, Yakut Restaurant; the Five Bells at Burwell, and local residence Chippenham Lodge.



CDC Studio

Studio 17, Comberton Road, Barton, Cambridge CB23 7BA

Telephone 01223 262413

www.cdcstudio.co.uk

Nestled within leafy grounds in Barton you'll find CDC Studio, a hub of innovation, where grand designs are brought to life by a thriving team of creatives. Headed up by directors, husband and wife Robin and Delphine Dryer, the architectural design studio has a varied portfolio, ranging from large-scale housing developments to school masterplans, across Cambridgeshire and London.

Collaboration is key at CDC, both with clients and amongst the nine skilled architects and technologist, whose designs include a sports and learning building with rooftop games area for the Stephen Perse Foundation; dramatic 96-metre elevated walkway 'The Rising Path' at Cambridge University Botanic Garden; and 80 thoughtfully-designed dwellings at This Land's Eddeva Park in Cambridge. Known for their joyful designs, the award-winning team listens to clients' requirements, making their visions a glorious reality through sketches and 3D technology.



Rebecca Orde Ltd

ALLIA Future Business Centre

King's Hedges Road, Cambridge CB4 2HY

Telephone 01223 782125 or 07981 666326

www.rebeccaorde.com

Getting started on a renovation or refurbishment project can be daunting. That is when you need the help of an experienced and trusted project manager – and we know just the person.

Rebecca Orde has, in some shape or form, been managing projects most of her life, and for the past ten years overseeing residential refurbishments in and around Cambridge. Her strengths lie in how she communicates, builds relationships, and guides her clients through the whole process.

As well as normal house renovations, Rebecca is particularly interested in renewable energy and sustainable building materials. She helps people who want to give their homes an 'eco makeover', and works with independent energy consultants, who can identify the best solutions for each property and budget. She then helps to select the most appropriate products and identify the best people to supply and install.

Henry Rose Interiors

208 Cherry Hinton Road, Cambridge CB1 7AW

Telephone 01223 213231

www.henryroseinteriors.com

If you're looking for a bespoke kitchen, bedroom or bathroom, Henry Rose Interiors have the expertise to manage your project, from initial idea through to completion.

Owners Gabi and Lee (who has over 25 years' experience as an installer), welcome projects of all sizes. Offering both contemporary and traditional designs, customers can choose from a range of products, appliances and finishes and a selection of superior brands – all of which Lee has worked with throughout his career.

Though Henry Rose Interiors, which is based on Cherry Hinton Road, is a small, family-owned company, they have a big environmental agenda, using sustainable goods, and carbon-neutral suppliers. They also favour methods which reuse water or materials, and for every kitchen and bathroom they sell, they plant trees to help offset their carbon footprint.



Busy

Indies mean business

Not on your high street, but behind the scenes indies keeping the wheels turning



Featured image: Ellie Senior Freelance Copywriting

Studio24

Allia Future Business Centre, Guildhall, Market Square
Cambridge CB2 3QJ | Telephone 01223 328017 | www.studio24.net

Studio 24 is a thriving digital design and technology agency trusted by arts, education, charity and public sector partners, to make websites and web apps that work for everyone. But this indie, whose clients include Crossrail and HS2, Crown Commercial Service, DHSC, and UK Parliament, W3C (the international web standards organisation) and CBM (a global disability inclusion charity), are so much more than 'just another web company'.

Founder and Managing Director Simon Jones is passionate and committed to the long-term wealth of both the commercial and cultural sides of Cambridge. Locally they have worked with Cambridge University Botanic Garden, Cambridge Film Festival and Cambridge Arts Theatre. They also sponsor and help to organise the Cam Creatives Meet Up and are a sponsor for the Cambridge Literary Festival.

Once again, a local business making a huge contribution to what makes Cambridge such a richly diverse place to live and work in.



KUCO

hello@kuco.agency
www.kuco.agency

Creating brilliant business development strategies and devising memorable marketing campaigns is Katie Underwood's forte.

Founder of KUCO, Katie is a former manager of a Michelin-starred restaurant, with more than 10 years' experience in the hospitality industry.

KUCO work with new ventures alongside some of the city's biggest names, devising social media strategy, email marketing, targeted online advertising and PR, staff training, management and business development.

Hospitality specialists, KUCO's diverse portfolio includes independent restaurants, boutique brands, and health, beauty and medical businesses. They recently partnered with internationally renowned Locke Hotel, which opened in Eddington, to successfully launch its brand locally and manage citywide PR.

Cambition IT Services

Unit 7, Church Meadows, Haslingfield Road, Barrington CB22 7RG
Telephone 01223 656156
www.cambition.co.uk

Cambition solve information technology challenges with a supportive, plainly spoken and effective style. A professional team of technical experts, headed by Jamie Stuart, they specialise in IT Services, hardware, software, cloud solutions, broadband and VoIP telecoms, advanced website design and development services, plus hosting and digital security.

Based in Fowlmere, Cambition is renowned for the speed in which it resolves problems, and the friendly team will talk you through the issue, rather than putting you in a waiting line, through an impersonal online portal.

They also offer a full business IT audit service to address areas of enhancements and cost savings, with one such review saving a customer £16k per year! Unlike bigger IT Consultants, who often charge extortionate fees, Cambition is committed to providing the best possible IT services at an affordable price.



Ellie Senior Freelance Copywriting

Telephone 07890 988443

Email ellie@ellieseniorcopywriting.co.uk

www.ellieseniorcopywriting.co.uk

Finding the right words to market your business – particularly when words aren't your business – can be challenging. That's where Freelance Copywriter Ellie Senior can help.

Whether you're looking to update your website, reach out to existing customers with informative leaflets and brochures or put together a magazine advert, Ellie's clear and engaging writing style will get your message across. Ellie works with a range of independent businesses on a regular and one-off basis offering a portfolio of writing services. She also offers a write-and-design service for content such as email campaigns and adverts providing you with a complete package that takes content marketing off your to-do list.

If you think it might be time to take a look at how you reach out to customers, or you have stacks of marketing ideas but no time to put pen to paper, why not let Ellie help you tell your story?



The Blooming People Partnership

www.thebloomingpeoplepartnership.com

sarah@thebloomingpeoplepartnership.com

When you have an all-encompassing job, it's hard to step back and see the bigger picture. But to truly flourish, whether a sole trader or high-flying executive, it's important to take time to talk, consider your focus and recalibrate. We'd recommend a chat with leadership and organisational development consultant, Sarah Massie, founder of The Blooming People Partnership in Cambridge.

With almost 30 years' experience in the NHS (from pharmacist to Director of People and Culture), Sarah has joined forces with executive coach, Chris Birbeck, and gathered 12 associates, with an array of coaching, leadership and education skills.

Described as 'organisational ecologists', the team work predominantly in the public sector including NHS trusts, schools, and primary care, providing people, teams and organisations with the tools and techniques to thrive.

Krishna Solanki Designs

hello@krishnasolankidesigns.com

www.krishnasolankidesigns.com

As a business owner, keeping track of essential strategic communications can be a challenge. That's where Krishna Solanki helpfully steps in.

Founder of Krishna Solanki Designs, she runs a small award-winning brand and Squarespace website design agency in Cambridge, working with independent businesses, SME's and agencies to provide creative and results-driven design solutions. Krishna and her team ensure that their clients' branding is eye-catching and reflects its core business values.

Krishna's other speciality is website design and build. Her coding skills mean that each site she produces looks on-brand and bespoke, with options of integrating tools for blogging, e-commerce, Google location, Mailchimp and social media.

An expert communicator herself (as you'd expect) Krishna keeps her clients constantly well-informed and happy as she completes projects, from initial briefing to final hand-over (and beyond!).



Photos: Flodie Gluge

Ian Olsson Photography

Telephone 07731 379727

www.ianolsson.com

A childhood growing up abroad inspired a spirit of wanderlust in Ian Olsson. With phenomenal scenery on his doorstep, he began shooting on his faithful Minolta. And so began a love affair with photography, which has seen him carve out a successful career and earn a reputation for his creativity, friendliness and professionalism.

Qualified by the British Institute of Professional Photography, Ian's talent has taken him on a multitude of interesting assignments. He is one of our go-to photographers here at Indie Cambridge, but that's not all. From capturing corporate events to weddings and taking professional headshots to shooting live performances – Ian's enthusiasm is a constant feature. Ian also shares his knowledge by offering a series of phone photography workshops. So, whether you're a small business owner looking to improve your photography for social media, or someone who just wants to learn how to take better photos – Ian can help.



Julian Eales Photography

Telephone 01954 201818 or 07527 476 531

www.ealesphotography.co.uk

Julian Eales has an incredible talent for capturing life's special moments and places on camera. Whilst photography was a creative outlet during his 30-year career in the public sector, it turned into a day job when he retired 10 years ago, and launched Eales Photography.

As a freelance photographer, Julian's extensive portfolio spans various genres, including landscapes, portraits, news, property, music, corporate, events, travel and video. His images have also been featured in national newspapers and scooped prestigious awards.

Since the pandemic, his work has shifted towards commercial endeavours, and he's been busy shooting shops, restaurants, shopping malls, art galleries and local independents for The Indie! Though he loves being outside, capturing a dramatic landscape, Julian enjoys working with people, and instantly puts his subjects at ease to create truly brilliant imagery.

Langham Press

Unit 5, Station Road East, Whittlesford, Cambridgeshire CB22 4WL

Telephone 01223 870266

www.langhampress.co.uk

Though 'online' is the buzzword these days, trying to get your message through on increasingly congested digital timelines can be an issue. That's when a more traditional form of marketing and promotion – print - may be the perfect way to get yourself heard.

Based in Whittlesford, printers Langham Press have just the right mix of old-fashioned friendly service and state-of-the-art printing presses and equipment, to produce an incredible range of creative printed work for UK-wide clients, including University of Cambridge departments and colleges.

A family-owned business headed up by Cambridge-born and bred David Arnold, the 12-strong Langham team are happy to chat through ideas or invite you to watch your product running on the press! Eco-conscious, Langham use technology, with vegetable-based and cobalt free inks, and recycle waste paper, plastic and cardboard.





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