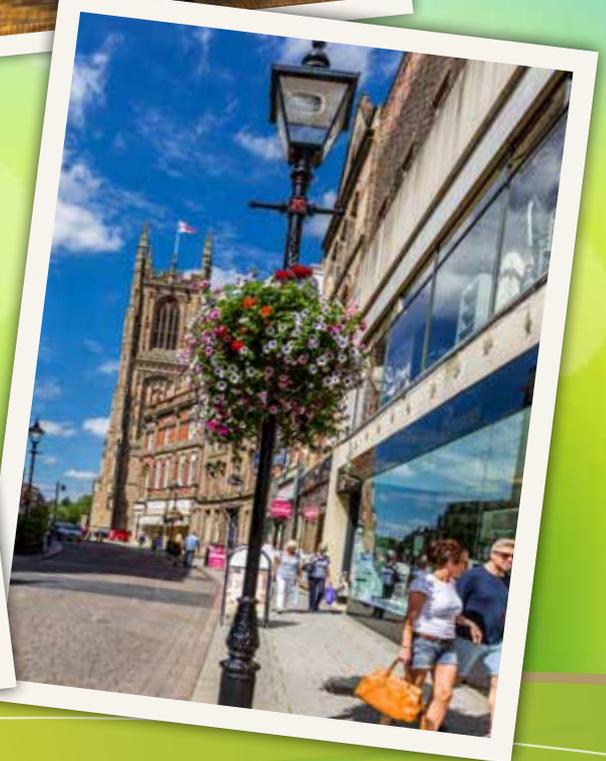
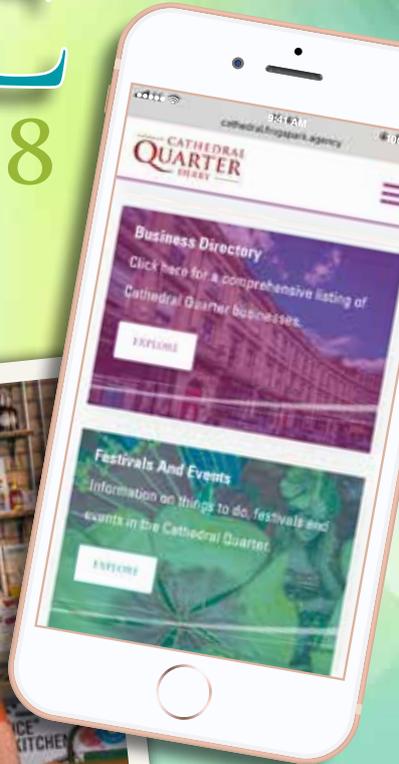


QLIFE

SUMMER 2018



THE BEST OF SUMMER IN CATHEDRAL QUARTER DERBY

SUMMER FUN IN THE CATHEDRAL QUARTER

There is so much to see and do in the Cathedral Quarter this summer.

It's ten years since businesses in the Cathedral Quarter first voted to become a Business Improvement District (BID).

The next five-year programme is now underway and aims to build on the success already achieved to improve and promote the area – including being crowned **best city location** in the Great British High Street Awards.

CQ Life celebrates all that is great about this area where you will find:

- A wealth of museums, arts venues, historical and cultural places of interest to visit

- Plentiful parking for as little as £1 an hour
- More than 100 places to eat and drink
- Over 40 specialist retailers with the highest concentration of premium and designer brands
- Nearly 50 hair, health and beauty salons
- The largest number of professional firms in the city centre

To find out more about what the Cathedral Quarter has to offer, please visit our new website www.derbycathedralquarter.co.uk which has information about all the different businesses in the area as well as news about the latest events.

You can also follow us on Twitter [@DerbyCQ](https://twitter.com/DerbyCQ) on Instagram [@cqrangers](https://www.instagram.com/cqrangers) and 'like' the Facebook page [CathedralQuarterDerby](https://www.facebook.com/CathedralQuarterDerby)



LOYALTY REWARDED

A new Cathedral Quarter loyalty scheme has been launched – giving people who live, work and visit the area special offers and benefits from a wide range of businesses.

Readers of CQ Life can buy a CQ loyalty card before July 31 2018 for just £4 using promotional code CQLife2018. This is a one-off payment and the card does not expire until end of February 2023.

Simply visit the website www.derbycathedralquarter.co.uk and use the secure online payment via Paypal. The card will then be delivered to your home address within ten working days.



ALL YOU NEED TO KNOW

The Cathedral Quarter BID has launched a new website www.derbycathedralquarter.co.uk which has everything you need to know about the area.

Visit the website to find out the latest news of what's happening in the award-winning Cathedral Quarter, details of events and activities, a directory of all the businesses in the area, details of CQ loyalty card promotional offers and discounts as well as information about parking and transport links.



FESTIVAL CITY

CQ SATURDAYS

Visit the Cathedral Quarter on Saturdays throughout the summer and enjoy a wealth of free family-friendly street entertainment.

Every second Saturday of the month through to September, CQ Saturdays Street Circus will return to the Waterfall stage in the Market Place.

Produced by Déda Producing and supported by Derby City Council, the monthly events will be part of the national Circus 250! and will build up to the city's annual street arts festival Derby Festé.

Then every third Saturday through to September, CQ Saturdays Knickerbocker Glorious will return to the streets. The entertainment line-up will have a special theme every month and feature the best local and regional performers.

For more information, please visit the events page at

www.derbycathedralquarter.co.uk



Photos: Graham Whitmore

DERBY FESTÉ 2018

Derby Festé, supported by the Cathedral Quarter BID, will arrive on 27, 28 and 29 September with a bag full of tricks and a sprinkling of magic.

Friday night will see the opening of the Jon Marshall's traditional 1950's Side Shows on the Market Place alongside the VR Reality Playground by Thrill Laboratory.

The Market Place will also welcome Festé fans with the very first outdoor Bustler Market. French company Cie Dyptik will perform an energetic hip-hop dance performance D Construction on a metal scaffolding stage.

On Saturday the streets will burst into life from 11am with a circus procession – followed by a programme of street entertainment for the whole family including live music, circus performances, dance, and some incredible characters.

The Saturday evening starts with a parade FierS á Cheval with glowing white horses winding through the Cathedral Quarter and finishes with a light projection show in the Market Place to celebrate ten years of QUAD.

Meanwhile enjoy the fantastic, exciting and exhilarating circus 'Now or Never' by Circa Tsuica which will perform at Bass' Rec on Thursday, Friday and Saturday evenings with tickets priced at just £10 each.

For more information and to buy tickets for the circus event, please visit

www.derbyfeste.com



DERBY FOLK FESTIVAL

Derby Folk Festival, supported by the Cathedral Quarter BID, returns for its twelfth year from Thursday 4 to Sunday 7 October 2018, and following the success of last year, has grown to include an extra day.

Headline acts are Eliza Carthy & The Wayward Band (pictured), Lucy Ward Band, John Tams and Barry Coope and Sam Kelly & The Lost Boys. The additional Thursday concert features Gary Stewart's Graceland (recreating Paul Simon's iconic album), and Zulu Tradition. Joining them are over 30 more acts, comprising 100s of musicians and dancers, from internationally renowned performers to local stars. The festival also includes a host of free fringe events across

the Cathedral Quarter which are open to all including performances in the Old Bell Hotel, dance groups and a ceilidh as well as an arts and crafts fair in the Market Place.

Festival tickets can be purchased through Derby LIVE Tel: 01332 255800, online at www.derbylive.co.uk or in person at the Sales and Information Centre on the Market Place.

Find out more at

www.derbyfolkfestival.co.uk



CQ ARTS & CULTURE

Derby's Cathedral Quarter is the cultural heart of the city with a fantastically diverse range of venues offering entertainment and activities throughout the year.

Déda in Chapel Street celebrates dance, contemporary circus and outdoor work and has a diverse programme which engages with a varied audience through sensational performance, large-scale producing and an exciting class programme.

This year, Déda will be putting on a fun-filled 'Summer Activity Programme' for children from reception to year 11 with two action packed weeks of dance, circus and visual art.

derbycathedralquarter.co.uk/deda



Derby Museum & Art Gallery in The Strand goes back to nature this summer with two fantastic exhibitions for all of the family to enjoy. 'Wild' celebrates the natural history of the British Isles whilst 'Bare Bones' explores the form and function of bones in animal physiology. The Museum & Art Gallery also hosts interactive sessions and workshops from weekly 'Tots Make and Do' sessions for two to five-year-olds to adult drawing classes.

derbycathedralquarter.co.uk/derbymuseumandartgallery



QUAD in the Market Place has a wide range of events, exhibitions and film screenings for all the family.

Amongst the many events available is Edge-Lit 7 on July 14, one of the UK's most popular fantasy, horror and science-fiction events. September 1 sees the East Midland's biggest annual get-together for fans of the BBC TV series Doctor Who, Whooverville X.

derbycathedralquarter.co.uk/QUAD



Derby Cathedral's free Lunchtime Concert Series is a varied weekly programme on Fridays starting at 1pm. Lunches and drinks are available from the Cathedral Café or attendees are welcome to bring their own lunch.

Meanwhile, the Cathedral Tower Tours are back – taking place hourly on the first Saturday of every month until October; Advance tickets (£5 adults, £4 for young people 8-16 years) are available from the Cathedral Café in Iron Gate.

derbycathedralquarter.co.uk/DerbyCathedral



The Guildhall Theatre has a wonderful programme this summer from comedy to theatre performances, including Whodunnit?, an Interactive Murder Mystery Musical. For those budding actors aged between 8-16 years, the Summer Theatre School in July and August will be the ideal place to improve those musical theatre skills.

www.derbylive.co.uk

St Werburgh's Church in Cheapside has reopened and the congregation now meet every Sunday at 10.30am and 6.30pm.

www.derbycathedralquarter.co.uk/ChurchofStWerburgh



SUMMER NIGHTS – AND DAYS

Enjoy the best food, drink and entertainment – day and night – at one of the Cathedral Quarter’s fantastic cafés, restaurants, pubs, bars and clubs.

VIBRANT ARRIVAL

Bar Soba at The Old Post Office in Victoria Street is already making a huge impact with its menu of exotic street food inspired by the night markets of South East Asia.

The vibrant, colourful atmosphere, creative cocktails and cutting edge music from the freshest DJ talent make this multi-level bar, restaurant and late night venue a go-to venue to eat, drink and dance. Look out for the Thursday night Bites & Bubbles, pre-theatre menu and the boozy brunch and dinner packages.

derbycathedralquarter.co.uk/BarSoba



ROARING SUCCESS

More than a coffee shop and a refreshing alternative to the traditional pub or bar, **BEAR** in Iron Gate is at the forefront of the global ‘third wave’ coffee movement that sees coffee as an artisan foodstuff, rather than a quick morning pick-me-up.

BEAR offers speciality coffee, signature cocktails and craft beer accompanied by fresh, all-day dining. From breakfast to brunch, and lunch to dinner, BEAR’s food menus are regularly updated with seasonal goodies. There are also regular live music events throughout the summer.

derbycathedralquarter.co.uk/Bear



RELAXED VIBE

The Dog & Moon is a curiosity-filled Freehouse in Sadler Gate with a large outdoor terrace – perfect for soaking up the summer sun.

The venue offers an ever-changing selection of real ales, craft beers, premium gins, wines and spirits from a range of independent breweries and distilleries all over the UK. There are also speciality tea, coffee and tasty food menus including homemade Scotch eggs – capped off by live music, open mic and entertainment events throughout the week.

derbycathedralquarter.co.uk/TheDogandMoon



HOME COOKED VALUE

Opened in 1976, **Acropolis Café Bar** in the Market Place has stood the test of time thanks to its customer service and good value home cooked menu using locally sourced ingredients.

Acropolis has been run by the same family for 42 years and is particularly renowned for its breakfast options, pensioner meals, homemade pies and stews and its recently introduced delivery service across the Cathedral Quarter.

derbycathedralquarter.co.uk/AcropolisCoffeeBar

PARTY TIME

Bishops Blaise in Friar Gate is a unique and quirky pub with a shabby-chic interior and well-covered beer garden offering a warm welcome, cool beer or their popular Refresher Bomb.

There are open mic nights every first and third Thursdays of the month and DJ Austin Powers gets the party started every last Saturday of the month – bringing the best old and new tunes.

derbycathedralquarter.co.uk/BishopsBlaise



INDIE RETURN

The Blue Note in Sadler Gate is Derby's oldest nightclub, and continues to innovate to bring the best live Indie music to the night scene.

The venue recently launched dedicated Indie nights to share and promote new up and coming bands. Every Thursday, DJ Marky – an avid fan of vinyl – also brings the alternative scene to life with classic Indie hits from The Smiths, Oasis, Arctic Monkeys and more.

derbycathedralquarter.co.uk/BlueNoteClub

SOUTH AMERICAN FLAVOUR

Bodega Cantina on Sadler Gate offers an escape from the city with street food favourites such as tacos, topped nachos, burritos and quesadillas – all inspired by the sights and sounds of Brazil, Peru and Argentina.

Bag a table on the patio or in the quirkily-decorated venue and enjoy an authentic mojito, margarita or mocktail while dipping into tapas-style treats such as the plantain salad, Mexican cola wings and sweet potato fries. There is also an extensive children's menu as well as vegetarian, vegan and gluten-free options.

derbycathedralquarter.co.uk/BodegaCantina



SUMMER FIZZ

Bookcafé in the Quarter is the perfect place to sit back and relax at the outside tables or in the unique surroundings inside for breakfast, lunch and dinner.

The Cornmarket venue is now offering afternoon tea with a touch of fizz this summer – available from two people to a wedding's worth of guests. Tea is served seven days a week but must be booked in advance.

derbycathedralquarter.co.uk/TheBookCafe



NEW DELIGHTS

Cosy Club in Victoria Street have launched new summer food and cocktail menus to tantalise the taste buds.

Look out for the larger tapas dishes, crispy duck salad, courgette, feta and mint risotto and spatchcock gammon. If you have room for desert then try the award-winning peach melba or Nutella and vanilla cream doughnut whilst the cocktail menu includes Rosemary Riviera and Earl's Breakfast.

derbycathedralquarter.co.uk/CosyClub

CLASSIC STYLE

The iconic **Cathedral Quarter Hotel** in St Mary's Gate is rebranding and renaming its restaurant and bar with an exciting new brand.

Bogarts bar offers a unique range of cocktails, wine, spirits, beer and cider from around the world as well as tasty snacks and a new lounge menu. Meanwhile, the newly-named Humphreys restaurant offers a relaxed fine dining menu and live background music.

derbycathedralquarter.co.uk/CathedralQuarterHotel



LIGHT FANTASTIC

As well as being the home of visual art exhibitions, Déda also hosts many social summer events within its fabulous **Cube Café** in Chapel Street.

Sit back and sample the refreshing new range of scrummy sandwich boards and homemade delicacies. With everything from tasty-topped jacket potatoes to a super selection of cakes, its feel-good food at its finest.

derbycathedralquarter.co.uk/CUBECafe



DELI-CIOUS CHOICE

The Deli Potato Company in the Market Place has been a popular lunch-time venue for the past four years – serving locally-sourced jacket potato fillings that are just the ticket at this time of year.

There is also an extensive range of sandwiches, salad pots and homemade soups to eat in, take away or even delivered in the city centre.

derbycathedralquarter.co.uk/TheDeliPotatoCompany



BREWING BASE

Family-owned **Derby Brewing Company** have moved their head office into College Place in the Cathedral Quarter and continue to produce their multi-award winning beer from their nearby brewery to pubs across the country.

The company also owns their own pubs – The Greyhound in Friar Gate, The Tap in Derwent Street, Queen's Head in Little Eaton and Kedleston Country House boutique hotel.

derbycathedralquarter.co.uk/DerbyBrewingCompany



MUSEUM TREASURES

The Coffee House at **Derby Museum and Art Gallery** in The Strand is the perfect place to relax and unwind in beautiful surroundings.

Whether it's an indulgent cream tea or super healthy salads and smoothies, they've got summer covered and there are plenty of tasty treats to keep the little ones happy too.

derbycathedralquarter.co.uk/DerbyMuseumandArtGallery-TheCoffeeHouse



ITALIAN INSPIRATION

Dolce Salato serves the very best of fresh and authentic Italian dishes with an international twist in its unique and cosy restaurant in Queen Street. Evening service Tuesday to Thursday starts at 5pm with special Tuesday vegetarian and Wednesday mussels nights.

The restaurant is now also open on Sundays 12 noon to 5pm with delicious two and three course menus including gluten free and vegetarian options. Guests are invited to bring their own wine and beer with free corkage and parties of up to 50 people can be accommodated.



derbycathedralquarter.co.uk/Dolce-SalatoCafelitaliano



STAR CHOICE

Elements is a new tea and coffee house in the Royal Buildings in Victoria Street – inspired by Derby’s history as the centre of the Enlightenment movement which included Joseph Wright and the continued science and engineering pedigree of the city.

Elements serves a wide range of teas and coffees and a deliciously different day-time menu including a varied range of vegetarian, vegan and dairy-free dishes featuring the best produce from artisan suppliers.

derbycathedralquarter.co.uk/ElementsTeaandCoffee

RUSTIC FLAVOURS

Fabulous feature dishes at the **European** restaurant in Iron Gate this summer have been inspired by the light and delicious ingredients from regions such as Pulia, Campagna and Tuscany.

Just one of the tasty options is a salmon nest which envelopes prawns, red onions, marscapone cheese and crème fraiche and is finished with chives and lemon.



derbycathedralquarter.co.uk/EuropeanRestaurant

SUMMER HEAT

Turn up the heat with the new summer menu at **Finale Thai Tapas** on The Strand where spicy light dishes are the order of the day.

Renowned for its popular super value set menu and saver street food dishes, diners can now be hot and healthy at this popular family-owned restaurant.

derbycathedralquarter.co.uk/FinaleThaiTapasDining

SPANISH BLOOMS

The Flowerpot pub beer garden will be transformed into a magical Mediterranean courtyard on Thursdays July 5 and August 2 to celebrate all things Spanish.

These balmy evenings will be filled with Spanish song and dance, Flamenco guitar and sangria with live performances starting at 8pm. Entry is free and complimentary tapas will be served throughout the evening.

derbycathedralquarter.co.uk/TheFlowerPot



DIRTY BRUNCH

Hide Burger Bar at Riverside Studios serves a delicious daytime and evening menu featuring temptingly different dishes from buttermilk fried chicken and waffle to its popular Derbyshire beef burgers.

New to the menu is also the hunger-busting ‘Dirty Brunch’ with bottomless Prosecco which is sure to delight customers looking for a reason to celebrate or just enjoy the unique atmosphere at this popular venue.

derbycathedralquarter.co.uk/HideBurgerBar



EVERYDAY CELEBRATION

Vibrant venue **Las Iguanas** in Friar Gate have launched a new flagship dish, the Maracanã, which is inspired by the stadium of the same name in Rio.

The Maracanã is a traditional Brazilian dish of prawns cooked in a thick peanut, chilli, coconut and lime sauce and served inside a homemade Sourdough Bread Bowl.

derbycathedralquarter.co.uk/LasIguanas

SUPER SUNDAY

Sunday lunch will never be the same after sampling the delights at **Lisa Jean contemporary brasserie** nestled in **Bennetts** department store in Iron Gate.

Starters include spinach and sweet potato samosas and devilled lamb kidneys. Main courses range from sirloin of Derbyshire beef to broccoli and blue cheese soufflé and choose from a range of desserts including classic crème caramel and warm chocolate brownie.

derbycathedralquarter.co.uk/LisaJean



SUMMER CHIME

The Old Bell Hotel's historic restaurants and bars in Sadler Gate are the perfect place to spend the summer days and nights with real ales, single malt whiskies and juicy steaks among the highlights on offer.

Soak up the sun in the sun-trapped courtyard, host an event or party at one of the function rooms and enjoy a variety of live evening events including acoustic nights, live stand-up comedy, historical tours, concerts and more.

derbycathedralquarter.co.uk/TheOldBellHotel



WELCOME RETURN

After extensive renovation, **The Palfrey** in Old Blacksmith's Yard off Sadler Gate is re-opening this summer after a temporary move to the nearby Posthouse.

The Palfrey will be back with the same great qualities of ambience, delicious food and a great range of drinks. The only thing they can't guarantee is the weather!

www.derbycathedralquarter.co.uk/ThePalfrey



NOTHING BEATS IT

When simply nothing else will do, head to **Pizza Express** in Iron Gate and ease back into all your favourites.

Whether it's the hot and fluffy dough balls dipped in creamy garlic butter or the acclaimed Pollo Ad Astra freshly-baked pizza, there's something for everyone including gluten-free, vegetarian and vegan choices.

derbycathedralquarter.co.uk/PizzaExpress



FIRST CLASS

The Post House is breathing new life into the beautiful old Post Office building in Victoria Street and has brought something new to the Cathedral Quarter with several independent businesses operating under one roof.

Choose from good quality food and drinks from local independents in a warm and welcoming atmosphere. A function room is available for private hire and the summer events programme includes a jazz evening.

derbycathedralquarter.co.uk/ThePostHouse

FAMILY-FRIENDLY

QUAD café in the Market Place is renowned as a family-friendly venue – perfect for lunch, afternoon tea or an evening with friends.

The new summer menu features sharing platters including baked camembert and antipasti and salad options include halloumi and chilli chutney. There is also the return of favourite dishes such as the QUAD bacon cheeseburger.

derbycathedralquarter.co.uk/QUAD



NORDIC VIBE

Rask at Sadler Bridge Studios is a modern, simple and sociable space offering good food and great coffee.

The café has created a Scandinavian style, feel-good vibe in both the interior design and the food they offer. Breakfast boasts smashed avocado topped corn fritters with soft poached eggs with lunchtime options ranging from super nutritious salads to freshly made apple cake – accompanied by a fantastic range of hand-roasted coffees.

derbycathedralquarter.co.uk/Rask



SUMMER STYLE

For the latest hot looks, look no further than the Cathedral Quarter which has always been the height of fashion with the city's most extensive collection of designer and premium brands.



GOLDEN IDEAS

Multi award-winning luxury fashion retailer **Young Ideas** in Iron Gate is celebrating 50 years in business and says the summer trend is red hot hues – think red dresses, orange jackets and bright trousers. Boho floral prints are also perfect for summer seasons – taking you from hot holidays to standing out at a summer festival.

derbycathedralquarter.co.uk/YoungIdeas



HOT TO TROT

Giorgio Reggiani in Sadler Gate highlight the top trends this summer for the best dressed man.

Jacket and waistcoat sets worn with cotton trousers, ultra-light summer zip jackets, Ben Sherman's one season only designs, Versace slim jeans and Gabbicci vintage short sleeve tops as well as Remus Uomo three piece suits with latest style updates are all top of the wish list.

And, although not for the faint hearted, look out for the limited edition Feature shirts with anything from huge feather to electric guitar designs.

derbycathedralquarter.co.uk/GiorgioReggiani

SPARKLING CHOICE

Watts 1858 is Derby's oldest independent jewellers and highlights two special pieces that will be the crowning glory to any outfit this summer.

This platinum and diamond 'Satalite' ring is by award winning British designer Andrew Geoghegan and the Bremont limited edition Endurance is as cool as ice.

derbycathedralquarter.co.uk/watts1858



DESIGNER FLAIR

Brigdens Menswear has been established for more than 100 years with a wide selection of designer brands including Hugo Boss, Ralph Lauren, Ted Baker and Gant – all backed up by their in-house tailoring workroom which can adapt most garments to fit perfectly.

The shoe department includes brands such as Loake, Jeffrey West, Barker, Church's and Crocket & Jones and the wedding and groom hire service has a large array of special occasion suits perfect for that special day.

derbycathedralquarter.co.uk/BrigdensMenswear



GREAT ESCAPE

Cruise in Sadler Gate are reflecting their customers' desire to escape the daily grind and plan their summer wardrobes for the holidays ahead.

From lightweight jackets to colourful T-shirts and shorts – Cruise's notable brands in store include Belstaff, Paul Smith, Vivienne Westwood, Stone Island and CP Company.

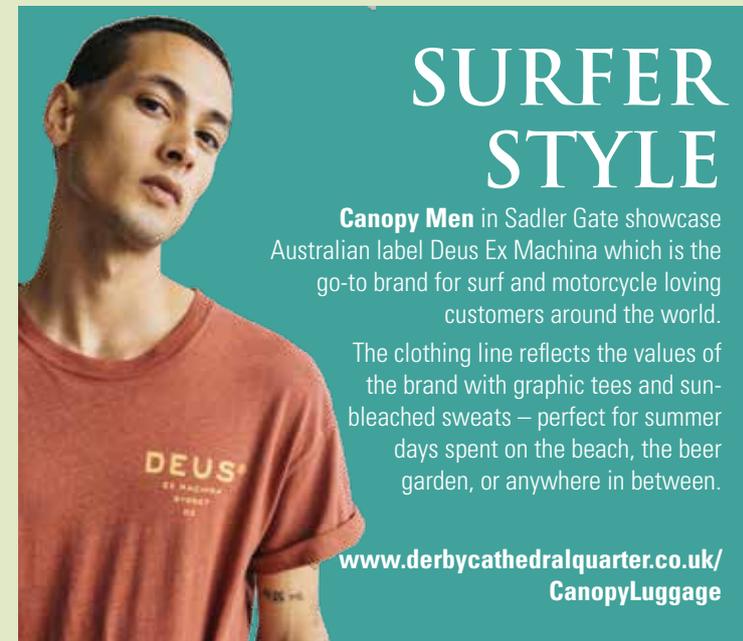
derbycathedralquarter.co.uk/CruiseMenswear



BRITISH STYLE

Jack Wills in Sadler Gate is championing the freedom that accompanies a summer on the road with a new-season collection designed for that very purpose and comprising of premium quality essentials that unapologetically ooze its signature and effortless British style.

derbycathedralquarter.co.uk/JackWills



SURFER STYLE

Canopy Men in Sadler Gate showcase Australian label Deus Ex Machina which is the go-to brand for surf and motorcycle loving customers around the world.

The clothing line reflects the values of the brand with graphic tees and sun-bleached sweats – perfect for summer days spent on the beach, the beer garden, or anywhere in between.

www.derbycathedralquarter.co.uk/CanopyLuggage

BEST IN SHOW

Brigdens Country Wear has opened in Sadler Gate with an extensive collection of fashionable clothing and accessories inspired by beautiful surroundings that look on point whether you are in the Cathedral Quarter or the Peak District.

Celebrate your love of the outdoors with premium designer labels including Fairfax & Favour, Schoffel, Barbour, Dubarry and Welligogs.

derbycathedralquarter.co.uk/BrigdensCountry



SEASON LAUNCH

More than 100 people attended the **Canopy** season launch at Derby Museum and Art Gallery which featured pieces from Leon & Harper, Bellerose, Gestuz, American Vintage, Zoe Karszen and Mulberry.

An after party was held back at the store in Sadler Gate where guests were able to see the full clothing and accessories collection as well as homewares from Anna and Nina, candles from True Grace and Swimwear from Becks Sondergaard.

derbycathedralquarter.co.uk/Canopy



COLOUR AND PRINT

Bluewater in Iron Gate highlight this season's colours as coral, orange, bright blue and the Scandinavian hues of soft pink and light grey.

Ralston is one of the signature designers at the store with a creative take on long dresses and beautiful fabric blends.

derbycathedralquarter.co.uk/Bluewater



EVERY OCCASION

Joules in Sadler Gate have options for whatever the summer has to offer.

The Alisandra shirt dress is ideal for all manner of occasions; Coast's waterproof jacket is part of the Right as Rain collection; when temperatures dip, the Rikki safari jacket is easy to wear and stylish to boot and the Daria broderie detail top makes summer outfitting super easy.

derbycathedralquarter.co.uk/Joules

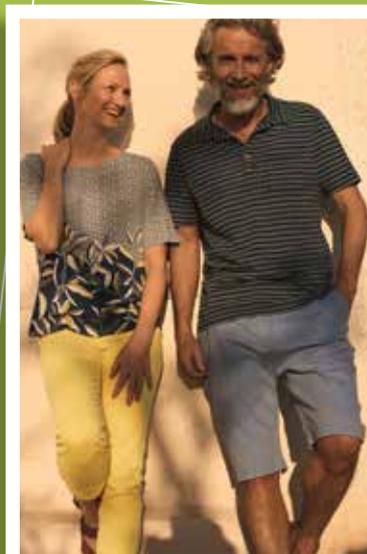


GREAT LOOKS

Whitestuff in Sadler Gate is full of stylish and versatile wardrobe wonders that will take you through summer and beyond.

Pretty printed dresses and cool linen outfits shine alongside swimwear and accessories for women whilst the men's collection features some great new ranges in stylish shapes and colours.

derbycathedralquarter.co.uk/WhiteStuff



RARE FINDS

GGG Jewellery have celebrated their first anniversary in the Strand Arcade – specialising in sterling silver, alternative and ethnic jewellery.

Rare stones are a particular customer favourite with a wide range including Blue John, Whitby Jet, Baltic Amber & Rare Opals such as Boulder and Australian Blue.

derbycathedralquarter.co.uk/GoodnessGraciousGeek



LOOK AND FEEL GOOD

Summer is the perfect time for a well-deserved make-over and to get fit and fabulous with a little help from the health, hair and beauty experts in the Cathedral Quarter.



COLOUR OPTIONS

Headquarters salon owner Rosin Clark is passionate about colour and advises that the fashion this summer is a rainbow of vibrant hues.

She said: "The top colour this year is ultra violet and you don't have to limit this to just your clothes thanks to Wella who also have a new semi-permanent palette with 12 shades from pink to blue so that you can match your mood and outfit."

derbycathedralquarter.co.uk/Headquarters

GROOM BOOM

Dandy Gent in Iron Gate, which is the UK's largest producer of traditional male grooming products, is now launching a range of gift cartons that are designed to make its products more readily available for women to buy for their man.

Owner Shane O'Shaughnessy said: "Guys now have the green light to take a longer, closer look at themselves in the mirror – and be admired for it, not scorned. The feedback we continually get from partners is that they are delighted with their 'new look' man – and that our products make them smell amazing!"

derbycathedralquarter.co.uk/TheDandyGent



MEDITERRANEAN INSPIRATION

The summer limited-edition OPI Lisbon nail colour collection at **Sally Montague Hair Group** in Sadler Gate is inspired by the colour of Portugal's capital – mirroring the beautiful blue and white tiles, sprawling yellow houses and picturesque seascapes.

Gel or polish manicure and pedicure treatments are available at the salon on Wednesdays, Fridays and Saturdays.

derbycathedralquarter.co.uk/SallyMontague



SEASONAL SMOOTH

Hair removal is top of everyone's agenda as the summer dresses, short sleeves and sandals come back out to play.

The Beauty Spot in Sadler Gate are pioneers locally for electrolysis and permanent removal of unwanted hair and also offer a wide range of beauty treatments to get you ready for summer.

derbycathedralquarter.co.uk/TheBeautySpot



NEW EXPERIENCE

A new hair and beauty salon has opened in Queen Street by experienced stylists Sue Hawley and Rachel Holmes-Delaney who have worked together in the city for more than 16 years.

Cathedral Hair and Beauty offer hair services and a packed offer of beauty treatments which include dermalogical facials and micro-dermabrasion as well as lava shell massages, manicures and pedicures.

derbycathedralquarter.co.uk/CathedralHair

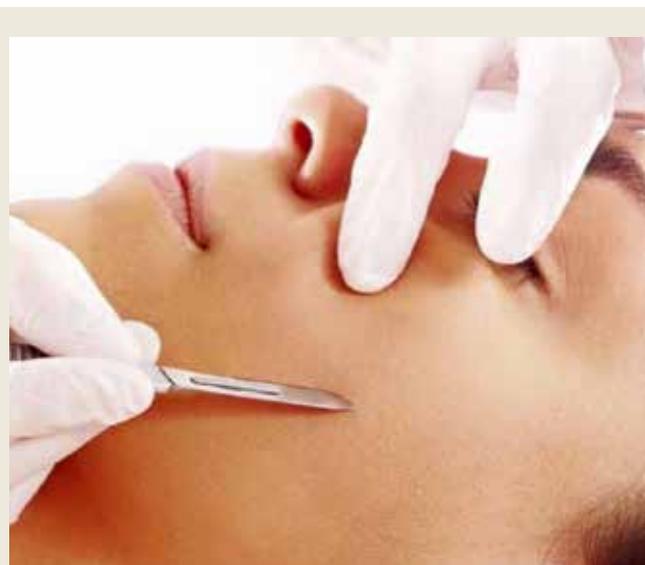
CUT ABOVE

Everyman Barbers in Sadler Gate is renowned for offering customers a fantastic service experience rather than just great haircuts for the style-conscious modern man.

The cool, relaxing and contemporary environment is designed to be an enjoyable experience with first class customer service by a professional team of experienced barbers.

There is also a range of fantastic male hair, beard and skin products which make great gifts.

www.derbycathedralquarter.co.uk/EverymanBarbers



CELEBRITY LOOKS

Dermaplaning is the new anti-ageing beauty treatment that everyone is talking about and is a celebrity favourite, according to **Glitz & Glam Nails and Beauty** based at Headquarters in Queen Street.

It's a manual exfoliation using a sterile surgical scalpel which is scraped along the surface of the skin – removing dead skin cells from the epidermis and vellus hair – that leaves skin immediately smooth and radiant with a youthful and natural glow.

derbycathedralquarter.co.uk/GlitzGlamNailsandBeauty

SALON MILESTONE

Toni & Guy has celebrated its 20th anniversary in the Market Place. Franchise partner and manager Stephen Keemer and the team held a party for customers at the salon to mark the milestone and look back at the achievements over the years.

This has included working at London Fashion Week and taking part in several competitions including the L’Oreal Colour Trophy Awards.

derbycathedralquarter.co.uk/ToniGuy



SUMMER FUN

RS Sports Therapy’s Robert Smith, based in King’s Chambers, Queen Street advocates an outdoor exercise programme this summer to make the most of the weather without breaking the bank.

Suggestions include setting up a boot camp with friends, walking, running uphill, joining a Parkrun, climbing, cycling or just simply playing outside with the children. Remember to stay hydrated, protected from the sun and exercise within your boundaries.

derbycathedralquarter.co.uk/RSSportsTherapy



CAN YOU ESCAPE?

Get the excitement going and adrenaline pumping at **Unescapable** – an independent escape room company on the Wardwick which is a fully immersive adventure back in time to experience in a group.

You’ll get locked in a room where you have to defeat the puzzles and overcome any other problems to escape using logic, skill and communication. There are currently two rooms – including Edith which recently won a national award as the scariest experience – and a third is being created.

derbycathedralquarter.co.uk/Unescapable

IN THE NET

If you were inspired by the momentous victory of the England women’s netball team in the Gold Coast Commonwealth Games – follow in their footsteps and try the newest form of the sport, NETS, at **Willows Sports Centre** in Cathedral Row.

There are women’s and mixed leagues available – organised by experience and ability – or get a group of friends or colleagues together for a friendly game. If you haven’t got a team, simply contact Willows and they will help you find one.

derbycathedralquarter.co.uk/WillowsSportsCentre





MARKET HALL UPDATE

Work has started to transform the historic Market Hall into a bustling, vibrant destination with a new life and character to help re-energise the day and night time economies of the city centre.

The £11.4m project has started with the restoration of its distinctive barrel-shaped roof originally designed in 1864 by Derbyshire engineer Rowland Mason Ordish. Wear and tear has eroded some safety features of the glass panelling which forced the closure of the market during adverse weather. These and other aspects of the roof need to be replaced to make it safe again.

The restoration could take a maximum of three years and the Market Hall will remain open during the restoration work.

Further phases of work are in the planning stages. These are designed to re-purpose the business by expanding its products and services.

Here is a selection of just some of the Market Hall businesses. For a full list and details, please visit derbycathedralquarter.co.uk/DerbyMarket



- **Dragon's Lair** is a new age gift shop selling crystals, jewellery, nemeses and alchemy and a huge range of incense.



- **Just Ice** is a social enterprise and hand-makes milkshakes and natural, fair-trade ice cream in a great range of flavours with vegan options, waffles, meringues and brownies – all with gluten free options.



- **Graves Separates** has a wide range of ladies' and gents' nightwear, underwear and hosiery as well as a full range of cotton handkerchiefs.



- **Mobile Genie** is Derby's longest running mobile phone shop specialising in sales and repairs of mobile devices



- **John's Shoes** have been the first choice for comfort fitting footwear for ladies and gents since 1966.



- **S. Bailey** is a traditional fishmonger with a large range of fresh fish that they cut and fillet to order as well as a variety of seafood.

HOME INSPIRATION

Bring your home to life with a summer make-over – courtesy of these great ideas from Cathedral Quarter businesses.



SWEET MUSIC

Iconic music store, **Foulds** in Iron Gate has the perfect solution for bringing the family together with a range of beautiful pianos to rent that look as good as they sound from as little as £24 a month.

derbycathedralquarter.co.uk/FouldsSons

TEXTILE TWIST

AGA has launched its new Script textile range which lists everything that you can do on your beloved cooker in a contemporary and witty design. Favourite items are available in a choice of two colourways – cream and black – as well as the beautiful colour-of-the-moment, dove grey.

derbycathedralquarter.co.uk/AGA



OUTDOOR DESIGNS

Bring the garden into your home this summer with The Potting Room fabrics and wallpapers from Sanderson which are available at **Interior Options** in The Strand. derbycathedralquarter.co.uk/InteriorOptions



GOOD CAUSE

Lighthouse charity shop in Albert Street has modernised its store to offer designer goods at bargain prices – from fashion to homewares and top quality furniture. derbycathedralquarter.co.uk/LighthouseCharity

PETAL POWER

Fill your home and garden with the wide variety of top quality plants and fresh cut flowers from **Scenta Flora** in Sadler Gate.

derbycathedralquarter.co.uk/ScentaFlora





Exclusive discounts just for you

Derby Cathedral Quarter is a Business Improvement District (BID) where all the businesses work together to improve and promote this very special area. This year the BID is launching a brand new loyalty scheme giving card holders access to exclusive promotions and discounts at participating businesses in the area.

Readers of CQ Life can purchase a CQ I Love loyalty card for just £4 (normally £5). This is a one-off payment and the card does not expire until the end of February 2023. To redeem this special offer simply enter the promotional code 'CQLife2018' during the application process. This discounted offer expires on 31 July 2018, terms and conditions apply, see website for details.

People working in the Cathedral Quarter can apply for the CQ I Work card FREE of charge – helping businesses to support each other.

Loyalty card holders can also sign up to receive a weekly bulletin via email with information about all the latest offers and events from Cathedral Quarter businesses.

Sign up now to start reaping the rewards of your loyalty to the Cathedral Quarter!

www.derbycathedralquarter.co.uk/loyalty-offers/



Scan me with your smartphone to see the latest offers



CATHEDRAL QUARTER DERBY

INDIVIDUAL : DIVERSE : INSPIRING

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