

# Urban Fix

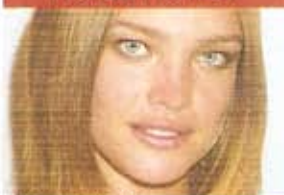
Let our cultural concierge be your guide, whoever you are...

**DRAMATIC DAD**



TEAM LEADER  
DAMIAN LEWIS

**MODEL MOTHER**



TEAM LEADER  
NATALIA YODIANOVA

**LITERARY LOVER**



TEAM LEADER  
SALMAN RUSHDIE

**TEENAGE WITCH**



TEAM LEADER  
EMMA WATSON

**Go**

Fathers-to-be must party while they can - and where better than newly refurbished jazz club **Ronnie Scott's**? Membership now available, £165 per annum ([www.ronniescotts.co.uk](http://www.ronniescotts.co.uk)).

Natalia's four-year-old son Lucas will drop his popcorn when he hears his namesake is the star of Warner Bros cartoon **The Ant Bully**. Out today.



Bookworms will relish a visit to the fifth floor of Europe's largest bookstore **Waterstone's Piccadilly**, where they can read, dine and drink cocktails ([www.5thview.co.uk](http://www.5thview.co.uk)).

Emma shouldn't miss **Fruitstock** this weekend in Regent's Park where she can blend her own smoothie by pedal power ([www.fruitstock.com](http://www.fruitstock.com)).



**See**

Helen McCrory's actor fiancé can take notes from James Joyce's play **Exiles**, which shows a startlingly modern picture of marriage. Until 26 October ([www.nationaltheatre.org.uk](http://www.nationaltheatre.org.uk)).



The Russian model can go to the Royal Opera House to watch **Cinderella** performed by the finest **Bolshoi** ballerinas. 3 to 16 August ([www.royalopera.org](http://www.royalopera.org)).

Salman will enjoy **Almodovar's Volver** about three generations of women, starring Penelope Cruz. Out today.



This little actress can check out the competition at the **Portobello Film Festival**. Until 22 August ([www.portobellofilmfestival.com](http://www.portobellofilmfestival.com)).

**Spend**

Nesters will love the new Lavender casserole dishes by **Le Creuset**. £80, with £5 going to the Lavender Trust ([www.lecreuset.co.uk](http://www.lecreuset.co.uk)).



Now New Yorkers in town can buy their favourite iced tea drink **Teany** (made by pop star Moby), £2, in Fresh & Wild ([www.freshandwild.com](http://www.freshandwild.com)).

Summer reading for this political novelist might include **Nobody Told Us We Are Defeated: Stories from the New Iraq** by foreign correspondent Rory McCarthy. Out next week (Chatto & Windus, £11.99).

Charity shops are bursting with vintage finds, and teens with a conscience can pick up the brand-new **Antoni & Alison shopper** in homage to Sue Ryder. £9.99 ([www.suerydercare.org](http://www.suerydercare.org)).



**Experience**

Alpha males thrive on red meat and can now order (and get delivered in beautiful boxes) the same naturally reared, grass-fed **Argentine beef** as The Gaucho Grill for home BBQs ([www.pampasplains.com](http://www.pampasplains.com)).



She can celebrate the return of her figure after having her second baby in March with a perky bikini from the just-opened Latin American shop **Tica** on Newburgh Street, W1 ([www.ticalondon.com](http://www.ticalondon.com)).

The new fragrance for men, **Addiction**, which contains irresistible pheromones, has hit the shelves. A wise investment if your other half is younger and more ravishing. £8.99, at Harvey Nichols ([www.addictionformen.com](http://www.addictionformen.com)).



Hitting 16 is a reason to be sophisticated, not sweet. This mini muse should rifle through the Ossie Clark and Biba rails at the new Notting Hill fashion boutique **Mensah** ([www.mensah.uk.com](http://www.mensah.uk.com)).

