



# ball in new play

## LIKE BECKHAM MUSICAL



It's more about not being afraid to really highlight the key moments in the piece and expanding on them more dramatically.

### Who are your acting heroes?

Everyone. At work I am surrounded by great actors and I have been lucky to have worked with lots of great people in the past. I don't really have a hero, as such. I think you constantly learn from lots of people.

### Are you a football fan yourself and which is your favourite team?

Well, let's say I have found a new love for football. I used to support Man United when I was little because our family friends did. So I can name you the early 1990s team. Aside from that, I had a huge crush on Michael Owen when I was about 10, so I fully supported him. I would love to follow a team, but am probably overthinking who I should support. I am taking the decision very seriously. (Laughs) Any suggestions?

### Why do you love theatre?

There is no other feeling like it. I love having a new family on a job, and meeting people from all walks of life. I enjoy the hard work and challenge that comes from creating new work. The feeling of performing in front of an audience is second to none. It's unpredictable, exciting and exposing.

### Finally, why should we all come watch the *Bend It Like Beckham* musical?

I have never seen a show like it. It represents the culture and diversity we have in Britain today and celebrates it. The music mirrors this and the story itself is human. It fills me with pride and emotion and I hope it gives others a similar feeling.

*Bend It Like Beckham: The Musical* is running at the Phoenix Theatre in London. Log onto [www.phoenixtheatrelondon.co.uk](http://www.phoenixtheatrelondon.co.uk) and [www.benditlikebeckhamthemusical.co.uk](http://www.benditlikebeckhamthemusical.co.uk) for more information and ticket details.



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## 50 shades of love

THE *Fifty Shades Of Grey* trilogy shook the world – many people loved the books and many were critical. I liked them for what they were, which was general chick-lit that may not have been the best-written but served its purpose, which was to inject some sexual excitement into many women's lives.

The movie, well, that's another matter. It wasn't great and I was more interested in the colour of Mr Grey's sheets and the shape of his wine glasses. Seriously though, the film was pretty rubbish and I've had hotter action than Anastasia Steele. So don't watch the movie and instead, read these ideas for spicing up your relationship.

One of my favourites is dressing up. You can buy reasonably priced sexy little outfits, but be spontaneous about it. While your partner is out, dress up in a cute French maid or nurse's uniform and wait for him with the lights turned down low and an amazing dinner cooked. Then take him into the bedroom, massage each other and get your freak on. However, make sure he also dresses up for you from time to time. I'm thinking Tom Cruise from *Top Gun*?

I watched *Shaadi Ke Side Effects* recently, starring my favourite actors Farhan Akhtar and Vidya Balan. In the movie they have nights away where they pretend not to know each other and meet in random places like bars or clubs. Do this and combine it with a weekend. Nothing beats a dirty weekend.

Book a couple of days in a country hotel with a spa, relax, get pampered, eat, drink and enjoy yourselves by taking the relationship back to your honeymoon days. If you're there for two nights, spend at least one naked, in bed with strawberries and champagne. During the weekend, bring back the passion, the desire and longing for one another. Yes, sex isn't everything in a relationship, but it really is an important part because the attraction is probably what brought you together in the first place and you should always build on the foundations of your relationship. Sometimes the foundations just need re-cementing.

*Fifty Shades* wasn't all bad, so why not take a leaf out of the book and create your own red room without, of course, physically hurting one another. You can involve food, ice cubes, cream, fruit, whatever you like but be imaginative. You could create role-play situations like a policewoman arresting a thief.

On another note, if the thought of being intimate with your partner gives you the shivers, then perhaps it is time to evaluate your relationship. For me, chemistry is an extremely important thing and they say women peak in their mid-30s. But don't ever let anyone force you to do something. If it doesn't excite you, then you need to sit down with your partner and have a talk.