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# Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION**Brentwood.

I hope you have been enjoying the summer months so far as we go into August. Festivals, kids off school, summer

holidays...it really is a busy and special month of the year.

In this month's issue in Gardening we get some tips from Alan Titchmarsh and find out how to make your Garden look Glorious.

In Health & Fitness we look at the best stretching exercises and we run through the best sun cream for your summer holidays in Travel.

In local news, we profile Jess, the well-deserved winner of *The Voice Kids*, there's the latest from Brentwood Town FC with the new season just a week away, and one of the largest youth music bands in the country is looking for new members. Elsewhere an up-and-coming footballer is closing in on a move to the Dutch Premier League and if you were at the Brentwood Festival recently, we have a weekend report.

As always we encourage our readers to get in touch with feedback for this month's edition. Email [editorial@visionmag.co.uk](mailto:editorial@visionmag.co.uk)

Let us know your thoughts and enjoy reading.

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# GRENFELL TOWER INVESTIGATION MUST GIVE VICTIMS JUSTICE

Every few years Britain is hit by a disaster, so horrendous that it becomes a national disgrace. It leaves bitter and deep wounds and divisions, not only on the victims and survivors but also on the whole country.

Hillsborough is one of those disasters when in 1989, 96 Liverpool fans died in a human crush at the Sheffield ground.

It is only in the last few weeks - 28 years later and after inquiries and inquests - that six people, including two former senior police officers, have been charged with criminal offences over the deaths and the alleged police cover-up that followed.

That news came as another disaster the dreadful fire at Grenfell Tower in North Kensington, London was taking up much of the newspaper and broadcast headlines.

But already controversies that surrounded the early days of Hillsborough appear to be happening around the 24 storeys of Grenfell.

It is known that 80 people died, but the final tally is expected to be much higher. It is also known there were 120 homes.

Amazingly though, what is not known is exactly who was living there. Some of the flats had been sub let and so the occupants would not be on any council list. The sub letters have not come forward to tell police or the authorities who were in their flats, as they themselves have been committing fraud.

A large number of people are still missing, believed dead. The survivors, most of whom have lost everything, are living in hotels and bed and breakfasts if they are lucky. The others initially had just a blue airbed in a leisure centre.

Retired Court of Appeal Judge Sir Martin Moore-Bick will lead the public inquiry into the Grenfell Tower tragedy as its chairman. He has already said he is "doubtful" the process will be as wide-ranging as some residents hope.

But his inquiry will investigate the theory that the fire started as the result of a faulty fridge freezer in a fourth floor flat which literally spread like wildfire because of the type of cladding used in the refurbishment of the tower block.

It has been alleged that fireproof cladding at Grenfell Tower was downgraded to save money. The exterior cladding, designed to improve the look of the tower and make it more energy efficient, has been blamed on contributing to the rapid spread of the fire.

Consultants for the refurbishment were placed under pressure to keep costs low, leaked emails reportedly show. Documents show the zinc cladding originally proposed was replaced with an aluminium type, which was less fire resistant, saving nearly £300,000.

A similar sort of cladding has been found on 181 tower blocks throughout the country.

Two council chiefs in Kensington and Chelsea have resigned over their handling of the disaster and police have not ruled out criminal charges at the end of their investigations.

The inquiry is expected to reveal an interim report in the next few months. But what ever happens the Grenfell survivors and families of the victims do not want to wait for the length of time that those Hillsborough families waited.

It would mean them not getting a final verdict until 2045.

Photo Credit: John Gomez/Shutterstock.com

Photo Credit: dominika zarzycka/Shutterstock.com

# REDKNAPP'S RED CARD

With rumours about that Jamie and Louise Redknapp are calling time on their 19-year marriage, **VISION** asks, is this the end for one of football's golden couples?

They married in a whirl of Nineties glory and glitz. She was a much-adored pop star, he a talented England footballer, and together Jamie and Louise Redknapp were one of the most dazzling couples of the era – rivalled, in fact, only by 'Posh and Becks'. But with reports that the pair, who share two sons, may be going through a serious rocky patch, with the announcement of a split imminent, it seems the pressures of life in the spotlight may have finally taken their toll.

Once considered one of the more rock-solid unions in showbiz circles, Redknapp marital strife has come as something of a surprise. In fact, during 42-year-old Louise's spell on *Strictly Come Dancing* at the end of last year, Jamie, 44, could weekly be seen in the studio audience cheering his spouse on. And in an interview with Hello! in October, the ex-Eternal singer joked, "after so many years, it would take more than a sparkly leotard to come between us".

Many are blaming the 'Strictly curse', something that has seen many marriages struggle following participation in the BBC show. But while this is usually down to a third-party involvement – Rachel Riley split from her husband shortly after taking part in the 2013 series, during which she was partnered with dancer Pasha Kovalev, whom she later began dating – this doesn't appear to be the case with the Redknapps, and it may be more down to a natural growing apart.

Having taken time out from her own career to support husband Jamie, a leading pundit on Sky Sports, whilst focusing on family life, it's possible Louise is simply rediscovering her mojo, and the couple may still work it out. Certainly, while the couple's financial security is solid, you sense the playing out of the collapse of one of the nation's most sturdy couples has quite some distance to go.

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# DESIGN Guru



He's the editor-at-large for *Grand Designs* magazine and has dedicated a lot of his time to the world of design, however, Kevin McCloud is probably best known for his television role on Channel 4's *Grand Designs*, which he has presented since its debut in 1999. The presenter even received an MBE for services to sustainable design and energy saving property refurbishment in the 2003 New Year Honours. But how did the Bedfordshire-born man become a national treasure?

The home that he grew up in was built by his parents but fell apart within 10 years, which could be where his love for design and building came from. Years later, he went on to study the history of art at Corpus Christi College in Cambridge. McCloud now lives in Somerset with his wife and two children.

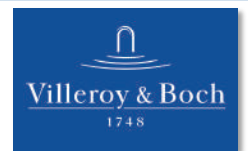
It's claimed that McCloud wrote an entire *Grand Designs* episode himself after he found out the public had made a drinking game for when they watched the show. The game, that many were tweeting with the hashtag #granddesignsbingo, was based on his script and the public drank every time he said a certain word or phrase. In the script he allegedly wrote for the show, he made sure that the episode he wrote would have the public continuously drinking.

McCloud isn't just popular on our television screens, he has also written several books including: *Kevin McCloud's Colour Now: An Expert Guide to Choosing Colours for Your Home*, *Kevin McCloud's Grand Tour of Europe* and *Grand Designs Abroad*.

Despite his lengthy career in the lime light, the 58-year-old shows no sign of stopping as he continues to film *Grand Designs*. He has inspired many over the years and there is no doubt his work will have a lasting effect on the world of design and architecture.



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# Dare to go blush...

It seems that people simply can't get enough of blush pink when it comes to decorating their homes. 'Blush' is a medium tone of the colour pink and looks soft and pale.

The blush tone offers a more sophisticated look than the bright and overpowering 'hot pink' that many children love.

However, some may be put off by the perception that adding pink to a room will make it seem too girly. But it's also important to remember that incorporating the colour into your home doesn't mean it has to be smothered over your walls, you can add it in the form of accessories such as pillows and rugs.

However, if you want to make more of a statement then why not invest in a blush pink sofa or a pair of curtains?

Either way, this on-trend tone can be incorporated into any environment making it look sleek and stylish. This colour looks particularly brilliant when used in bedrooms or living areas.

### The Statement

If you want to make a bold statement, choose a natural colour for your walls such as white or an off-white. You can then add splashes of colour with blush pink furniture.

### The Mind Changer

If you're someone that likes to decorate frequently then incorporate blush pink into the room with accessories such as pillows. These can easily be swapped for another colour and it won't cost you an arm and a leg to do so.

### The Minimalist

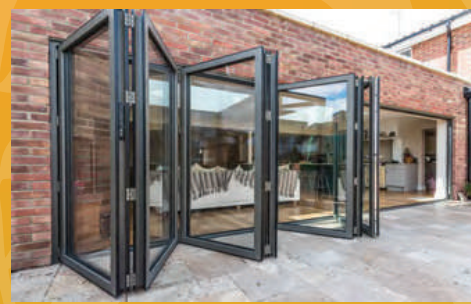
If you hate clutter then why not purchase some blush pink light shades, vases, candles or picture frames? You can display them sparingly, yet the colour will still make a lasting impact on the overall look of the room.



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HOME & DIY

# LINEN *Lovers*

From tablecloths to bed sheets, why it's worth investing in good fabrics to adorn your home.

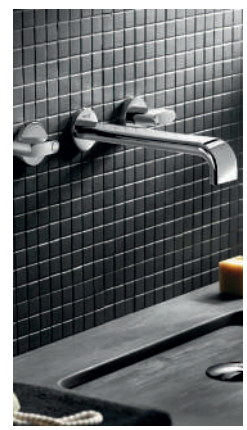
With cheap throwaway fashion becoming ever more ubiquitous, it can be easy to take the same approach to buying linens and fabrics for your home. But here's why you shouldn't... sticking to the logic that we spend a third of our lives in bed, the sheets we swaddle ourselves in ought to be super-cosy and non-irritating. Good quality fabrics actually get softer over the years, making them a worthwhile investment – and they just look and feel much nicer.

When it comes to bedsheets, a lot of emphasis is put on thread count, but the quality of the yarn is equally important, which is why Egyptian cotton is up there with the best. Originally grown in Egypt where the warm, dry climate offers ideal conditions for the cotton plant, this produces extra-long staple fibres which are thinner than other cotton varieties, and despite being thinner are actually more durable than standard cotton, so your bedsheets become more

luxurious and softer over time.

When it comes to other fabric items for your home – tablecloths, napkins and curtains – you'd do well to seek out some classic Irish linen. Traditionally made from the cellulose fibres that grow inside of the stalks of the flax plant, this cloth is not only seriously hard-wearing, but also looks beautiful, adding a rustic charm to your kitchen or lounge.

Fortunately, you don't need to find a flea market in Donegal or schlep to a bazaar in Cairo to get hold of these fabrics. Most high street stores have an abundance of both. But if you still find yourself baulking at the hefty price tag, just think of all the dreamy nights and delightful dinner parties you will have with them.



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HOME & DIY



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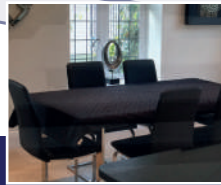
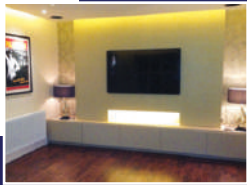


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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS



## Star in the making crowned *The Voice Kids* champion

Jess Folley, from Brentwood, won the first ever series of *The Voice Kids UK* after her sensational performance of Beyonce's *Love on Top*.

The teen was guided to victory by her mentor Pixie Lott.

As well as bagging *The Voice Kids UK* trophy, the 14-year-old also won £30,000 towards her music education and a trip to Disneyland Paris.

When the news was announced by presenter Emma Willis at the end of the final, Jess was visibly shocked and started shaking before bursting into tears.

All the children and coaches gathered around the Essex girl and congratulated her.

Her final performance stunned the judges and coach will.i.am even joked that she should take on the grown-ups in the adult version of the show.

Speaking to Cel Spellman after the final, Jess said she was shocked to be crowned the winner.

She explained: "When I was standing there I was preparing myself to be happy for everyone else. I would've been happy for everyone. They're all my best friends."

When asked what she had learnt from being on the show, Jess continued: "I feel the biggest thing for me is that I've learnt to control myself."

"When I walked out to my blinds I wasn't ready, I didn't feel ready and I was over the moon that someone turned and Pixie took a chance."

Pixie was visibly ecstatic for her team member Jess. She said: "Every single second has been a pleasure to work with Jess. I knew from the beginning she was an absolute superstar. When you think she can't get better she pulls it out the bag again."

There were six youngsters competing in the final and they were surprised with the news that they would all be given a trip to Disneyland Paris for them and their family, much to their delight.



# Brentwood in bloom this summer

Brentwood is full of colour this summer as hanging baskets are now in place and scattered wild meadows are beginning to appear around the borough.

The first flowers from the pictorial meadow seeding are now beginning to show with flowering poppies and grasses growing first.

The seed mix was planted two months ago and was sourced by the council to ensure it enhanced road junctions and was habitable for nature. There are nine locations that the flowers will appear in.

Brentwood Borough Council environment and enforcement committee chairman, Cllr Keith Parker, said: "These displays look wonderful and naturalistic in appearance but they are also less maintenance than traditional bedding displays.

"It means that we can enhance the locality in line with the beautiful natural countryside in which we

live, but also keep costs to a minimum."

The beds will keep producing new flowers through until the autumn. The summer hanging baskets are in place up and down the High Street in Brentwood town centre. They are much larger than the traditional hanging baskets.

Preparation and planting of the baskets took place at The Gates project at the London Road cemetery. The project helps vulnerable adults learn horticultural skills, run the glass houses, oversee the bedding plants and council's hanging baskets every year.

Cllr Parker added: "The Gates is a superb project and the members get so much out of it. This is a proper project where people can support its work by purchasing plants and bedding items direct from the nursery there, knowing that they are contributing to the community."

# Car parking prices set to increase

Car parking prices are set to increase in Brentwood following an announcement from Brentwood Borough Council.

A new scheme will also be introduced to offer residents a reduction on the car park charge if parking for a two-hour period.

Residents will be awarded a council certified car park disc which will need to be displayed inside the vehicle along with the discounted ticket.

The decision to introduce the scheme and increase car parking charges came after a review on costs across the borough.

The new charges will be introduced following a 21-day consultation period, at which point

residents will be given details on how to apply for the car park disc.

Leader, Cllr Louise McKinlay, said: "The new car park disc provides residents with a great opportunity to minimise the cost of parking, but this needs to be balanced against the cost of maintaining the car parks.

"For the last seven years, not only has there been no increase to the car parking charges, but we have actually reduced the cost of parking, whilst also introducing a free 30-minute period, which is set to remain. However, we have to be realistic and the cost of maintaining the car parks and running the parking service has increased."

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## Officers take part in Epping Race for Life



Six officers from Brentwood and Epping Community Policing Team got their running shoes on to take part in the Race for Life.

The officers were raising money for Cancer Research UK at the event, which took place at North Weald Airfield on Wednesday, July 12.

The team jogged and ran their way around the 5K and 10K courses joined by friends and colleagues who turned out to support the team.

Sgt Lisa Cooke said: "Everyone knows someone affected by cancer and we are proud to stand together and raise money to help fight the disease. We had a fantastic evening supporting a really worthwhile cause. I'd like to thank everyone who got involved and donated or turned out to support us."

So far, the officers have raised more than £865. To sponsor the team, visit //fundraise.cancerresearchuk.org/team/efd-cot

## Get music in your life and join the band



With more than 100 members the Brentwood Imperial Youth Band is one of the largest independent youth music organisations in the United Kingdom. The band's objective remains to provide young people an equally accessible

opportunity to develop a wide range of life skills outside of school in a safe and constructive way.

The band operates an "open door" and teaches music fundamentals at a grass-roots level. Children can join the band regardless of their musical experience or proficiency. A unique and energised training programme that celebrates success with a strong emphasis on teamwork results in a high retention rate and has enabled several members to pursue careers as professional musicians.

With a strap line of "Music For All" the band removes the restrictive and ever increasing financial barrier of musical instrument ownership/hire and tuition - members are asked to contribute £1 per week and in return benefit from the loan of an instrument, hours of tuition, music, uniform and a safe place to learn.

The "open door" and "music for all" results in a broad and diverse membership with an expansive age range (from 10 to 18).

As a registered UK charity the band is self-funded and run entirely by volunteers. The band staff includes several professional musicians and a cast of very keen accomplished amateur hobbyists.

Musicians learn about compromise, work ethic, sacrifice, respect, discipline, diplomacy and teamwork - valuable life skills which will serve individuals well long after they play their last note.

For more, go to [www.brentwoodyouthband.org.uk](http://www.brentwoodyouthband.org.uk)

## Wanted men regarding theft



Police have issued CCTV images of men they would like to speak to in connection with a robbery.

The incident took place in Marks and Spencer in a BP Garage, on Rayleigh Road, shortly before 8pm on Sunday, May 21. Two men entered the store and took food before leaving without paying.

Anyone who recognises either of these men, or has any information about the incident, is asked to contact PC Catherine Hunt at Brentwood CID on 101 or Crimestoppers anonymously on 0800 555 111.



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LOCAL NEWS

## Local school wins National Karting Championship

Brentwood School's A Team were crowned British Schools Karting National Champions for the second year running with a huge 10-point winning margin.

This year's final, held on Saturday, July 1 at Whilton Mill in Northampton, was the first time Brentwood School had two karting teams in the National Final.

The Brentwood A Team was made up of Iaroslav

Kovalev, team captain Callum Brooks and Ethan Brooks.

The team won a VIP day at Silverstone to watch the British Touring Car Championship with special behind the scenes access, as organised by the British Automobile Racing Club (BARC).

The B Team, made up of Mason Murray, Adam Richards and Rishi Gupta, finished in a respectable 10th place with 76 points.

## Local man arrested following pub incident

A man from Brentwood has been arrested in connection with an incident that left a man with life-threatening injuries.

Police have arrested two people after a man was injured in the Black Bull pub car park in Main Road, Margaretting. The incident occurred around 9.30pm on Saturday, July 15.

A man in his 30s became involved in a collision with a vehicle. A man was flown to hospital with life-threatening head injuries.

A 29-year-old man from Brentwood was arrested on suspicion of causing serious injury through dangerous driving and on suspicion of drug driving.

A 28-year-old woman from Chelmsford was arrested on suspicion of causing serious injury through dangerous driving and on suspicion of being unfit to drive through drink or drugs.

They remain in custody. Anyone with information is asked to contact Chelmsford CID on 101 or contact Crimestoppers on 0800 555 111.



## Established family business opens new showroom in Brentwood

You may have seen a new addition to Brentwood High Street recently with the appearance of Broadway Kitchens, an exciting and diverse new kitchen showroom. The owners are certainly not new to the industry, and can boast over 40 years experience. Broadway Kitchens were established in 1974, by Satt and his father, with their first showroom opening in Birmingham. Now, following on the family tradition, Satt's son Sunny runs and looks after the Brentwood showroom. All of Broadway Kitchens products are manufactured at their cabinetry workshops in Walsall near Birmingham.

Sunny explained: "We offer world class furniture at affordable prices. Our pricing is very transparent and easy for customers to understand. It has been this transparency and value for money that has enabled us to grow. The designs are done on a state of the art cad system, displayed on a 42 inch screen inside our Brentwood showroom, an immersive experience that will show the customer almost exactly how their new kitchen will look in their own home."

Most companies charge high deposits but Broadway believe customers should pay an absolute minimum deposit, and then pay no more until they can see their kitchen fully assembled.

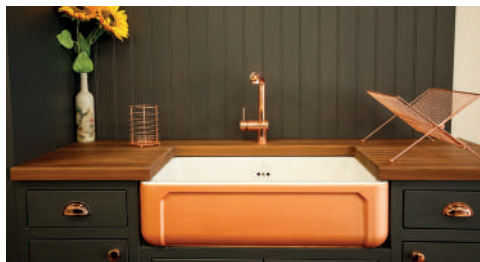
The showroom displays Victorian, Edwardian, Georgian and Regency style Kitchens and Broadway are sure you'll cherish the high quality materials and

time honoured skills their craftsmen use to create the heartbeat of your home.

Broadway Kitchens seem to have it all – a luxurious showroom, manufacturing base using local kitchen fitters and more importantly they pride themselves on keeping the customers in the loop the whole time and getting them involved in the process from start to finish.

They almost insist on every customer visiting the Walsall workshops to see their bespoke kitchen in progress, with the opportunity to make adjustments. Customers that travel are gifted with a stay at one of Birmingham's top hotels.

From what we have seen here at **VISION** they seem like they really know what they are doing when it comes to kitchens. They made us feel really welcome, offered us lunch and wouldn't take no for an answer.



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## Can you identify this man?



Essex Police have released this e-fit image of a man they want to speak to in connection with a theft.

A woman in her 60s had her bank card stolen by a man who had asked her for change in William Hunter Way, Brentwood, at around 11.30am on July 6.

Anyone with any information is asked to contact PC Peter Cooper on 101 or Crimestoppers anonymously on 0800 555 111.

## Brentwood Festival proves a hit with residents



Thousands of music lovers turned up for a weekend of music at the Brentwood Festival.

The festival, which was held at Brentwood Centre, Doddinghurst Road, in Brentwood, took place between July 14 and July 16 in support of the British Heart Foundation.

Festivalgoers were treated to a whole weekend of entertainment including a two-hour special performance from Status Quo, as well as an appearance from Jocelyn Brown.

Also appearing on the main stage were Go West, Midge Ure, Heaven 17, The Real Thing and Missing Andy among others.

This year's event also saw the introduction of

a second stage called the BBC Music Introducing featuring up and coming bands and performers, run by BBC Essex.

The festival also had street food, real ale from Brentwood Brewing Company, family events from Brentwood Borough Council, a festival market, a funfair and more. There was also overnight camping on site.

After a successful weekend, Brentwood Festival posted on Facebook: "What a great weekend of music powered by Allen For Essex. You were an amazing crowd."

## Busy summer for the street pastors



Brentwood and Billericay Street Pastors have had a busy month. In addition to our patrols on Friday and Saturday nights helping people in town we also like to attend various public events to share with everyone who we are and what we do.

We joined in a fundraising event at Hazles Pottery Barns at Barleylands and our Billericay coordinator Phil made a superb teapot. It was great to be there with Michelle Ward from Phoenix FM as we support each other's groups.

We were part of the Volunteer Forum at Basildon Council with a meeting of Stephen Metcalfe MP looking at how we can support different volunteer groups like food banks and Citizens Advice centres. We are involved in these types of meetings to inform the local authorities of some of the issues that local communities are going through.

Street Pastors also had a stall at Billericay Summerfest and again had a great time building relationships with the community and other groups including the Rotary Club and Samaritans.

We are all now looking forward to the summer holidays where we will continue to be out and about looking after anyone who is or becomes vulnerable. We don't judge anyone. We are preparing our next cycle of training to begin in September so if you are over 18, attend a local Christian Church, are ready for training and a challenge then why not contact us on Facebook or Twitter or email Billericay or Brentwood@streetpastors.org.uk

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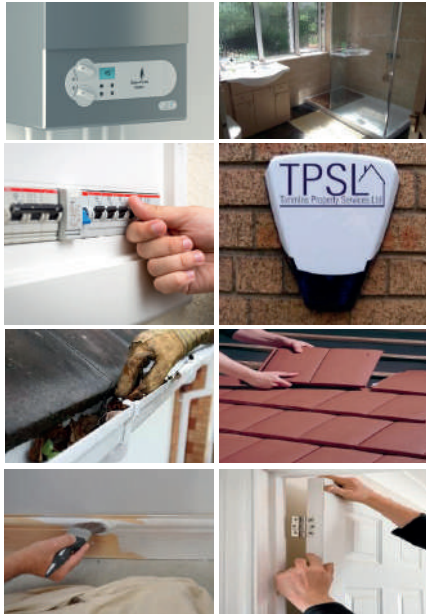
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**Dobson set to star in Dutch Premier League**

Brentwood footballer George Dobson has signed a professional deal with Sparta Rotterdam in the Dutch Premier League.

The signing, for an undisclosed fee, will see midfielder George, who used to attend Brentwood School, star in the Eredivisie league - the highest echelon of professional football in the Netherlands.

George said he regarded the move to Sparta Rotterdam as a new adventure.

"It is a great opportunity for me to come to play in a top division with such great teams. I cannot wait to get started," he added.

The 19-year-old started his career as a youth player at Arsenal, aged eight, before joining West Ham in July 2015 where he quickly became an integral part of the development squad, also known as the club's U21 side, and played frequently during the 2015-16 season.

In June 2016, he signed for League One side Walsall on a season-long loan and played 26 times for the Saddlers, scoring once in the 2-1 defeat to



LOCAL NEWS

Fleetwood Town in December.

After the completion of his loan spell, he returned to East London for the closing stages of the U23's season, helping the side clinch promotion after victory over Newcastle United in the Play-Off Final.

**Blues' top scorer Lamar departs**

Brentwood Town FC's pre-season programme has been under way since early July with matches at the Brentwood Arena against Chelmsford City, which saw a 3-0 win for the National League South team, and Eastern Counties League club Saffron Walden Town, a 4-2 win for Brentwood.

In early August, the Blues visit Southern League club Northwood and Bostik Premier Metropolitan Police, before the Bostik League Division One North season begins with a home match on Saturday, August 12 against Hertford Town, a club that has been promoted from the Spartan South Midlands League. The first away match is at another Hertfordshire club, Potters Bar Town, on Tuesday, August 15.

Season tickets are available for the new season at £80. This entitles admission to all 23 of Brentwood's home Bostik League matches. To register an interest, please email [info@brentwoodtownfc.co.uk](mailto:info@brentwoodtownfc.co.uk)

The draw for the early rounds of the FA Cup has been made and in the preliminary round Brentwood Town are drawn away to local Bostik North rivals AFC Hornchurch. The tie will be played on Saturday, August 19 with a replay, if needed, at the Brentwood Centre on Tuesday, August 22.

The majority of last season's squad have re-signed for the forthcoming campaign, but top scorer Lamar Reynolds (pictured) has joined Football League club Newport County. Lamar has already made an impact at his new club, scoring on his debut in a pre-season friendly for the League Two team.

Despite missing 10 weeks of last season due to injury, Lamar scored 27 goals for Brentwood Town and played a big part in the revival in the second half of the season that saw the Blues, quite comfortably in the end, avoid relegation. Such was the level of Lamar's performances, he was snapped up by the Jamie Vardy Academy in the summer leading to his signing by Newport County.





# Kou s Down

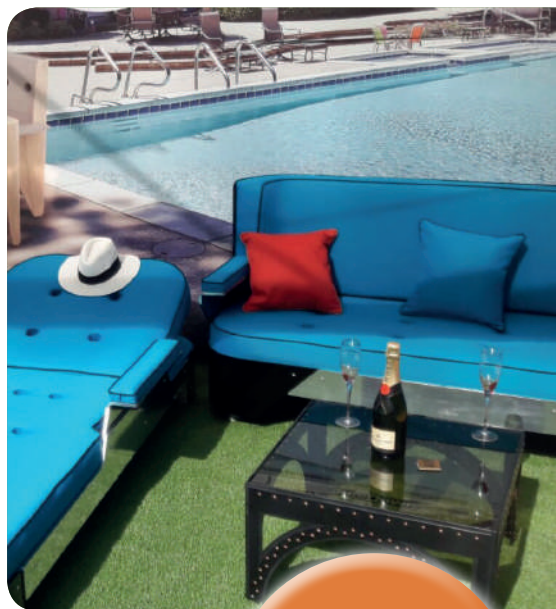
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## Alan Titchmarsh

# HEART & SOIL

For nearly 20 years, Alan Titchmarsh has been Britain's most beloved authority on all things floral. Nowadays, the Yorkshire-born horticulturalist has made his mark on the world of novel writing and broadcasting, but the very act of being surrounded by nature will always remain this hopeless romantic's one true love.

When *Ground Force* first brought the televised garden makeover to the masses back in 1997, its widespread appeal firmly cemented Alan Titchmarsh as the UK's most recognisable horticulturalist and, due in part to his kindly charm and affable style, guaranteed that he would still be telly's most trusted green-fingered authority two decades later.

Now 67 years old and a bona fide national treasure, Titchmarsh remains suitably evergreen. With 10 novels and the equivalent number of non-fiction books on everything horticultural to his name, the Yorkshire native has carved out a career spanning journalism, novel-writing and broadcasting – but he feels most at home in the great outdoors.

"I started when I was about nine or 10 in the back garden, where I made a little greenhouse," he reminisces. "I just always liked all parts of nature. It's always been part of me."

"The garden is the nearest bit of natural history to use, so I sowed seeds and they came up, and when you have a bit of success in something, it sort of emboldened me to take cuttings and get roots on them and things like that. I always felt comfortable in a garden, and I still do."

But even seasoned veterans of seed and soil, Hertfordshire College of Agriculture alumni and former staff trainers at the Royal Botanic Gardens, Kew, like Titchmarsh have trouble in the garden sometimes. "I couldn't grow carrots for years," he confides. Once again, however, his answer to these infrequent mishaps relies on an almost philosophical relationship between humans and the world.

"You learn to grow things that want to grow," he concludes sagely. "Everything wants to grow, it's just up to us not to get in the way of that."



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GARDENING

# Glorious Gardens

You don't have to travel abroad this summer to feast your eyes on fantastic floral displays – here's our list of the most glorious gardens the UK has to offer.

## Aberglasney



There are 10 acres of gardens to explore at Aberglasney, one of Wales' finest gardens. A unique and instantly recognisable Elizabethan cloister garden lies at its heart, and the Penelope Hobhouse-designed Upper Walled Garden features a circular arrangement of conical yews and beautiful borders. The Lower Walled Garden encloses a kitchen garden full of fruit, vegetables and cut flowers. There's also the dappled shade of Bishop Rudd's Walk and the new Jubilee Woodland, where a wide range of unusual woodland plants thrive.

## Helmingham Hall



The Tollemache family has lived at Helmingham Hall in Stowmarket, Suffolk, for more than 500 years, but most recently, garden designer Xa Tollemache has been at the helm of the gorgeous gardens around the hall and its atmospheric moat. Find a classic parterre surrounded by musk roses, a walled kitchen garden and wonderfully planted herbaceous borders.

## Kew Gardens



The world-famous garden at Kew is London's largest UNESCO World Heritage Site offering unique landscapes, vistas and iconic architecture. From the 18m high treetop canopy walkway to the humid rainforest climate in the Palm House, Kew's collection of living plants is the largest and most diverse in the world.

## The Eden Project



One of Cornwall's most popular attractions, the bulbous domes of The Eden Project house a plethora of unusual plant species, simulating the dual environments of a tropical rainforest and a Mediterranean paradise. Then there's the newest attraction, The Core, which provides the Eden Project with an educational facility, incorporating classrooms and exhibition spaces designed to help communicate Eden's central message about the relationship between people and plants.

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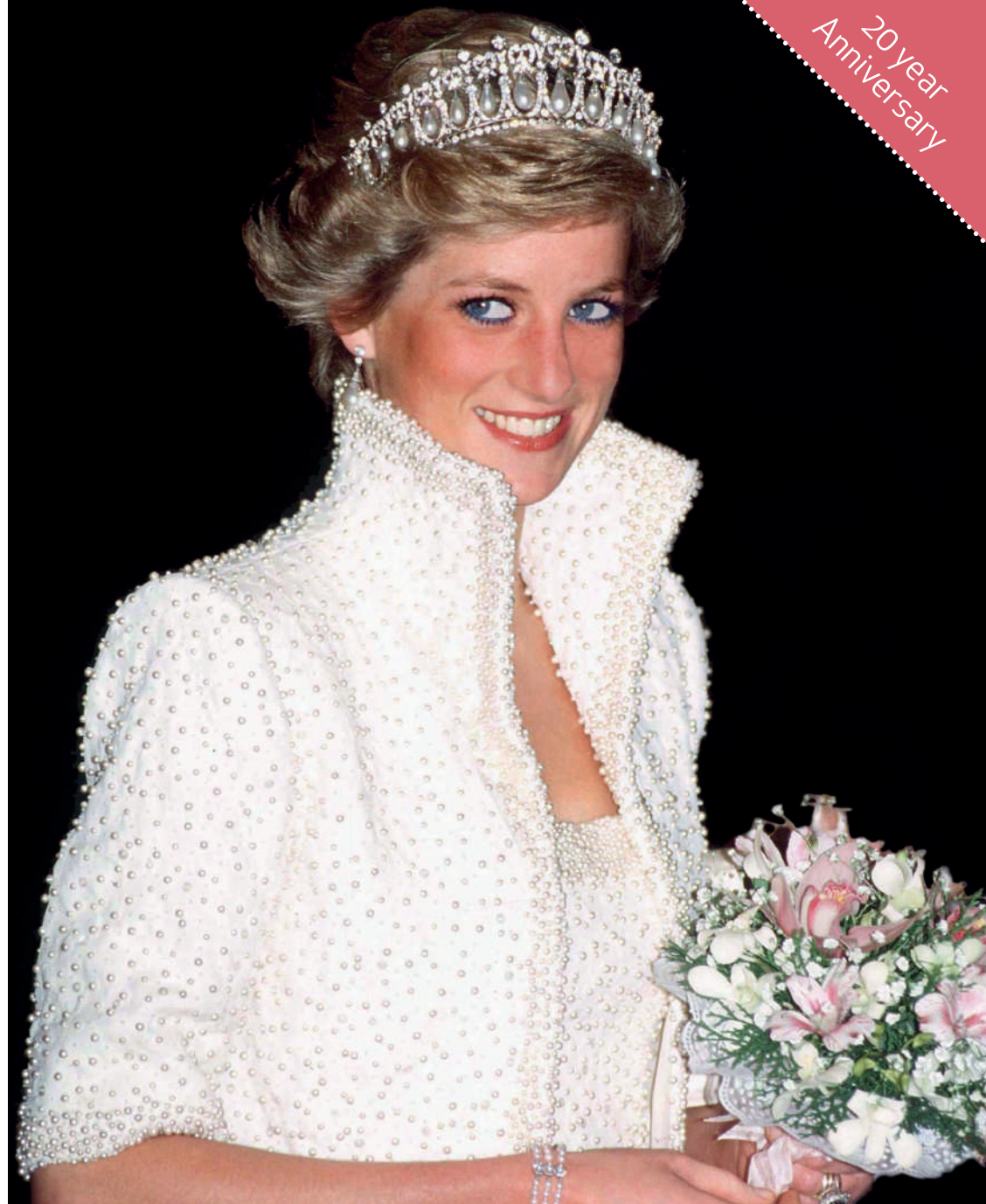
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# ON REFLECTION...Charles Rae

## Former royal correspondent looks back on his Diana Years



There isn't a day goes by for the last 20 years that I do not think about Diana, Princess of Wales.

I miss her dreadfully.

Before her untimely death in 1997 in a car crash in a Paris tunnel she was a major part of my life for 16 years as a reporter covering the Royal Family.

In July this year she would have been 56 years old – a grandmother and mother of two young princes whom she moulded into two fine young men.

There is no doubt Diana had her demons and tried hard to fight them – but her problems were exacerbated by a largely loveless marriage.

But on the other hand she restored the magic of the Royal Family and paved the way for it to be dragged into the 21st century.

Every so often we would talk on the phone, usually for her to tell me what was happening. If it was not her, then it was one of her close chums who would be on the other end of the line speaking on her behalf.

One time in 1994, the phone on my desk rang. Diana's voice said: "Hello

Charlie, are you going to Sandringham on Sunday?"

But she refused to go into detail except to say: "I won't be there long."

Christmas Day was the day for royal correspondents like me to travel to the Queen's Norfolk estate to cover the royals going to church.

The year was also at the height of the marriage problems of Diana and Prince Charles – they separated and divorced two years later.

Diana's green Jaguar left the estate shortly before lunch. On the M11 Diana roared down the motorway touching speeds of 120mph. I wrote about Diana's fast getaway from the royals but did not mention the 120mph figure.

During a royal trip to Japan, months later, I had a chat with the princess and told her that I hoped she realised that I had done her a favour and not used 120mph.

"I know," she said. "Thanks for that, I could have got into a lot of trouble."

I had to ask however why she had to get back to London at such a speed. "Oh, I wanted to get back for the omnibus edition of EastEnders."

We laughed, but sometime later I thought her reply was actually quite sad, that she would prefer to be watching a soap opera rather than spend Christmas with the Royal Family.

Our last chat was in St Tropez a week or so before she died.

She came over to a boat I had hired and started chatting about her future.

She hinted that she might move to America but left me with an enigmatic comment: "You will be surprised with the next thing I do."

Diana never explained what she meant and there are times even now I try to work it out but can't.

Most of my memories of her are happy ones.

She was a great lady and the world is a poorer place because she is no longer in it.



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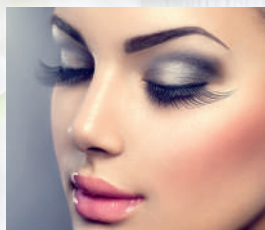
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# Hair Rescue

THINK YOUR HAIR IS BEYOND REPAIR? THINK AGAIN...

When it comes to our beauty regime, we often give loads of attention to our skin, slathering it in SPF and lotions and oil, but pay far less attention to our long-suffering hair. And boy, do those follicles have it tough. Even if your locks don't have to endure a monthly onslaught of bleach or colour, they're still vulnerable to heat damage (from hairdryers and straighteners), UV damage (from the sun) and pollution damage (from life).

If your mane is garnering looks of disdain, don't worry, because nothing is beyond repair. A few simple products and daily routines can make all the difference. But first you need to be honest about its condition. If you're scissor-shy, your first stop needs to be the hairdresser to get rid of those split ends – an instant reviver for damaged hair.

Next you need to feed that barnet, so invest in a rich and nourishing weekly treatment. Choose a hard-working product that will nourish with oils like coconut or argan and strengthen with protein. Alternatively, make your own treatment by gently warming half a cup of olive oil. For extra intensity, place a shower cap over your hair after application and leave for 20 minutes.

Now that some of the lustre has hopefully returned to your processed tresses, focus on daily care and prevention. Over-washing can deplete hair of its natural oils, so avoid shampooing every day. You then need to find a conditioner that suits your hair. Finer hair will benefit from lighter formulas, whereas thicker locks can handle richer creams.

Finally, think about protecting against future damage. Even if you don't straighten or blow-dry, always spritz with a leave-in conditioner after washing – either containing UV protection, heat protection or both. And remember, the best defence is always a physical barrier, so make like Greta Garbo and don your headscarf in the sun.





# The Age Game

## HOW TO CARE FOR YOUR SKIN AT ANY AGE

**20s:** Your skin is fresh, plump and loaded with collagen – so take care of it. As prevention is better than cure, this is the perfect age to begin taking anti-ageing measures, so use a light moisturiser with a broad SPF sun cream every single day (even in winter). Go easy on the harsh exfoliators and drink loads of water.

**30s:** This is the age to get serious about exfoliation. Help refine large pores and keep skin looking smooth by using an exfoliating acid (like glycolic, lactic or salicylic) every other night. Also invest in a good eye cream and load up on those antioxidants in your diet by eating berries and leafy veg.

**40s:** As oestrogen levels drop, so does your skin's moisture, which means you'll need to invest in a hard-working moisturiser to keep it looking youthful. Choose one that has a high level of glycerine or hyaluronic acid to feed thirsty skin and start using a weekly face mask with nourishing and hydrating properties. Another great tip is to massage skin deeply while cleansing to stimulate lymph glands and promote drainage.

**50s:** With the onset of menopause, collagen production can drop off sharply at this age, so it's important to focus on hydration and nourishment. To retain moisture, you can skip your morning face wash (assuming you cleansed the night before) and invest in a really good antioxidant serum. An exfoliant containing retinoids can also help properly slough off skin cells.

**60+:** Your skin care regime needn't change too much after this point, with a focus on hydrating, firming and keeping discolouration at bay. It may become more sensitive, so go easy on the harsh chemicals and choose cleansing oils and creams that are packed with nourishing and healing vitamins. In other words, show your skin the love it deserves.



# PHARRELL FOR CHANEL



Considering his status as a leading music producer, composer and artist in his own right, Pharrell Williams' forays into fashion can get lost in his myriad other projects. But when he strutted down the catwalk for Chanel's Métiers d'Art show in December last year at the Ritz Paris, he grabbed the attention of the global fashion media.

No ordinary collection, Métiers d'Art honours the fine craftsmanship of the fashion house's artisan partners who are responsible for the exquisite embellishments we see on Chanel garments, like fine embroidery, lace and metallic-detailed buttons. It is apt then that notorious perfectionist Williams would make this his debut for the luxury French brand in a sophisticated tweed jacket, draped with strings of white and black pearls.

Having happily accessorised with Chanel's iconic costume jewellery in the past, Williams decided to break down gender barriers further by becoming the first male to appear in a handbag campaign for the brand in its 108-year existence, with head honcho Lagerfeld saying he wanted to show that the bag can be "worn in many different circumstances" – including, but not limited to, 11-time Grammy-winning hip-hop superstars.

In the short video, the cheeky superstar is larking about in an empty arena while toting a black alligator and lambskin Gabrielle Hobo bag, all the while bringing some serious cool to a brand that is more often associated with spoilt rich girls. But though few men can afford the bag (prices start at £2,650), it could mark a seismic shift towards fashion that is becoming increasingly androgynous. And let's be honest, if anyone can convince men that it's okay to rock a man bag, it's Pharrell.

Photo credit: Gettyimages



FASHION



# NINETIES FASHION: THEN AND NOW

It was the golden era of Britpop, grunge and Tamagotchis...but how far have we really come since the glorious Nineties?

### THEN: BRANDED SPORTSWEAR

Casual clothes were the ultimate fashion statement – from Nike Airs to Reebok Classics and Adidas tracky bottoms.

### Now: Athleisure

Sportswear has made a huge comeback, but brands are less visible and the lines are cleaner with skin-tight leggings and slim-fit hoodies in high-tech fabrics.

### THEN: GRUNGE

Plaid shirts, band tees, ripped denim and grandad cardigans were all part of the grunge uniform made popular by Kurt Cobain.

### Now: Hipster

The denim jeans may be skinnier and the plaid shirts more tailored, but there are definitely hints of grunge in the kind of fashion worn by today's hipster crowd.

### THEN: UNITED COLORS OF BENETTON

It's difficult to forget United Colors of Benetton's assault on our global psyche through its controversial ad campaigns. Confronting topics such as race, politics, social issues and sexuality, it quickly became the brand of choice for the cool kids.

### Now: Protest Fashion

From the 'pussy hats' worn by protestors at the recent Women's Rights marches to

Christian Dior's 'We Should All be Feminist' T-shirts, fashion for a cause is as hot as ever.

### THEN: TAMAGOTCHIS

Back in the hazy crazy Nineties, no outfit was complete without an adorable digipet. Available in an array of colours, these cute critters would beep and chirp when they wanted feeding and you could even play games with your beloved pet. It felt like the future was finally here, and no technology could ever be as cool as this...

### Now: iPhones

Probably the ultimate accessory of the 21st century, iPhones aren't just super-stylish, they have become an integral part of our day-to-day lives. And you can even get a digipet app if you really, really want to...



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# JUNE is the perfect fit for royalty

What June Kenton doesn't know about bras probably isn't worth knowing. June and her husband Harold bought Rigby and Peller in 1982 and it was during this time that Rigby and Peller evolved into one of the most talked about British brands and June was coined by the UK media as the 'Queen of Bras'.

June said: "I bought Rigby and Peller in 1982 and took over the Royal Warrant from there. The lady before had it since 1960. A Royal Warrant is given to a person. I had to go and meet the Queen. I was obviously very nervous and she thought it was ideal that I should have the Royal Warrant. She's just lovely and a super person."

June has also been entrusted by other members of the Royal Family – but there is one person who sticks in her memory above all others.

She revealed: "I was good friends with Princess Diana. She was absolutely gorgeous. She used to phone up and say I'm coming to visit headquarters, will you be there? I was completely devastated when she died. We used to go to Kensington Palace for lunch and all sorts of things. It was a great honour."

"I used to do Cherie Blair. Kim Kardashian came in and bought bras because she needed them. It's a wonderful thing to be able to do to meet all these wonderful people."

Does June have any advice or tips for normal ladies? She warned **VISION** readers most women are not wearing the right size of bra and added this could be damaging to their health.

She said: "85 per cent of women are wearing the wrong size. It doesn't cost anything to have a fitting. Women do it themselves which is very unfortunate because they get it wrong."

"Have a fitting and talk to a human being. It's essential that every woman should be wearing the right size. It affects your back. It affects your neck. Your health will become so much better if you are wearing the correct size bra."

Earlier this year June published *Storm in a D-Cup*, her remarkable story.



# SUN PROTECTION

People from all over Great Britain pray for the sun to come out in the summer months. But when it does occasionally make an appearance, what can we do to keep our skin protected? Because, let's face it, no one likes the tomato look or the peeling skin you get when you've burnt.

Everyone knows that they should wear sunscreen, but there's so many on the shelves that it's difficult to know which one you should buy. It's best not to look for the cheapest, or the one on offer, but to choose one that is suited to your skin type and will give you the most protection.

When buying sunscreen, the label should show a sun protection factor (SPF) and a UVA protection. You should aim to buy a sunscreen with a four or more-star UVA protection and an SPF of at least 15,

however the higher the better.

Although sunscreen will protect your skin from the sun, it's important not to rely on it alone. The NHS recommends that between 11am and 3pm you should stay in the shade as the sun is at its strongest. You should also wear suitable clothing and protect your eyes from the sun by wearing sunglasses with UV ray protection. When it comes to children, extra care should be taken.

There are some people who are particularly prone to burning and should take extra care in the sun. For example, people with freckles, people who have pale skin and people with medical related skin problems.

To make sure you're as safe in the sun as possible, ensure you buy and apply the correct sunscreen and follow the guidelines.

That way you will get to enjoy the sunshine and be confident you aren't doing any damage to your skin.







## Summer Holidays

August 2017

The summer holidays are here and we want you to have the best time possible. Here are a few tips for the summer season.

**Sun safety:** Exposure to sunlight can lead to sunburn and skin damage. Sunscreen is vital to prevent premature aging, wrinkles and pigmentation problems. We recommend sunscreen of at least SPF 30 and one which is protective against UVA and UVB rays. It is also best to stay out of the sun during the hottest part of the day, between 11am-3pm. We offer skincare consultations at the clinic and the most advanced SPF protection using ZO Skin Health®. If you are concerned about any moles or skin lesions it is advisable to book an appointment for assessment.

**Hydration:** When it is hot we sweat more and therefore it is important to drink at least two litres of water a day. In some countries, it is advisable to drink only bottled water.

**Hand hygiene:** You can reduce the risk of catching gastroenteritis (diarrhoea and vomiting) with regular hand washing using soap. To wash your hands thoroughly make sure you do it for 20 seconds (sing Happy Birthday twice!) and ensure you do the back of the hands, in between the fingers and around the wrists. This is especially important before eating.

**First aid kit:** Useful things to take with you include paracetamol for adults and children, antihistamine, plasters, antiseptic wipes and insect repellent.



**Vaccinations:** Ensure sure you have investigated which vaccinations are necessary for your holiday destination.

**Hyperhidrosis:** This season can be difficult for people who suffer with excessive sweating in their armpits. We offer botulinum toxin injections at the surgery which can be effective for up to six months.

**Contraception:** It is easy to get caught up in the moment when on holiday. Ensuring you have robust contraception is important to prevent unplanned pregnancy. We offer a range of contraceptive options at the surgery including pills, coils and injection. These will not protect you from sexually transmitted infections, however, so use condoms too.

We wish you all a very happy summer!

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# AT A STRETCH

When it comes to male fitness, it's all about boxing, running and play football, right? Well if you feel like you're doing all the right things yet are still finding yourself with tight muscles that are injury prone, or excess weight that just won't shift, it might be time to grab that yoga mat.

What do Orlando Bloom, David Beckham and Justin Timberlake all have in common? Apart from all being incredibly rich, handsome and successful, they all swear by practising either yoga or Pilates to keep in shape. No longer the sole pursuit of rich housewives or those on a gap-year in Goa, both practices are valued by serious athletes, and could help millions of people achieve strength, flexibility and freedom.

With increasing numbers of elite sports teams incorporating stretch-based workouts into their exercise regimes, it seems that professional athletes are waking up to the notion that prevention is better than the cure with three key advantages springing to mind.

Firstly, these practices can reduce the frequency

and severity of injuries by addressing postural issues. Pilates, in particular, is excellent for releasing the hip flexors, which will help bring them into a more neutral position, as well as reducing strain through the back and the hamstrings.

Secondly, both yoga and Pilates help increase body awareness, helping you feel more in control. Rather than explosive and dynamic movements, the like of which you would execute in a kickboxing class for example, there is an emphasis on minute movements that strengthen the smaller muscles and tendons.

The good news is that with these workouts you may feel like you're barely working up a sweat, but over time you'll have improved posture and will have fewer aches and pains.

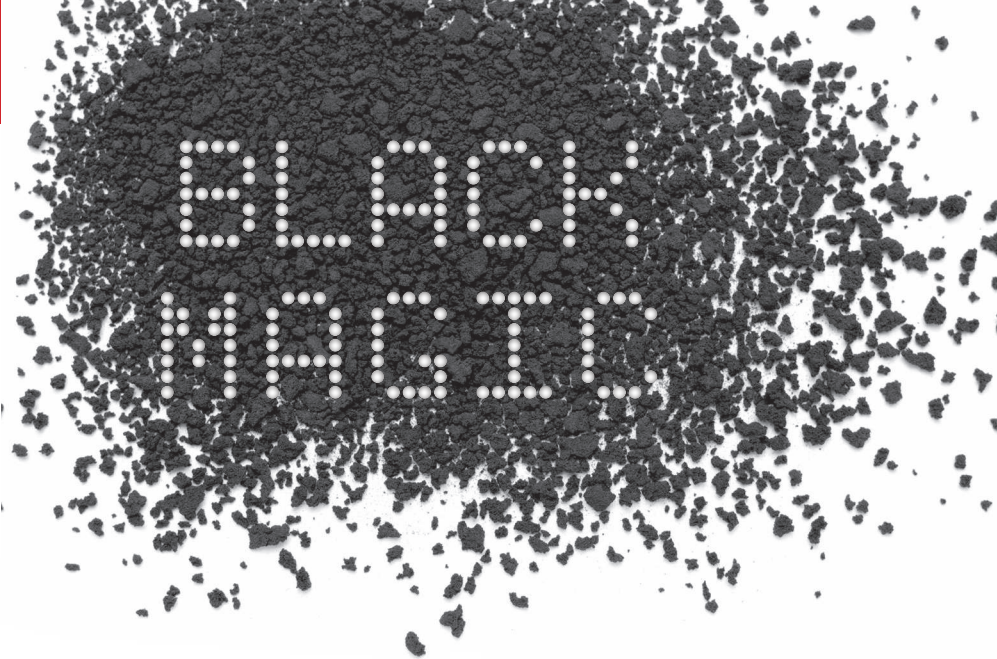
Lastly, after all that stretching and breathing, you will feel more relaxed and better prepared for life in general.

Correct breathing has also been known to reduce stress and boost your immune system as your body takes in more oxygen, so bend it like Beckham and reap the benefits.





HEALTH & FITNESS



If you suffer from embarrassing intestinal gas, activated charcoal supplements could be the secret weapon you need.

Everyone at some point in their lives will experience stomach distress like indigestion, gas or bloating, but for some of us these problems are chronic, with side-effects ranging from mild discomfort to huge embarrassment.

If this sounds like you, it may be worth considering taking activated charcoal supplements. Very different from the stuff you find in the fireplace, activated charcoal is a unique form of charcoal that has first been carbonised, then oxidised at very high temperatures to give it incredibly porous properties.

So how does it work? By travelling through your gastrointestinal tract, the charcoal absorbs toxins and impurities as it goes, meaning there is less to be expelled as unpleasant gas (charcoal can also absorb hydrogen sulphide, which creates those really unpleasant smells).

Sold in powder, tablet or capsule forms at health food shops, the recommended dose is 500 milligrams\* taken one hour prior to a typical gas-producing meal with a big glass of water (staying hydrated helps the charcoal pass through your body once it has done its job). It is also fast-acting, making it perfect for those big nights out when the only gassing you want to be doing is witty repartee with your friends.

\* Check with your doctor before using activated charcoal on a regular basis. Charcoal tablets may not be suitable if you are currently taking other medication because the charcoal could absorb the medication, making it less effective.

Tips to prevent gas:

- Chew food thoroughly
- Eat small meals
- Take a daily probiotic
- Avoid fizzy drinks and chewing gum
- Keep a food diary to identify possible intolerance
- Exercise regularly



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# Smooth OPERATOR

How to make a beautiful, delicious and nutritious smoothie bowl - AKA social media's favourite breakfast treat.

When wellness entrepreneur and blogger Deliciously Ella began extolling the virtues of 'smoothie bowls', it sparked a global eating trend. As innocent and sweet as your morning shake, yet packing the nutritional and satisfying punch of oatmeal, these highly Instagram-able bowls of sunshine are a fantastic way to start your day.

The basis of the bowl is blended fruit, veg and nut butter topped with everything from chia seeds and coconut flakes to cacao nibs, nuts and even granola. Slightly thicker than your average smoothie, the trick is to pack your base with as much good stuff as possible whilst still enabling the breakfast to retain a great taste. Avocado, kale, strawberry and coconut milk work perfectly, for example; or try banana blended with blueberries and acai for an antioxidant hit and a scoop of cashew butter for protein.

Some of the benefits of smoothie bowls are their versatility, simplicity, speed and relative cheapness, particularly if you buy the fruit frozen, and any seeds and supplements in bulk. They're also a great way get little ones to eat more fruit and veg, packing in up to two servings of your five a day in one pretty and extremely palatable bowl.

And the variations are endless. For instance, add a tropical twist by simply blending frozen banana, mango and pineapple with a little dairy-free milk, until you have a creamy, smooth texture like soft-serve sorbet, then top with toasted coconut flakes and passion fruit.

Or for something truly decadent, whiz up almond milk, peanut butter, banana and cocoa and top with granola, chocolate chips and slices of banana. This may seem more like a deconstructed peanut butter shake than a clean breakfast choice, but it is relatively low sugar and full of good fats and nutrients, proving that healthy can also be tasty.



FOOD & DRINK



# Health Cheques

Three food swaps for staying in shape while saving money.

### Processed cereal for porridge

Ditch that sugary bowl of wasted calories and start your day with some proper fuel. Porridge oats are a brilliant alternative to cereal because they're cheap and you know exactly what's going in your bowl. Top with seeds, fresh fruit or nuts for an extra health boost, or even a drizzle of maple syrup.



### Choc bars for energy balls

We all need a pick-me-up at some point during the day, but often the chocolate treats and biscuits you buy are packed with so much processed sugar that they will cause you to crash and burn. For a healthier treat, consider making some delicious coconut date balls. Soak 12 medjool dates in water, drain and throw in a food processor with one cup of ground almonds, half a cup of desiccated coconut, one-third cup of coconut oil, one-third cup of cocoa powder and one tablespoon of chia seeds. Once processed, roll level teaspoons of the mixture into balls, then dip in more shredded coconut before chilling.



### Sarnies for soup or salad

Those shop-bought sarnies may seem good value, but they are hiding some serious nasties. With just a little bit of planning you could be chowing down on some delicious homemade health food instead. Using a simple vegetable or chicken stock, boil your favourite veggies with some spice until soft, then blend for an easy soup. Sweet potato and chipotle, carrot and cumin seeds or roasted cauliflower and garlic are all cheap, easy and delicious. If it's too summery for soup, a tin of tuna, boiled egg, olives, lettuce, tomatoes and cucumber make an instant protein-packed salad niçoise.



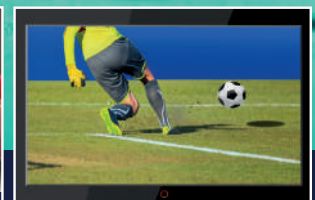
Check out next month's edition for four other swaps



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# WHAT'S ON *in your area*

**Teddy Bear's Picnic**  
Old MacDonald's Farm, Weald Road,  
Brentwood, Essex, CM14 5AY  
Saturday, August 12



Old MacDonald's Farm is holding a teddy bear's picnic over the summer holidays. Bring your teddy bears for a special day of storytelling, picnics on the hill, special treats and face painting. You can book tickets to the farm online at [www.omdfarm.co.uk](http://www.omdfarm.co.uk) for discounted entry.

**Brentwood Gospel Festival 2017**  
The Brentwood Centre, Dodinghurst Road,  
Brentwood, CM15 9NN  
Saturday, July 22



This one-day family fun event has live gospel music featuring some of the best gospel choirs and gospel groups performing on a festival-type stage. There will also be activities for children and lots of food and drinks being sold.

The festival, which runs from noon to 7pm, is a relaxed and friendly community event.

The event is free but you must register online to be allowed into the event. You can register at [www.brentwoodgospelfestival.org/register](http://www.brentwoodgospelfestival.org/register)

**Animal Aid Festival**  
Herongate Cricket Club, The Cricket Common,  
Brentwood Road, Herongate, CM13 3NY  
Sunday, August 20

Animal Aid is holding its annual family (and pet) friendly event over the cricket field. The free event has great entertainment, bands, food stalls, a licensed bar, arts and crafts stalls and lots more.

All the money raised from the event will go to local animal rescue centres, which are in desperate need of funds to continue the work they do.

**Essex Color Vibe 5K**  
Nuclear Races, Brentwood, Essex, CM15 0LA  
Sunday, August 27



Get ready to be covered in colour. Gather a group of your family and friends and get ready to take part in this 5K event.

You will get blasted with colour at each of the colour stations as you make your way around the course.

Register fast to qualify for the early bird entry price. Visit [uk.thecolorvibe.com](http://uk.thecolorvibe.com) for more information.

**Wildlife Footprints Trail**  
Thorndon Country Park, The Avenue,  
Brentwood, Essex, CM13 3RZ  
Until Sunday, September 3

Gather your family and friends and set out on a self-guided adventure walk through the park. Along the way, keep your eyes peeled for animal footprint markers, collect clues and solve puzzles as you fill in your trail guide.

Once you have completed the trail, head to the Pavilion Café to collect your prize.

There's no need to book – just turn up. Trail guides can be purchased for £3. The trail is open from 9am to 3pm.

ADVERTORIAL

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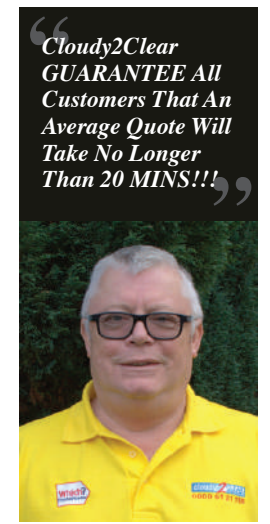
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# Keeping Baby Cool



As well as making your baby grumpy and stressed-out, overheating in infants can lead to an increased risk in Sudden Infant Death Syndrome (SIDS). With temperatures soaring at this time of the year, here are a few tips for keeping your little one cool and calm during the night.

**Remove unnecessary bedding:** If your baby is wearing a nappy, vest and sleepsuit, they'll only need a sheet as bedding if the temperature in their room is 24°C, and they can even sleep in just a nappy. In warmer weather, it is also worth removing any waterproof sheets from your child's cot.

**Cool it during the day:** The recommended room temperature for a baby to sleep is 18-20°C, which may feel a bit chilly to adults, but research has shown this to be ideal for tots. With this in mind, ensure the little one's room is cool in the day by keeping curtains closed and windows open, and

invest in a room thermometer for your nursery.

**Wash the warm away:** Every parent knows that nothing quite relaxes an infant like a nice bath before bed, and in the summer this is still the perfect way to soothe and refresh, but just make the water slightly cooler than usual.

**Compress and refresh:** The best way to tell if your baby is overheating is the temperature of its skin, particularly on the back of the neck. A cool flannel gently dabbed on this area will comfort them and bring their temperature down.

**Relax:** A frustrated baby is much harder to calm down, and a stressed-out parent sometimes doesn't help, but when you have a young infant (particularly your first), parenting can be hugely demanding. So, if you find yourself becoming flustered and your baby is hot and agitated, just take a moment to breathe, take them into a cooler room if it's too hot and give them slightly chilled water. Cool baby, cool parent.



# A SWEDE DEAL

What if you could get into work at 10 and be done by 4? In some Swedish cities, this fantasy became reality as part of a two-year-long experiment to see whether a shorter working day would create a happier workforce and provide a draw for future workers to come to the country.

The scheme saw 68 nurses at an old people's home in Gothenburg have their eight-hour days cut in a bid to improve staff satisfaction, health and patient care. During the first 18 months of the trial, the nurses working shorter hours logged less sick leave, reported better perceived health and boosted their productivity by organising 85 per cent more activities for their patients, from nature walks to sing-alongs.

But in spite of these achievements, the city had to employ an extra 17 staff, costing 12m kroner (£1.4m), and the project faced tough criticism from those concerned that the costs ultimately outweighed the benefits.

Earlier this year, the idea of transforming the traditional working week also appeared elsewhere in Europe, with French presidential candidate François Fillon pledging to change the usual "damaging" 35-hour week. Though the results of the Gothenburg experiment point to an inability to suitably marry job satisfaction with cost, the benefits of a shorter working week are plain to see.

It appears Sweden – whose Toyota service centre cut shifts 13 years ago to spark an immediate boost of productivity – will continue to be at the forefront of the debate, and while it may be too expensive a model for the public sector to adopt, there is certainly a chance that shorter hours will benefit Scandinavia's burgeoning start-up community.



# Tales from the BUSINESS GHOST



## The tale of BRILLIANCE & ACTION

Brilliance awoke one morning and, just like every other morning that Brilliance had been alive, he started to think. He envisaged truly wonderful things, he saw grand schemes of monumental importance, he dreamt up solutions to smooth the way to success, and his ideas grew into plans which warmed his heart and inspired his very soul. Brilliance let his imagination run into places that only the boldest of visionaries would go. He did this because he knew who he was; he knew that his name meant something spectacular and that by releasing his insatiable creativity upon the world, soon others would see it too... Brilliance had a dream.

On the other side of town a more ordinary scene was taking place. In fact for Action, this was quite a typical morning too. Her day had started a little earlier, not much, but certainly earlier than most. She wasn't flamboyant, she wasn't fanciful and she wasn't a daydreamer. That wasn't to say that she didn't have an imagination either – she just didn't dwell on it for too long. You see, Action was a doer. And that morning, just like every other one, Action got to work on turning one of the simple ideas that she truly believed in into a reality.

Meanwhile Brilliance continued to visualise his world of incredible, unimaginable (for the ordinary mind at least), multidimensional, colour-fantastic, sense-tingling and utterly unfeasible dreams of success.

In summary, "Action planned...Brilliance faded... and the same thing happened the next day, and the next, and the next..."

Caveat: not all Brilliance people are stuck in a daydream, but sadly far too many of them are...



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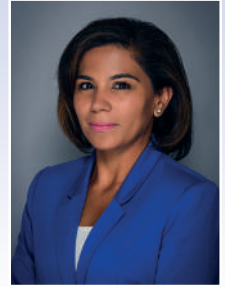
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# Be My eyes

As the modern world continues to fill our pockets with futuristic technology, we look at one app that is paving the way when it comes to assisting partially-sighted people in their day-to-day lives.

These days, our phones have become an integral part of our everyday lives. Need somewhere to eat? There's an app for that. Want a cab? There's an app for that. Fancy a date? You get the drift...

But a new app called 'Be My Eyes' is different. The non-profit project was conceived by partially-sighted Hans Jørgen Wiberg; in the near future it is hoped that the app will be an easy way for partially-sighted people to get around the multitude of smaller obstacles they encounter – from reading the small print on a train timetable to checking the expiry date on a pint of milk.

Be My Eyes works by connecting blind and

visually-impaired people to sighted volunteers via a remote video connection. Through the phone's camera, the blind person is able to show the sighted individual what they are looking at in the real world, allowing the volunteer to assist them with any of their vision-related problems.

While currently in development to be made compatible with Android phones, Be My Eyes is just one of many burgeoning technologies being created to aid those with sight problems. Take for instance the \$12million start-up Aira, which combines Google Glass and a widespread team of human agents. By streaming everything the user is seeing to an agent who is sitting in front of a dashboard, Aira is able to assist with everything from reading signs to shopping, to navigating, to the numerous other mundane tasks that sighted individuals take for granted. Now that's quite an eye-opener.



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# The boy who STOLE FOOTBALL'S HEART

Sunderland superfan Bradley Lowery sadly passed away following his battle with Neuroblastoma. Tributes have been flooding in from football fans around the world.

Bradley was famously known for becoming best friends with AFC Bournemouth and England player Jermain Defoe. He regularly visited Bradley both at home and in hospital and they formed an unbreakable bond.

The six-year-old also led out Sunderland against Everton in September where supporters of both clubs sang "There's only one Bradley Lowery" before a banner with the message "We're with you, Bradley" was paraded around the stadium. He also led out the England team at Wembley alongside Defoe for the World Cup qualifier against Lithuania in March.

A petition has now been started to rename the East Stand of the Sunderland Stadium of Light to 'The Bradley Lowery Stand' in his memory. It has

almost reached its 50,000 supporters target.

Everton was Bradley's second chosen club. The Blues donated £200,000 in September last year to Bradley's Fight to help fund treatment that was only available in the United States. They also auctioned off signed shirts from the game he attended.

Bradley's funeral was held on Friday, July 14 at St Josephs RC Church in Blackhall Colliery. Schools around the country allowed their students to attend in football shirts in return for a small donation to raise money for the Bradley Lowery Foundation and to remember the brave young boy.

Bradley has left a lasting impression on the world of football. He captured the hearts of football fans around the world with his strength, courage and love. A Facebook page named 'Remembering Bradley' has been set up for the public to post their messages of support so that Bradley's family and friends can have a forever keepsake of their angel.

# FEDERER SERVES A MAGIC EIGHT



Roger Federer finally put an end to his five-year wait to claim his eighth Wimbledon title after beating Marin Cilic in straight sets. The Swiss won 6-3, 6-1, 6-4 to become the most successful man in Wimbledon singles history. The 35-year-old took just one hour and 41 minutes to send the seventh seed packing at the final on July 16.

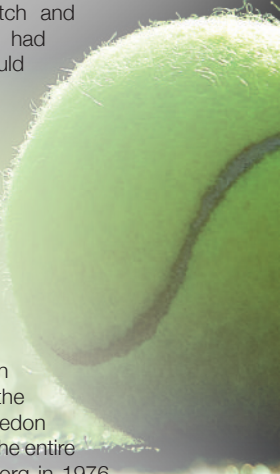
However, it wasn't the exciting match everyone had expected and hoped for, as it seemed that Cilic had given up very early on. The 28-year-old was struggling with a blister on his left foot and after falling 3-0 behind in the second set, he buried his head in his towel and sobbed. He revealed he had taken painkillers before the match and knew before the game had even began that he would struggle to play.

But despite medical attention, Cilic's dream to hold the Wimbledon trophy slipped away as Federer continued to dominate the game. Not only did he claim his 19th Grand Slam title, the most of any male player in history, he also became the first player to win Wimbledon without dropping a set in the entire tournament since Bjorn Borg in 1976.

He is the only player to have won three different Grand Slams at least five times.

In his post-match interview, Federer joked he would need some more time off, referring to his six-month absence in the second half of 2016.

He said: "I've got to take more time off. Better than holding the trophy and winning today is just being healthy. It feels great and means the world to me. So, to be back here and feeling great, holding the trophy and the whole tournament not dropping a set is magical. I can't believe it - it's just too much really."



# The Growth of Netball



Netball has been around for thousands of years, despite its popularity only growing within the last few decades. The game that many women now know and love was first established in 1895 and was played for the first time in England at Madame Osterburg's College the same year.

During the Australian tour of England in 1957, it was decided to standardise the rules of the sport. Before that, there were games of five-a-side being played as well as nine-a-side.

As a result of the meeting, it was decided to hold World Championship tournaments every four years. These began in Eastbourne in 1963.

Netball became a recognised sport of the International Olympic Committee (IOC) in 1995 and is now a significant sport in the Commonwealth Games. However, the Netball Association is still battling to get netball into the Summer Olympic Games.

Australia have dominated the sport for hundreds of years. They won seven World Championships in a row, with New Zealand briefly putting a halt to their streak in 2003. However, they didn't make the mistake a second time as they claimed back the crown in the following Championship.

The English Roses have been upping their game in recent years and took home the bronze medal in the Netball World Cup in 2015 after beating Jamaica 66-44. They also came within touching distance of a gold at the 2017 Quad Series but the Australian Diamonds denied them the chance as they agonisingly lost 47-46.

It was announced in February that Sport England had awarded England Netball £16.9million over the next four-year period. The increase in funding will allow for the sport to continue to grow in popularity both in local communities and on the world stage.

Netball is certainly heading in the right direction. It's estimated that 20 million people in more than 80 countries worldwide play the game. It has come a long way from the playground game played in the 1890s.



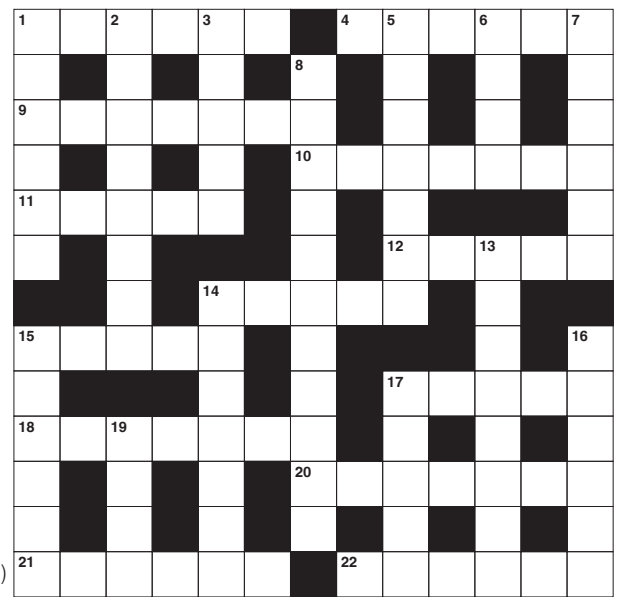
# PUZZLES & TRIVIA

## ACROSS

- 1. Flipped a coin (6)
- 4. Fiery particles (6)
- 9. Model of excellence (7)
- 10. Brings to effective action (7)
- 11. Loses colour (5)
- 12. Bring on oneself (5)
- 14. Young boy or girl (5)
- 15. Cowboy exhibition (5)
- 17. Happen again (5)
- 18. Vivid purplish-red colour (7)
- 20. Open-minded; given freely (7)
- 21. Adjusts (6)
- 22. Unfastened (6)

## DOWN

- 1. Embody (6)
- 2. Finely chopped (8)
- 3. Borders (5)
- 5. Settled in advance (7)
- 6. Repeat an action (4)
- 7. Snores (anag) (6)
- 8. People with distinct identities (11)
- 13. Piece for a soloist and orchestra (8)
- 14. Spouse of a reigning monarch (7)
- 15. Type of palm tree (6)



- 16. Screen of metal bars (6)
- 17. Bird (5)
- 19. Caribbean country (4)

## DID YOU KNOW

- ▶ Your skin's outer layer sheds every two to four weeks, amounting to roughly 0.7kg of dead skin in a year.
- ▶ You spend 10 per cent of the day blinking.
- ▶ Without your pinkie finger you would lose about 50 per cent of your hand's strength.
- ▶ Human decomposition begins about four minutes after death, a process known as 'self-digestion' where your enzymes and bacteria eat you away.
- ▶ If all the DNA in your body was uncoiled it would stretch out to about 10 billion miles, which is from Earth to Pluto and back.
- ▶ Your eyes can distinguish between 2.3 and 7.5 million different colours.

## SUDOKU

	2			5				
4			8					
	5	3				2	1	
5		2		7				
			2	6	1			
				4		7		3
	1	9				5	4	
						3		8
			7				3	

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# ROAD

# RAGE



MOTORING

Even at seemingly serene moments behind the wheel, the red mist can quickly descend – but which driving habit did British motorists say annoys them the most?

We've all been there, stuck in traffic, temperature off the scale. It's been a long day and you just want to get home to see your kids and sit down in a comfy chair. Sweat is pooling at the back of your neck and the dip of your spine. And just as you go to pull away – the cool, inviting promise of your loved one's welcoming embrace hovering like a mirage on the heat-haze horizon – someone cuts you up and in a flash you're consumed by the hot wave of road rage.

But what do British motorists – people who pride themselves on maintaining proper queue etiquette – consider the most annoying driving habit? The good folk at the AA have polled more than 140,000 members since 2008 to find out what they think is the most irritating trait of other drivers. The results are in...

Yep, that's the verdict: tailgating has been ranked the most irritating habit of drivers on UK roads for six out of the past seven years. Which is unsurprising really when you consider that it's really just failing to maintain proper queue etiquette when driving.

Talking on a mobile phone has consistently come second (apart from in 2014 when it clinched the top spot) and, despite being illegal, it continues to plague motoring happiness across the nation. So, next time you decide to get that little bit too close to the car in front while simultaneously chatting on your mobile and lobbing a sweet wrapper out your window, know this: you are officially the most hated person on Britain's roads.

1. Tailgating (26%)
2. Talking on a mobile (25%)
3. Middle lane hogging (23%)
4. Swooping or cutting across lanes to leave a motorway at the last minute (10%)
5. Overtaking on the inside (7%)
6. Driving slowly (3%), speeding (3%), littering (3%)



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Neil (The Gleaming Glass Co)

## DIZZY CASTLES

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