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WARLEY MOUNT £675,000

COMMUTER`S DELIGHT!! Located within a few minutes stroll of Brentwood Station is this excellent four bedroom detached family home. Very well presented throughout and benefiting from a lovely mature sunny garden and good size garage with off street parking. Internal viewing a must.



WILKINSON COURT £260,000

A great first home, located just a few minutes' walk for the train station is this one bedroom flat. The finish is excellent and the current owners have maintained their home beautifully. Underground car parking and communal gardens add to the quality and feel to this lovely property.



WHARF ROAD

A lovely 2 bed Victorian cottage located in a cul de sac in the heart of Brentwood, less than 5 minutes walk from the Station. The current owner has created a lovely, homely cottage which would be perfect for a first home or possibly a down-sizer. Benefits include a first floor bathroom, large master bedroom and conservatory which offers the perfect dining area overlooking the sunny garden.



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Editor's notes...



Nik Allen, Editor

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

The sun has certainly had its hat on the last few weeks as we have been having some record-breaking temperatures and

I'm sure you will agree with me in saying I hope it lasts all summer.

In Home/DIY this month we get some tips from Michelle Ogundehin, whilst most of us have been spending a lot of time in the garden recently we focus on how to save our hogs in Gardening.

In Food & Drink we get some shaken and stirred cocktail ideas and in Travel we get down and dirty and hear from Bear Grylls.

In Local News we catch up with Brentwood Town FC whose preparations for the new season are well under way, there's a chance to meet Brentwood's new mayor, and a teenager from the town has been wowing the judges on *The Voice Kids*.

Local news is important to us so if you have any stories to share, please email them to editorial@visionmag.co.uk

As always we encourage our readers to get in touch with Feedback on this month's edition.

Let us know your thoughts and enjoy reading.

Nik

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BRITAIN'S TROJAN HORSE OF TERROR

Years ago, an ex-IRA member explained that a terrorist only had to be lucky once – but that the British Authorities had to be lucky every time.

Now with the IRA long out of the way, his words are still very much true today, as the UK tries to deal with a different terror group – Muslim jihadists.

They are in effect a Trojan horse of terror, as in most cases they are British-born.

Another group joins them - immigrants who come to the UK with the avowed intention of turning Britain into an Islamic State.

However the vast majority of Muslims who live in the UK are peace loving and want to live within the laws and rules that exist.

There have been three terror attacks in the UK in as many months: Westminster, Manchester, and now London again.

And it is disaffected young European Muslims who are increasingly conducting the Islamic State's murderous revenge on the streets of European cities.

Staggeringly since 2005 with the 7/7 bombings in London there have been 94 people murdered in the UK and 926 injured, many with life changing injuries as a result of terror attacks.

They have all been carried out by jihadists- except one - Thomas Mair an extreme right wing terrorist who killed Labour MP Jo Cox.

The rest have been carried out by British-born Muslims or those who have come to this country as refugees.

Since 2013 security forces have stopped 18 other jihadi attacks – five of them alone around the latest three atrocities.

But realistically the UK's security services have a night on impossible job on keeping track of all those who potentially could carry out a terrorist jihadi act.

Roughly 850 British Muslims have joined the Islamic State in Syria and Iraq, around half of whom may already have returned. That is around 400 known ISIS sympathisers walking our streets – and for all we know plotting another atrocity here on our streets.

The more frightening figure is that Britain now contains 23,000 potential jihadist terrorists, while the state only has the resources to monitor 3,000 at any one time.

The Manchester attacker Salman Abedi was reported to security services at least five times by the local Muslim community but was not monitored due to lack of resources.

One of the London Bridge terrorists, Pakistani Khuram Butt, was reported at least twice.

If anything, the Westminster, Manchester, and London Bridge attacks offer a dark glimpse of Europe's future.

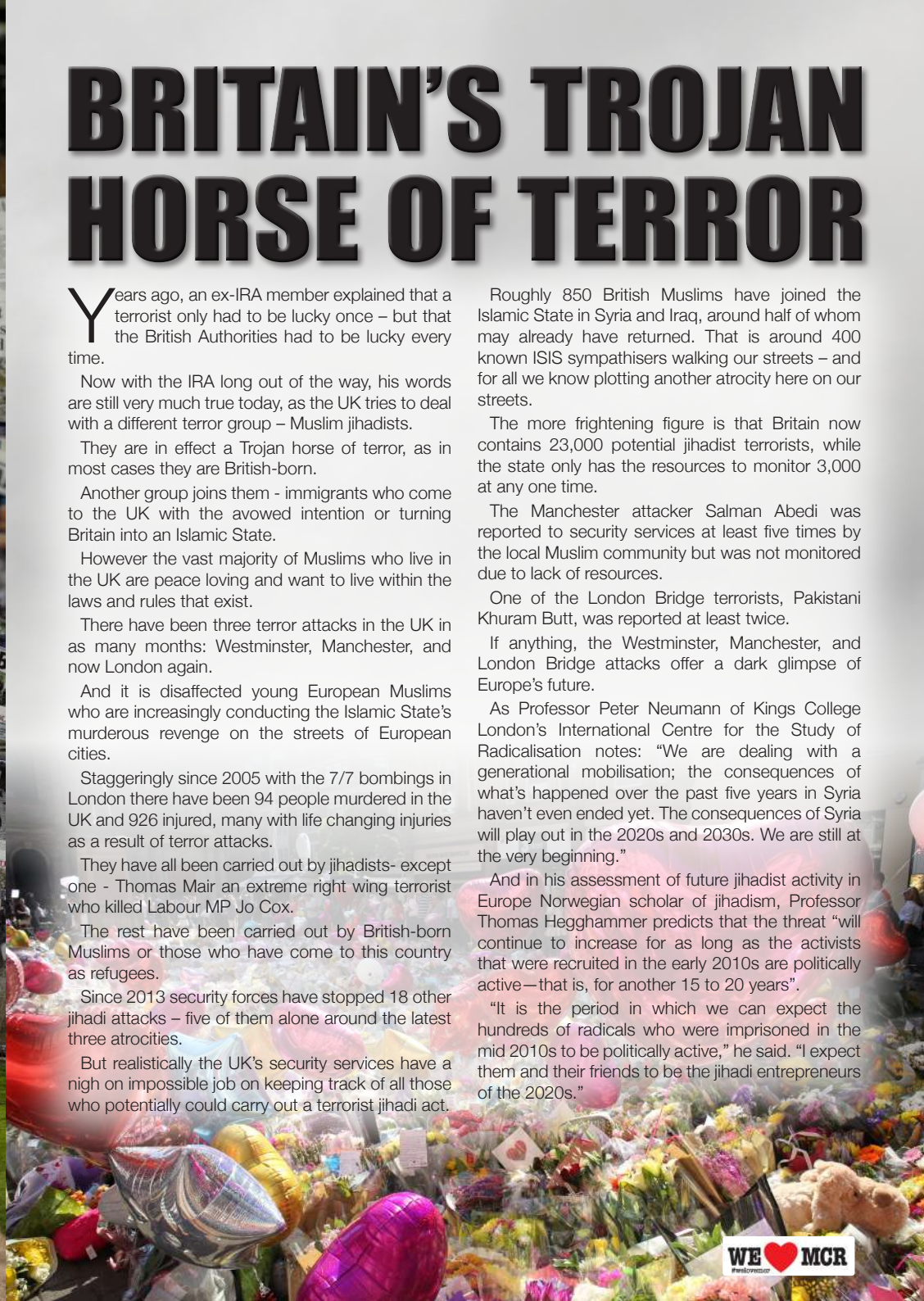
As Professor Peter Neumann of Kings College London's International Centre for the Study of Radicalisation notes: "We are dealing with a generational mobilisation; the consequences of what's happened over the past five years in Syria haven't even ended yet. The consequences of Syria will play out in the 2020s and 2030s. We are still at the very beginning."

And in his assessment of future jihadist activity in Europe Norwegian scholar of jihadism, Professor Thomas Hegghammer predicts that the threat "will continue to increase for as long as the activists that were recruited in the early 2010s are politically active—that is, for another 15 to 20 years".

"It is the period in which we can expect the hundreds of radicals who were imprisoned in the mid 2010s to be politically active," he said. "I expect them and their friends to be the jihadi entrepreneurs of the 2020s."



Memorial in Hyde Park in memory of the victims of the 7th July London Bombings



GEORGE'S DOUBLE JOY

When it was revealed last November that Amal and George Clooney were expecting not one, but two bundles of joy, the internet positively buzzed with delight, and on Tuesday, June 6 the twins finally arrived.

As one might expect from the classiest couple in Hollywood, the announcement of the births was understated and succinct, delivered by publicist Stan Rosenfield in a breezy if concise statement. "This morning Amal and George welcomed Ella and Alexander Clooney into their lives. Ella, Alexander and Amal are all healthy, happy and doing fine," he wrote, adding cheekily: "George is sedated and should recover in a few days."

Before Clooney married the stunning human rights lawyer in a lavish ceremony in Venice in September 2014, he was LA's most infamous bachelor. No woman could tame him, and on several occasions the silver fox suggested he may not ever have children. But in the fierce and bright Amal Alamuddin he finally met his match, and in February, when discussing parenthood, the movie star told French show *Rencontres de Cinema*: "We are really happy and really excited. It's going to be an adventure. We've sort of embraced it all... with arms wide open."

While we are yet to chance a glimpse of the dazzling duo's offspring, you can bet they will be adorable; and considering the veritable catwalk of fabulous maternity outfits Amal has treated us to these past few months, Ella and Alexander will be Tinseltown-stylish as well.



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Make the most of smaller spaces with these ingenious mirror tips.

OPEN SESAME

Desk space built into cupboards may be an ingenious and necessary invention with today's urban living standards, but that doesn't mean it can't feel claustrophobic at times. One solution is to fit the back wall with a mirror so that when you're sat at the desk you can see the room opening up behind you.

GO BIG

Make a mediocre lounge feel like a palatial hall with an enormous freestanding mirror. Go as grand as you can get through the door for maximum magical illusion and don't be afraid to put furniture in front of it to form interesting reflections. Oh, and if you're feeling really flashy, go for a gilt frame.

GO WALL-TO-WALL

Generate an optical illusion that would dazzle Dali himself by mirroring two adjoining walls. Reflective

tiles are arguably the easiest way to achieve this look and will also stop confused guests from wandering into your magnificent mirrored mirage.

MIRROR MIRROR

Give your home the gift of infinite space by placing a smaller mirror on a wall opposite a larger one. This will create depth, space and light, while also giving you an extra spot for getting glammed-up on a Friday night.

FAKE WINDOW

Why reflect a room when you can reflect the whole world? By placing a mirror opposite a window, you can enormously increase the natural light and produce a sense of space and airiness.

REFLECTIVE ART

Forget Warhol and Matisse, the real work of art ought to be you. Make mirrors a central part of your home by hanging them instead of paintings. This works particularly well if you buy three matching frames and hang them as if in a triptych. Simple, stylish and space-creating.





Indoor Outdoors

Make the most of the summer heat by turning your garden into a practical living space. The nights are long and the sun is high, but here in the UK we still shy away from making the most of our gardens. We host the odd barbecue perhaps, or spend the occasional balmy evening drinking and chatting under the stars, but in general the garden can be a rarely-used refuge... and isn't that a shame?

One of the more frustrating aspects of British summers is our unpredictable weather, so an awning or sturdy umbrella is a worthy investment. Place underneath this a rattan sofa dining set with table, and you've already got the beginnings of a versatile and comfortable outdoor lounging and dining area.

If you've got additional space, consider decamping the dining table outdoors for a few months. Invest in something large and sturdy – benches fit many and stow easily – to accommodate your entire family and the abundance of guests that will come flocking at the news of your new pizza oven. That's right, outdoor pizza ovens have usurped the humble BBQ and are this year's big garden trend. Available from around £100 on the high street, they are compact, easy to use and promise the kind of crispy, melty magic you would normally only find in Naples.

Garden furniture can be drab, so splash out on the brightest tablecloths, picnic crockery, throws and garden lights to create a space which feels as cosy as your indoor lounge. Stave off the cold with a gas patio heater or indulge your inner caveman with a fire pit. Add food, friends, music and several cases of wine, and you've got the summer holiday of your dreams – without leaving your home.

Garden Shopping List... ☀️

- Big Umbrella*
- Pizza Oven* 🍕 *jummy!*
- Rattan Sofa Dining Set*
- Bright Table Cloth*
- Picnic Crockery*
- Garden Lights*
- Fire Pit*



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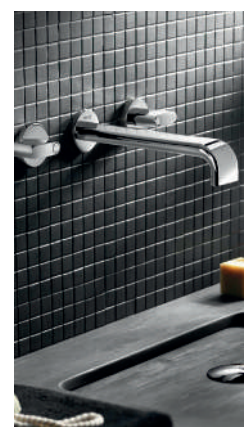
DISCOVERING THE IMMACULATE STYLE OF MICHELLE OGUNDEHIN

When series four of The Great Interior Design Challenge aired in its new primetime slot on BBC Two earlier this year, viewers were treated to a new guest judge. Alongside returning favourites Kelly Hoppen, Daniel Hopwood and Tom Dyckhoff came sparky and stylish newcomer Michelle Ogundehin. Though not as recognisable a face as the flame-haired Hoppen, nor as noted as Hopwood – director of the British Institute of Interior Design – the Manchester-born writer, TV presenter and award-winning editor is internationally-renowned as an authority on interiors, style and contemporary design.

Trained as an architect at London's celebrated Bartlett School, Ogundehin spent two years working in architectural offices in both London and New York. Publishing soon beckoned and her first role was the launching of Tate Art Magazine under Tim Marlow, followed by a tenure at Deyan Sudjic's Blueprint Magazine. In 2004, she was appointed editor-in-chief of ELLE Decoration UK, where she remains. Under her helm, the magazine has reached its highest circulation and repeatedly won the coveted Consumer Lifestyle Magazine of the Year Award, and Ogundehin has personally claimed Editor of the Year.

Having tired of life in her Shoreditch loft in the capital, the achingly chic beauty now resides in a Georgian flat in Brighton with her young son and two rambunctious basset hounds. Her style aesthetic has a focus on the classically timeless. She is immune to fads, is a self-confessed clutter-clearing obsessive and believes staunchly that the devil is in the detail.

Having co-presented Grand Designs: RIBA House of the Year alongside Kevin McCloud in 2015, Ogundehin was asked if she might like to one day launch an ELLE Decoration TV show. She hinted that yes, she might. Watch this immaculately curated space...



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HOME & DIY

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There was a time when beeswax was the very best in furniture polish and nothing got your cutlery sparkling like white wine vinegar diluted in warm water. But as technology has advanced, so too has our reliance on highly-chemical, corrosive detergents and sprays which, while cleaning fast and effectively, could be doing untold damage to our environment.

Thankfully there is a whole host of eco-minded brands which are working hard to create household products that match the effectiveness of the more well-known goods while lessening their abrasiveness. Ecover is one such name that is becoming ubiquitous on our high-street shelves; its non-bio laundry liquids and fabric softeners are not just easy on the earth, but easy on your skin too. Method is another company offering effective cleaning with an emphasis on eco-chic – its 'French Lavender All Surface Cleaner' wouldn't look out of place in a perfumery.

The question is: how can these products match their chemical counterparts in cleaning power? Well, 'Ecover Toilet Cleaner' uses citric acid and xanthan gum to tear through limescale and bacteria, whereas 'Method Tub Scrub' employs abrasive milled marble to banish build-up, along with fragrant eucalyptus oil and a magnesium compound as dispersants for soap scum.

Unfortunately, though, being an eco-warrior can take its toll on your pocket as these products can often cost a few pennies more than their less eco-friendly counterparts. With that in mind, it's worth considering whizzing up a few home-made potions for everyday use. Vinegar and lemon juice in a spray bottle really is an effective everyday surface cleaner (add bicarb for stubborn areas), a little olive oil can restore lustre to wood and a cut-up lemon boiled in the kettle and left overnight (then rinsed thoroughly) can revive limescale-ravaged kettles. Proof that you can save the world one lemon at a time.





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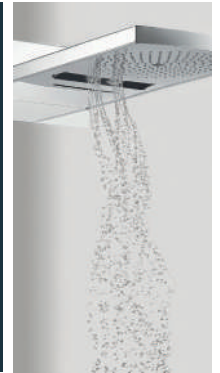
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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Local school disappointed with Ofsted report

A secondary school in Brentwood has suffered a poor rating in its latest Ofsted report.

Brentwood County High School was rated 'requires improvement' after receiving a 'good' rating back in 2014.

Despite most areas needing improvement, the '16 to 19 study programmes' was still rated as 'good'.

The Ofsted report outlines where the school is struggling, saying: "The quality of teaching, learning and assessment is not consistently strong within subject areas, across key stages and year groups. As a result, pupils do not make enough progress, from their individual starting points, in many subject areas."

"Teachers do not draw sufficiently on what pupils already know and understand when planning new learning. As a consequence, pupils are not stretched to make good progress in many subject areas including mathematics and science."

"Leaders have not ensured that all staff implement school policies on behaviour management. Some pupils do not have positive attitudes towards learning resulting in the disruption of learning for other pupils."

"Governors have not offered sufficient challenges to leaders regarding the progress pupils make at each key stage. Additionally, they have not held leaders to account sufficiently for the progress that disadvantaged pupils make."

"Leaders have not effectively ensured that the tracking and monitoring of pupils' progress is shared with middle leaders, staff and pupils. Consequently, the current assessment and tracking system does not have a positive impact on pupils' progress in many areas of the curriculum."

In a letter addressed to parents by the chair of governors, Rosemary Lovatt, she said she was disappointed.

It read: "We are naturally disappointed that, following their visit in May, Ofsted has judged the school as requiring improvement. Having worked to consolidate and further improve on the good judgment we achieved in 2014, we accept that the challenges we have faced in attracting and retaining staff in the current climate in education have to some extent impacted on our ability to consistently deliver education to our usual high standard."



Photo Credit: Essex Fire Service

Firefighters called to derelict property

Firefighters were called to a blaze in a derelict property near Brentwood last month. When crews arrived in the early hours of June 19, they reported that the whole of the detached property on Coxie Green Road was on fire. At 2:35am firefighters reported they were

extinguishing hot spots. At 5:30am, firefighters reported the fire was completely out and all hot spots had been extinguished. An investigation will be carried out to establish the cause of the fire.

Council elects new mayor



Brentwood Borough Council has elected councillor Will Russell as the Mayor of Brentwood, replacing councillor Noelle Hones who held the role last year.

Cllr Russell, who becomes the 26th Brentwood mayor, was born near Shenfield Common at the maternity hospital Brentwood Cottage Hospital. His aims are to help the young, older people and those less fortunate, and so has set up a new Community Trust Fund.

He said: "It is a great honour to be elected as Mayor of Brentwood for 2017/18. Having lived in Brentwood all my life, I'm proud of the strong sense of community we have in the borough.

"I have established the Community Trust Fund to benefit small charities, aiming to promote community cohesion through events and to offer grants to small charities.

"I was fortunate enough to have known a very brave young boy, although with us for a short time, he touched so many hearts. The life of Sky Harrington-Ellis inspired me to start this charity. Through this charity, we will fund individual cases of need."

Councillor Sheila Murphy, ward member for Herongate, Ingrave and West Horndon, was appointed Deputy Mayor.



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First new council housing developments for 25 years under way



Brentwood Borough Council has begun its first new council housing developments for 25 years. Their aim is to build much needed homes for families and the elderly, at Magdalen Gardens and Fawtens Close.

Community, health and housing committee deputy chairman cllr Cliff Poppy said: "Letters have been sent to residents asking them to come and have a chat about the sites under consideration at two events we are holding."

While this work continues, other sites which may provide similar opportunities for new homes are to undergo a feasibility study with residents being asked for their input and views.

The sites being considered are council-owned garage sites within Hutton North, and a drop-in session was held on June 17 to allow members of the public to view the planning applications.

Community, health and housing committee chairman, cllr Chris Hossack added: "The need for homes people can afford is growing all the time across the country and here in Brentwood we are determined to tackle the problem for all those needing somewhere to live across the generations."

"These garage sites offer potentially a prime opportunity for us to reuse the areas and build for the future. That is why these events are important and we look forward to meeting residents and hearing their views."

Tories win local parliamentary seat

The Conservatives romped to victory to hold the parliamentary seat including Brentwood.

On a disappointing night for the Tories, Alex Burghart won the Brentwood and Ongar seat at his first time standing.

He won the seat, which has been held by the

Tories since its creation in 1974 and held by Sir Eric Pickles, by a majority of 24,000 over Labour.

However, Labour won 7.9 per cent more votes than they achieved back in 2015, mostly thanks to UKIP dropping 13.5 per cent of the votes.

Printers win community service award

A community interest company in Brentwood has won a prestigious award.

Brentwood Community Print won the Voluntary Community Service Award at Essex County Council's Who Will Care Awards? The awards took place last month and celebrated inspirational individuals, communities, teams and businesses in Essex that make a difference through the work that they do.

Brentwood Community Print exists to support people in recovery from mental health to gain confidence, skills and work experience in a safe and caring environment.

They created and developed a Colouring Therapy Café for clients with mental health issues. In its first year they provided placements for 22 volunteers, more than 130 sessions and 738 attendees.

Brentwood Community Print is a proactive organisation that looks strategically at how they all work together for the benefit of the community's emotional wellbeing and mental health.

Meanwhile **VISION** Brentwood reader Pam Bennett contacted us after staff at Brentwood Community Print helped her find her missing cat recently.

She revealed: "I went to Community Print to get some fliers and leaflets printed. I took a few pictures with me, and they took time to select the best for the purpose, and duly printed what I required, at an extremely reasonable price."

"While all this was going on, I was shown to a chair, and one member of staff made me a cup of tea. As a consequence of all this, I left their premises feeling much better. I am happy to say that said cat returned a few days later, safe and well."



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Orienteers take top school title



Brentwood School's young team of orienteers defied the sweltering conditions to put in a sterling performance at the last outing of the season held at Wivenhoe Park last month.

As temperatures soared to more than 30°C, 12-year-old Freya Killilea was 1st girl home on the Yellow 1.7km run in a time of 12:37 and Sarah Prior, aged 13, was 3rd girl in a time of 16:41.

Year 3 pupil Emma Bowie-Britton was 2nd girl on the Orange 2.4km route in a time of 42:21, with Jessica Mills, also in Year 3, 3rd with 51.02.

To cap off a successful morning, the team scored enough points to retain its lead at the top of the Essex and Suffolk Schools Orienteering League (ESSOL) winning the award for the best performing Senior School Team of the 2016/17 season.

In addition, 14-year-old Emma Bowie-Britton won the silver medal for being 2nd girl in her age category for the season.

Essex Police crackdown on online child abuse

A crackdown, aimed at targeting offenders downloading, making and distributing indecent images of children online has seen more than 40 people arrested and properties raided by Essex Police in the last six months.

The force has also safeguarded 46 children who may be at risk of harm and secured multiple charges against a number of those arrested.

Over the last six months, a dedicated team of specialist officers have targeted those involved in the downloading, distribution and making of indecent images of children.

The team have worked alongside and in support of Essex Police's existing specialist Police Online Investigation Team (POLIT) and Child Abuse Investigation Teams (CAIT). During the last six months, as part of the force's normal response to

these crimes, the POLIT team also took on 51 new investigations into those involved in the making and distribution of indecent imagery of children.

Since November 2016, the additional team have searched 44 homes of suspected offenders across the county. They have arrested 43 people. Twelve have been charged whilst the rest remain on bail to enable complex digital forensic work to take place.

Two men have already been charged and convicted of downloading, making or distributing a total of nearly 400 indecent images and footage of children including material considered to be the most serious (Category A). A third man who admitted being found with more than 70,000 images of child abuse is awaiting sentence.

Det Chief Insp Jon Burgess, of Essex Police's Crime and Public Protection Command, said: "Essex Police are working tirelessly to identify these people and stop them. Using all the tools and technology at our disposal we will go to where they live and work, seize their equipment and arrest them."

Police appeal following theft from High Street retailer

Police investigating a theft from Boots in Brentwood High Street would like to talk to the person at the bottom of the picture in connection to the crime.

The incident took place on Thursday, May 18, at around 2pm, where a man and a woman entered the store, selected a number of items worth a three-figure sum and left without paying.

Anyone with information is asked to call PC Rebecca Charge at Brentwood police station on 101 or Crimestoppers anonymously on 0800 555 111.



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Fire service to check properties following horror Grenfell Tower incident

Following on from the harrowing and tragic fire at Grenfell Tower in London last month, the Essex County Fire and Rescue Service has committed to visiting all high-rise residential buildings in Brentwood and elsewhere across the county.

Teams of firefighters, community officers and volunteers will be visiting all 270 high-rise buildings in Essex, starting with the tallest properties.

Acting chief fire officer Adam Eckley said: "In response to the devastating fire at Grenfell Tower we have committed to visiting all the high-rise blocks of flats in Essex over the coming weeks. We understand that residents are feeling vulnerable and scared and we want to do everything we can

to make them feel safe in their homes.

"We have organised dozens of teams across Essex consisting of firefighters, community safety teams and volunteers to visit every single high-rise block of flats. The teams will talk to the residents and give them reassurance and safety advice and also answer any specific fire safety concerns they have.

"I want to reassure the high-rise residents of Essex that as a fire service we will be doing everything we can to make them feel safer in their homes.

"I would also like to remind everyone living in Essex we can also carry out individual home safety visits, no matter where you live in Essex."

Police officers save man from jumping off bridge

Two police officers helped save the life of a man who was threatening to jump off a bridge above the A12 in Brentwood.

PC Andy Bullock from the Brentwood local policing team, who was tutoring PC Lucy Lumbard, noticed a man in distress on a bridge close to Wigley Bush Lane at around 4pm on Thursday, May 18.

The officers ran onto the bridge and started to talk to man, who suddenly walked up to the railings and threatened to jump.

Andy and Lucy grabbed the man, pulled him to the ground and managed to calm him down.

PC Bullock said: "The young man was soaking

wet and did not speak to us very much, but Lucy was fantastic with the way that she dealt with him and showed him care and compassion, whilst trying to obtain any details that she could from him.

"She built a good rapport with the man and this inevitably helped us to conclude the incident in the simplest of means, by having him voluntarily admit himself to hospital.

"I would expect any officer to deal with this kind of incident in the same way, however, having only been on patrol for five weeks I was very impressed with the way that she got stuck in and helped save this man's life."



Special needs students complete work experience with charity



A group of students from The Endeavour School in Brentwood have completed a two-week work experience project with a Billericay charity which helps support children with disabilities. The project, run by Disability Inclusion Society (DIS), allowed 13 disabled students to try their hand at a whole range of projects from landscaping and carpentry to horticulture and art.

The students joined the existing DIS team, which is made up of 16 disabled adults who work at the DIS day centre in Barleylands each week to boost their life and social skills.

To celebrate all their hard work and to showcase their skills to the community an open day was set up. Charity director, Richard Orchard-Rowe, said: "The open day was an enormous success, both the students and the DIS team shone through and made all the staff at DIS and Endeavour beam with pride.

"The DIS team were amazed at the level of enthusiasm that each of the students had for the tasks at hand. Some of the projects tested the students both physically and mentally, but the results were outstanding."

Should anyone wish to learn any more about DIS and its projects, then please visit www.dis4u.co.uk or call on 07832 261900 to arrange a visit to the centre.

Hundreds support brewery's Beer and Gin Festival

Brentwood Brewing Company was delighted to welcome hundreds of visitors to their Beer and Gin Festival at the brewery on Saturday, June 10.

Among the many beer fans enjoying a selection of Brentwood brewed real ales was the town's new MP, Alex Burghart, who made the festival his first official constituency visit since becoming MP for

Brentwood and Ongar. He said: "I do like drinking beer. I'm a real ale drinker. You've got to support local business in your own way don't you? So, of course, I've tried some Brentwood beers. Chockwork Orange was my favourite.

"You cannot support the constituency's interests and views unless you're out talking to the people so it's my pleasure to be here at Brentwood Brewery."

Also visiting the brewery and supporting the festival were VIP guests the Deputy Mayor of Brentwood cllr Sheila Murphy, former mayor cllr Mark Reed and last year's mayor cllr Noelle Hones and her husband cllr Jon Cloke.

Brentwood Brewery MD Roland Kannor said: "It was our biggest and best Beer Festival at the brewery yet. We're thrilled and grateful that so many local people turned out to make it such a jolly occasion.

"We'd like to thank everyone for coming along including our special guests and the bands. We really appreciate the support.

"It's been such a great success that we're already planning our next beer festival, Oktoberfest, at Brentwood Brewery on Saturday, September 9."

Local teen wows *The Voice Kids* judges



A teenager from Brentwood could be set for pop stardom after she wowed the judges on *The Voice Kids* last month.

Jess Folley, of Pilgrims Hatch, performed *Ain't Far To Go* by Jess Glynne on the popular Saturday night show and had to choose between superstar judges Pixie Lott, who also hails from the town, and Danny Jones after both stars turned around.

Perhaps unsurprisingly, Jess chose to join her team Pixie after the *All About Tonight* singer told her she also hailed from Essex.

Pixie said: "My mum and dad live there in Brentwood we have a connection already. Your voice is like a powerhouse and every note you go for you hit."

The winner of *The Voice Kids* will receive £30,000 towards their musical education and a holiday to Disneyland Paris.



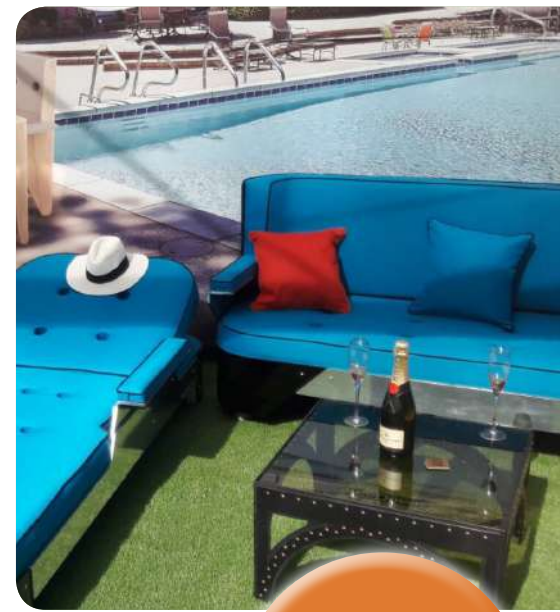
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Pastors respond to Grenfell Tower tragedy

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How can we respond? Street Pastors can and did respond as Response Pastors. Street Pastors can do extra training and be ready to deploy to communities that suffer trauma.

We deployed on behalf of the local church to help in the rest centres, to offer a listening ear to anyone who needed it and to care for everybody.

The fire in West London caused death and trauma in a large area. Families, friends and the local community lost people and their homes and some have been evacuated due to instability of the tower block.

A week later we are still sending teams to support the efforts for the community.

If you want to know then why not follow your local street pastor group on Facebook or Twitter or send an email to Billericay@streetpastors.org.uk or Brentwood@streetpastors.org.uk

Blues hoping to welcome some new faces



Brentwood Town's preparations for the 2017-18 season are well under way and Blues manager Craig Shipman is pleased that the majority of last season's squad have re-signed for the new campaign, but he is hoping to add one or two new names by the time pre-season starts.

There has been a lot of activity at the club during the close season, including some major renovation of the pitch at the Brentwood Arena, which will hopefully improve the quality of the playing surface.

Eight friendly matches have been arranged before the Isthmian League North Division season kicks off on Saturday, August 12. League fixtures will be available in mid-July and this season the Isthmian League has a new sponsor, Bostik, replacing Ryman who had sponsored the Isthmian league for 20 years.

The pre-season games begin with an attractive fixture at home to local National League South club Chelmsford City on Saturday, July 8. There are also matches against Isthmian Premier opposition, Brightlingsea Regent and Metropolitan Police. The full list of friendlies is:

- Saturday, July 8 Chelmsford City (Home) 3pm
- Tuesday, July 11 Saffron Walden Town (Home) 7.45pm
- Wednesday, July 19 Wadham Lodge (Away) 7.45pm
- Tuesday, July 25 Brightlingsea Regent (Home) 7.45pm
- Thursday, July 27 West Essex (Home) 7.45pm
- Saturday, July 29 Catholic United (Home) 3pm
- Tuesday, August 1 Met Police (Away) 7.45pm
- Saturday, August 5 Northwood (Away) 3pm



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GARDENING

Pond Life

Water features are back in fashion. Here are five ways to do them right...

Free-standing fountain

Ideal if you've got a small garden or as a welcoming feature for out the front of your house, these are also one of the easiest features to install and maintain. For a minimalist look, select one made from a natural stone, or for something more fabulous choose the classic cherub. Perfect if you love the Italian Renaissance.

Water wall

Forget Wonderwall: this is a garden ornament that really rocks. Another space-saver, this is for small gardens and equally small budgets. Some also have light options, making them the perfect centrepiece for alfresco dining and evening soirees. Perfect if you want your garden to be an oasis.

Waterfall

Don't go chasing this waterfall because if installed right, this eco-friendly feature will work in a loop, using very little energy and water. One of the bigger and more impressive additions to your garden, it is also surprisingly versatile and doesn't necessarily need a pond. Tiered cement waterfalls are ideal for a modern aesthetic, or choose natural rocks for a more organic, outdoorsy theme. Perfect for a show-stopping landscape.

Outdoor pond

For all the modern innovations, you still can't go wrong with the classic pond – though this is only recommended if you don't have pets or small children. Ponds are fantastic because they are naturally beautiful and attract a diverse array of wildlife to your garden, including frogs, water beetles and butterflies. But do be sure to install properly with inlay, edging and filters. Perfect for an English country garden.

Reflecting pool

For a feature that requires very little digging and even less maintenance, reflection pools are a surprisingly impressive addition to the more subdued space. Plus, if you install an automatic re-fill system, all you need to do is start them up and shut them down. Perfect for a little Japanese zen.



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SAVE OUR HOGS



They used to be one of the UK's most common garden animals, but in just the last 10 years hedgehog numbers have fallen by 30 per cent – there are now thought to be fewer than one million left in the UK. They are disappearing from our countryside as fast as tigers are worldwide. For anyone who's ever chanced upon these little critters, the plight of the hedgehog is a crying shame, but there are some things you can do to help our hog friends survive their current situation.

HOG HEAVEN

Create a nesting place for any expected hogs by curating log and leaf piles and wilderness areas or buying a purpose-built hedgehog home to provide a safe haven. Fallen leaves also provide perfect nesting material, so make sure to leave some when you next clear your garden.

PUT AWAY THE PELLETS

There is no need for slug pellets when you have a thriving hedgehog population, as these hungry little hogs can Hoover up over 100 snails, slugs and worms every night!

CREATE HEDGEHOG HIGHWAYS

"One of the things we encourage people to do, certainly on Springwatch, is if you live in a terrace and you have gardens that are side by side in a row behind the houses – if your neighbours agree – make little tunnels through the garden fences so that hedgehogs can have a corridor through gardens," suggests wildlife presenter Kate Humble. "And then suddenly your garden isn't an isolated nature reserve anymore."

If you find an underweight or sickly-looking hedgehog or a hedgehog active in winter, put out tinned cat or dog food and fresh water – but always contact your local rescue centre for advice before intervening.



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Pipped to the Post



She's rich, beautiful and her nephew is third in line to the throne, but is it sometimes hard for Pippa to be the 'other' Middleton sister?

It was hailed as 'the wedding of the year' and attracted the same kind of media furore usually reserved for pop stars, Hollywood icons and, well, princesses. But despite the enormous public interest and estimated million-pound price tag, Pippa Middleton's wedding to James Matthews, 41, will still forever be compared to older sister Kate's nuptials to Prince William in 2011.

Born and raised in Berkshire, Pippa is the middle child of Carole and Michael Middleton, self-made millionaires thanks to their online mail-order business Party Pieces, which sells party paraphernalia. Despite not being nobility themselves, Kate, 35, Pippa, 33, and brother James, 30, have long rubbed shoulders with the British upper class thanks to their first-rate educations. Both sisters attended St Andrew's School, a private boarding school in Pangbourne and the exclusive Marlborough College. Pippa then went on to study at Edinburgh University, where some of her flatmates were said to be the sons of nobility, while Kate attended St Andrews where she began dating a certain prince.

It was thanks to her sister's royal relationship that Pippa began to garner attention from glossy magazines – often spotted in the society pages and even named 'number one society singleton' by Tatler – but her finest hour was at the Royal Wedding as the global TV audience, estimated to be in the billions, reacted to the stunning maid of honour and more specifically, her delightful derriere.

Publicly of course they maintain an air of sisterly love, but in the past there have been rumours of rivalry. As royal biographer Katie Nicholl once remarked: "Certainly, when it comes to looks, like who is the slimmest or better-looking, there is a little friendly rivalry." One could argue that it was little sister Pippa who stole Kate's thunder on her big day, but then surely the elder Middleton has been dealt the trump card in the game of sibling rivalry, with her future-Queen status almost guaranteed.

But life is not all bad for pretty Miss Pippa. Having cemented her status as the hostess with the mostess following the release of a party planning book – *Celebrate* – she has also forged an enviable career as a columnist, previously writing regularly for the likes of *Vanity Fair* and *The Daily Telegraph*, and will one day inherit her own official title as Lady Glen Affric after marrying nobleman and hedge fund manager Matthews.

The most important 'win' of all, however, was that at her own extravagant celebrations she was front and centre of attention. Wearing a gorgeous £40,000 Giles Deacon wedding gown, with her dazzling £200,000 engagement ring, paired with a Robinson Pelham pearl tiara, the bride looked stunning, whereas the Duchess of Cambridge dressed demurely in peach. There was one rambunctious young guest who almost threw shade on his aunt: Prince George, dressed adorably in his page boy suit, threw a minor tantrum outside the chapel. But who would deny a future king that?

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BAN THE BEAD



You may never have seen a microbead, but you have almost certainly come into close contact with them at one time or another. They are tiny pieces of plastic that are added to everyday cosmetic products such as face wash, toothpaste, and abrasive cleaners. Most frequently made of polyethylene, they can also be made of other petrochemical plastics such as polypropylene and polystyrene, and are small enough to go down your plughole and easily pass through water filtration systems.

While most companies will have you believing microbeads are a positive addition to products, these pesky plastic particles are abhorred by beauty experts and environmentalists; 100,000 microbeads are washed down the sink with a single application of some products, ending up in the sea and the food chain.

This in turn is having a dire effect on life underwater. Scientific research continues to find more and more examples of plastic inside all kinds of sea life, and a recent study showed that 90 per cent of birds have plastic in their stomachs too. These

microbeads can then end up in humans through eating seafood that has ingested microplastics and the toxins that come with them.

Last year, Theresa May's government announced plans to ban the use of microbeads in cosmetics by the end of 2017. A number of cosmetics companies, including Johnson & Johnson, Neutrogena and Clean & Clear, have made voluntary commitments to phase out the use of microbeads in the coming years.

Until then, if you're serious about the welfare of the world's oceans, you can

keep an eye on what products contain microbeads by reading the ingredients: make sure to look out for the words polyethylene, polypropylene and polymethylmethacrylate – the chemical names for plastics. Nylon may also be listed as well as the abbreviations PET, PTFE and PMMA.



BEAUTY

PERMANENTLY *Made Up*

If you're the kind of girl who loves make-up but hates the morning-after effect, then semi-permanent makeup could be for you. Think eyeliner that survives weepy films and rainstorms, lips that can kiss, and drinks that won't smudge, and you'll be on your way to 24/7 easy glamour.

On Fleck Eyebrows

Thick eyebrows may be having a moment, but if yours are naturally pale or thin they can be impossible to create. That's where Microblading comes in. It's essentially a form of tattooing, but instead of using a machine, a qualified technician implants ink under the skin using a handheld. Drawing hair-like strokes, this semi-permanent procedure promises fuller, natural-looking brows that will always look groomed. Cost: Around £275 initially then £120 for top-up



Kylie Jenner's Lips

It's well-known that the youngest of the Kardashian clan has had lip fillers, but permanent lip liner is marginally less extreme and lasts longer. Whilst this won't create actual fullness it does give the illusion of it by creating definition. Most places use pigment rather than tattoo ink which gives a natural matte finish and after drawing around the initial lip line the colour is blended down into the lip so it doesn't look like you've forgotten to apply your lipstick. Cost: £500-£700



24/7 Cat Eyes

We all know too well the tragedy of painstakingly applying liquid eyeliner only for it to be smeared across our faces by lunchtime, yet semi-permanent eyeliner takes the fear away. As subtle or as kittenish as you like, this treatment is available in an array of shades to make sure you achieve the look you want. Cost: £500-£800 depending on effect



Lash To Flash

One of the least painful or invasive procedures, semi-permanent eyelash extensions delivers thicker and fuller lashes. The process involves attaching synthetic lashes to your own to give natural lustre. The life cycle of the average eyelash is around 90 days. Cost: Around £35



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It can take the smallest smidge of sunshine to get us Brits flocking to the beach. But white as babes after a winter of covering up, that pale flesh can soon turn red and it is more than peeling you need to worry about – particularly if you have a large number of moles and freckles.

While no one is suggesting you hide away from those glorious rays entirely (and paradoxically, the ultraviolet B helps your skin produce that vital hit of vitamin D), there is plenty that can be done to help prevent moles turning into something more sinister.

Firstly, prevention is better than cure (which is why it's important to slather kids in lotion), as 35 per cent of skin cancers actually develop from a pre-existing mole. Secondly, if you have areas of your body which are particularly prone to freckles and moles, it is best to keep them covered up in direct sunlight.

As 50 to 70 per cent of skin cancers are caused by overexposure to UVA and UVB rays, it is essential to follow a few simple rules:

- Always wear sunscreen on exposed areas and re-apply every two hours
- Avoid exposing yourself to the sun between noon and 4pm
- Choose shade over direct sunlight
- Reduce children's sun exposure as much as possible
- Remember that clothes (including hats, T-shirts and sunglasses) are always the best protection

As your face is exposed to sunlight all year round, it is worth investing in a moisturiser which has a sunscreen already incorporated. It is also advised that you keep track of your moles, even taking pictures of them so you can note changes easily, which you can then show to your doctor. Signs to watch out for include uneven or ragged edges, uneven colouring and itching/bleeding.



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BOX THE BLUES AWAY

HOW TO PUNCH YOUR WAY TO PEAK PHYSICAL AND MENTAL FITNESS

No longer confined to sweaty and testosterone-fuelled gyms, boxing is proving to be a popular workout for all ages and, indeed, both sexes. Not only is it a fantastic full-body workout that improves both cardiovascular fitness and bone and ligament strength, it's great for your mind too, helping to improve focus and bust stress – and that's before you've taped your boss' face to the punchbag. But when a sport has such a bloody reputation, knowing where to start can be intimidating. You don't, for example, want to find yourself in the ring with Mike Tyson when all you fancied was a spot of light sparring...

FIGHTING FIT

If your main goals are losing weight and improving general fitness, consider a Boxercise class. Most gyms hold sessions that involve some kind of boxing, whether as part of a circuit or shadow boxing in an aerobics session. This is a great way to try the sport, and in some cases it won't even require strapping on a pair of the gym's grimy gloves.

BOXING CLEVER

If you want to get to grips with the basics, you'll require either a sturdy punchbag or some boxing pads and a very trusting workout buddy – many personal trainers also incorporate boxing into their workouts. Start with simple crosses and build up to more complex routines that include jabs, left and right hooks and uppercuts. The longer the routine the more focus required, resulting in improved mental dexterity over time.

FIGHT CLUB

There is a reason brawling is such a popular drunken activity, and it's all thanks to the huge rush of adrenaline. Recreate this sensation (minus the night in jail) by joining a boxing gym and having a go at sparring. It's a controlled environment where the focus is on technique, and a surprisingly huge sense of camaraderie. Bish, bash, bosh.

The British pub with a Portuguese touch

Manuel's
Portuguese Restaurant

Manuel's Portuguese Restaurant is a destination for food lovers and drinks connoisseurs alike: a choice of Seafood and Portugal's national dishes offer something to suit all tastes.

Dine informally in a space where an imaginative ever-changing menu of sustainable, fresh fare is on offer every day except Monday unless it's a Bank Holiday.

It presents itself in a classic British Pub (Eagle and Child) with a Portuguese touch, with a Bar remaining steadfastly at the top of everyone's list for the best roast dinner in the town on Sundays and a sense of Portuguese tradition.

The light elegant surroundings of the back garden offer the perfect setting for a traditional Portuguese tapas in the afternoon.



Manuel's dish of the month – Cataplana
A Cataplana is a delicious dish of shellfish and mixed fish and, especially, clams. It is prepared in a cooking pot shaped like clamshell that is turned over on the heat while cooking.



Manuel's

Portuguese Restaurant

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FOOD & DRINK

Ice Cool


Yearn for soft, sweet ice cream but lack the means to churn? These simple, no-machine recipes will keep you cool all summer long.


First pick a method to make your ice cream base...
The two-ingredient method: With an electric whisk, whip two cups of heavy cream until soft peaks have formed, then slowly add one can of condensed milk and ½ tsp. of vanilla extract. Add extra flavour or pour into a resealable container, cover the surface with cling film, then seal. Freeze for at least six hours, or until firm. Keep stored in the freezer.


Stir and freeze method: In a large bowl, use an electric mixer to beat 1 ¼ cups of whole milk and ¾ cup sugar until the sugar is dissolved – one to two minutes. Stir in 2 cups cream, 1 tsp. vanilla and ¼ tsp. salt until combined. Add flavour or place the mixture in a deep baking dish and freeze for 45 minutes. As it begins to freeze near the edges, remove it from the freezer and stir vigorously with a spatula. Return to the freezer.


Continue to check the mixture every 30 minutes, stirring vigorously as it's freezing. If you have a hand-held mixer or blender, use one of those. Repeat this process for two to three hours, or until frozen.


If you're a vanilla kind of guy (or gal), these two methods will produce a delicious but basic ice cream. Alternatively, add one of these flavours before you freeze...

 **Chocolate:** ¾ cup cocoa powder (sifted) plus 110g melted cooled chocolate

 **Cookies and Cream:** 15 Oreos coarsely chopped

 **Mocha:** ½ cup cocoa powder (sifted) plus two tbsp. instant espresso powder

 **Mint Chip:** 1 tsp. peppermint extract plus 1 cup chocolate chips and green food colouring

 **Peanut Butter:** ½ cup peanut butter plus 6 chopped peanut butter cups









SHAKEN & STIRRED cocktail for Summer

From James Bond to Tom Cruise, the humble cocktail has been a staple of every party-lover's back catalogue of booze. Here is a fantastic recipe for a summer cocktail that will revolutionise your reputation as a master mixologist.

WATERMELON MARGARITA

Roasting summer days call for a refreshing cocktail – and this easy-to-make watermelon margarita serves up fruity flavour and smooth tequila in spades. Lean back, relax, and watch the world go by in a tropical trance.

INGREDIENTS

-  4 parts tequila
-  2 parts orange liqueur
-  3 cups watermelon – chilled, seeded and cut into pieces
-  1/2 cup freshly squeezed lime juice
-  1 cup ice
-  Lime or watermelon wedge

INSTRUCTIONS

Freeze cubed watermelon in a plastic bag for a minimum of two hours. Add all ingredients to a blender and puree until smooth. Serve in glasses rimmed with salt and garnished with a lime or watermelon wedge.



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Saliha is striking a balance

Since winning *Masterchef* 2017, Saliha Mahmood-Ahmed has managed to balance her two main passions in life – cooking and medicine by continuing in her job as a gastroenterologist at Watford General Hospital.

When she was first thrust into the spotlight on the country's most popular cooking programme, she admitted it was hard work to strike a happy medium between cooking, her professional life and family – and revealed she was thrilled to emerge as the champion.

She said: "I just juggled it with being very organised, making sure I knew what I was doing each day taking each day as it came. I had a lot of support from family. It's paid off and I'm very lucky."

While several other *Masterchef* winners have gone on to forge successful careers in food, Saliha said she has no intention of giving up on her career in medicine.

She said: "Life is very, very busy. I'm working full time as a junior doctor too and in my spare time I'm doing lots of food related things including trying to

get a book off the ground, doing lots of little events, volunteering and working with children.

"I think it's very possible to combine the passion for food and health together. They are so intimately related."

When **VISION** caught up with Saliha, she was the guest of honour at Busy Bees Nursery at Watford General Hospital where her two-year-old son Ashir attends to help him and the other children with a smoothie making session and help promote the nursery's Tasty Summer Campaign.

The children were also treated to a visit by David Persaud, Food For Life Served Here development manager, who was delighted to see the children relishing their lunch of chicken lasagne and broccoli.

Saliha said she was delighted to spend some time with the children and try to emphasise the importance of healthy eating.

She said: "We just have to try our best with our children and give them as much access as possible to healthy food through lots of activities."



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WHAT'S ON

WHAT'S ON *in your area*

Rich Clifford and the Young Once
The Bardswell Social Club, Bardswell Close, Brentwood, Essex, CM14 4TJ
Saturday, July 8



activities and a funfair. Tickets start from £25 and children under 10 attend free all weekend. Visit www.brentwoodfestival.co.uk for more information.

Summer Showdown
The Brentwood Centre, Dodinghurst Road, Brentwood, CM15 9NN
Saturday, July 22

Is boxing your thing? If so, get down to the Brentwood



Centre on July 22 to see the Upton brothers' bout, with Irish light middleweight champion Pauly and younger brother Sonny ready to battle. Also on the bill will be Billy Allington, Id Hill, Jake O'Meara, Freddie Turner, Richie Gray, Charlie Duffield, Jack Healy, Sohail Ahmad, Matt McCarthy, Colin Lynes and Tey-Lynn Jones. Tickets are currently on sale now – call 07876 238286 to book.

Flower, Art and Craft Festival
St Giles Church, Old Church Lane, Mountnessing, CM13 1UN
Saturday, August 26, Sunday, August 27 and Monday, August 28

An excellent opportunity to in get in touch with your artistic side. There are things to do everywhere with art in the barn, flowers in the church and craft workers in a marquee. If organ music is your thing, make sure you come down – with a tea tent, book stall tombola and raffle also available. Entry is free and the opening hours are 2pm – 6pm.

It's time to get your feet tapping on the dance floor with the authentic musical re-creation of Cliff and the Shadows as the band perform hits by The Rolling Stones, The Beatles, Johnny Kidd and The Pirates, Roy Orbison, Spencer Davis, Ben E King, The Searchers, The Kinks, Chuck Berry, Eddie Cochran and Buddy Holly. Doors open from 8.20pm – 11.20pm and there is a small charge on the door. If you are interested, call Julian May on 01277 214057.

Brentwood Festival
The Brentwood Centre, Dodinghurst Road, Brentwood, CM15 9NN
Friday, July 14 to Sunday, July 16



The Brentwood Centre is to house the annual Brentwood Festival, starring acts like Status Quo, Midge Ure, Go West and after parties with DJs. The event, held in aid of charity every year, also features real ales from the Brentwood Brewing Company, street food, festival market, VIP area, free children's

ADVERTORIAL

Cloudy2Clear Announce Trusted Trader Partnership



Consumer champions
Which? have now joined the thousands of customers who recognise that Cloudy2Clear Windows really are a business that you can TRUST. The company which specialises in repairing windows which are steamed up, broken or damaged by replacing the panes – not the frames has received the coveted 'Which Trusted Trader' status after going through a rigorous accreditation process entirely focussed on customer service.
Group Managing Director Marcus McGee believes that Which? have endorsed Cloudy2Clear's long standing company policy of delivering the

highest standards possible at all times. 'Our service is simple. If your double glazing has misted up we can replace the glass at a fraction of the cost of a new window, in any type of frame, and with a new 25 year guarantee. But it's not just about saving people money, although that obviously helps. Whilst a number of tradespeople perhaps don't focus on customer care as much as they should do, we make sure we turn up when we say we will, do the job the customer requires and leave their house as clean as a whistle.
Locally Cloudy2Clear service Billericay, Brentwood, Shenfield, Hutton Mount, Ingatestone,

Ingrave & Herongate and manager Chris Miller agrees that this approach is a major factor in his success. 'The truth is that it's not just the personal satisfaction that I get from doing a good job but also it makes good business sense. I get a huge amount of business from friends and family of people I've done work for, which just goes to show how much a little bit of effort is appreciated as both my customers and, obviously a body as nationally important as Which? now recognise.'
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ACROSS

- Free from doubt (4)
- Make physically used to something (8)
- Business establishments (7)
- Pinkish-red colour (5)
- Rocky peak (3)
- Assisted (5)
- Religious table (5)
- This follows day (5)
- Crucial person or point; axis (5)
- Hip (anag) (3)
- Substance exuded by some trees (5)
- Chivalrous (7)
- Spread out (8)
- This grows out of follicles (4)

DOWN

- Easily angered (5-8)
- Send someone to a medical specialist; allude to (5)
- Small box (6)
- Unkind; unsympathetic (12)
- Vehement critical speeches (7)
- Manage badly (13)
- Person one knows (12)

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- Studies for an exam (7)
- Sacred river of India (6)
- Public square (5)

DID YOU KNOW

- ▶ Though Mount Everest is the highest peak, Mount Chimborazo in Ecuador is closer to the moon.
- ▶ The island of Nauru in Oceania is the only nation with no official capital.
- ▶ At the closest point, the distance between the USA and Russia is only 3.8km.
- ▶ About 90 per cent of the world's population lives in the Northern Hemisphere.
- ▶ The Sargasso Sea is the only sea with no coast, as it's in the middle of the North Atlantic Ocean and bounded by four currents.
- ▶ The Dead Sea is currently 429 metres below sea level and sinking about one metre a year.
- ▶ Africa is the only continent that covers four hemispheres.

SUDOKU

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KIDS

THE GREAT BRITISH Bug Hunt

Did you know that bees are probably the most useful insects of all to humans, because they enable plants to grow through their pollination? Or that crickets have 'ears' on their legs? In other words, if you thought bugs were boring, think again! So, what better way to while away these long summer days than hunting for the little critters? Whether in your local park, in your garden or almost anywhere outdoors, it's all about knowing how and where to look...

It's a well-known fact that the creepiest of crawlies love hanging out in damp and cosy places, so start by searching under rocks and pots in your garden. Long grass, fallen leaves and branches often hide a wealth of wondrous creatures, but you'll have to be quick! With all their many legs, centipedes and

millipedes can move astonishingly fast. Window frames and sills often provide undisturbed areas for ladybirds, spiders and house flies to hide, while cracks in buildings and climbing plants are often home to more mini beasts.

Once you've found your bug, remember to be gentle. Compared to a tiny beetle you are a giant, and as the old saying goes, they are more afraid of you than you are of them. It may be worth investing in some 'bug hunting' tools, like a magnifying jar, a sheet to catch insects shaken from trees and a notepad to document your discoveries. After you've had a good gander at your insects, don't forget to put them back where you found them, so they can get back to their important work supporting our ecosystem.

How many can you find?

✓ Be sure to check off the ones you find!



Garden tiger moth



Ruby-tailed wasp



Two-spot ladybird



Norfolk Hawler dragonfly



Stag beetle

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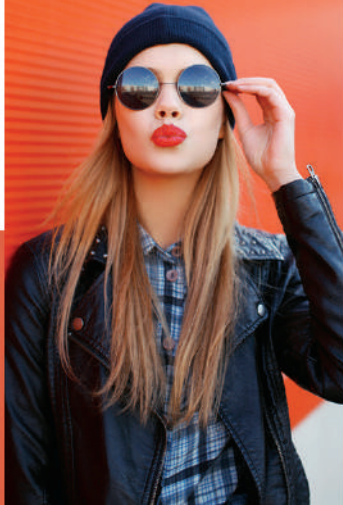
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FASHION

Dress like a BOSS

Forget wearing suits in the board room, today's CEOs prefer laidback luxury for maximum productivity. So if you want to dress like you really mean business, read on...

With the rise of Silicon Valley the landscape of modern business has shifted enormously, but the greatest rebellion has taken place in the wardrobes of the men in charge of these multibillion tech empires. No longer clad in 'Dad chinos' with garish ties, these tycoons choose comfortable and practical attire that allows them to focus on the work at hand, all the while projecting an image of affable geniality to their employees. Casual but never scruffy; think sumptuous fabrics, supercool brands and understated luxury.

The good news is, to nail this look you don't need to buy an entirely new wardrobe - the trick is to keep things simple and then go bold on a few key pieces. Take

Square CEO, Jack Dorsey, considered by many to be one of the most stylish men in tech, who transforms a casual T-shirt and jeans combo with a leather jacket. Or perhaps Box boss Aaron Levie, who adds flair to a slim-cut suit with bright coloured Pumas or Tigers on his feet.

Leather jackets need to fit well and not be faded, and trainers have that 'just out the box' freshness. Hoodies are another CEO essential, but are best teamed with indigo, raw denim jeans and standout footwear. Alternatively, make like fictional Billions boss Bobby Axelrod (played by Damian Lewis) and invest in some cashmere hoodies.

The key to this look is confidence. Invest in good quality pieces that feel good on, and be a bit fearless with colours and style.

Serious entrepreneurs understand that their personal style is an extension of their brand and often adopt a uniform

for themselves, like Facebook founder, Mark Zuckerberg, who is synonymous with his \$20 Gap hoodies.

And yet, suits shouldn't be ruled out altogether

- SpaceX innovator Elon Musk has been seen at many a product launch wearing a slim fitting, velvet tux, blurring the lines between CEO and hip-hop mogul for a look that is out of this world.

As with all things fashion, personal taste counts, but good taste rules.



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Photo credit: PA Images



RATNER'S FALL AND RISE

At his zenith, Gerald Ratner was chairman of a jewellery chain worth millions, before one throwaway speech spelled disaster for his company and his name...

Gerald Ratner took over his family's jewellery business in 1984, which had at that time 130 stores. By 1990 it had 2,500 stores, 25,000 employees, annual sales of £1.2 billion and profits of £121 million. As the chairman and chief executive of Ratners Group, he oversaw the world's largest jewellery retail company, including Ernest Jones and H. Samuel.

However, Ratner's management of his business empire is not the reason people remember his name. In 1991, when his company was at the peak of its powers, Ratner made a remark about his business' cost-saving criteria at a keynote speech that would go down in history.

"We also do cut-glass sherry decanters complete with six glasses on a silver-plated tray that your

butler can serve you drinks on, all for £4.95," he said. "People say, 'How can you sell this for such a low price?' I say because it's total crap."

He went on to add that his stores' earrings were "cheaper than an M&S prawn sandwich but probably wouldn't last as long".

The effect of Ratner's supposedly whimsical comment on his business was catastrophic: £500 million was wiped from the value of the company, leading to a spiral of decline which saw Ratners plunged £122.3 million into the red and forced into closing 330 shops across Britain and the States. Shares in Ratners fell drastically, valuing the group at just £33.7 million in contrast to its 1990 peak of £840 million when Ratners' pile-it-high, sell-it-cheap approach to jewellery retailing seemed unconquerable.

While the company no longer exists in its eponymous form – it is now known as Signet Jewellery – the prevailing legacy of this bumbling businessman will be the lingering concept of the 'doing a Ratner', the most famous of all corporate gaffes.



HE WHO BEARS *Wins*



Like many recognisable faces, Bear Grylls has achieved a reputation that appears real and long lasting. Yet unlike other stars who live their lives never more than a few feet from the trusty rumour mill, the 43-year-old is more likely to fend off questions such as 'is it true you once bit off a snake's head and drank its blood?', or 'did you really spend an entire night snuggled up inside the carcass of a deer?'

But in spite of cultivating a persona that is as modern as it is primitive, the adventurer actually comes from rarefied stock. Born Edward Michael Grylls to Conservative politician Sir Michael Grylls and Sarah, Lady Grylls, he received a first-rate education from Eton College, learning to climb and sail from an early age. A God-fearing scout, his nickname, Bear, came not from an incident of grizzly wrestling, but from his elder sister Lara, who bestowed the handle upon him when he was just a week old.

Privileged though he may be, Grylls' fearlessness and courage is what makes him unique. In 1998 he achieved his boyhood dream of climbing Everest, despite having broken three vertebrae in a parachuting accident just 18 months before. He also served in the SAS, and once crossed the Atlantic in an 11ft inflatable boat.

In addition, Grylls has penned 18 survival books over the past 10 years, supplementing his studies with numerous reality TV shows, most recently helping others find their inner caveman (or cavewoman!) with his series: *The Island with Bear Grylls*.

Yes, there have been moments of controversy, such as when he reportedly spent a night in a hotel on a show dedicated to surviving outdoors.

But regardless of the occasional fakery claim, the intrepid adventurer retains a permanent air of

toughness, both in front of and away from the cameras. In fact, he is surely the most rarefied of creatures - someone who has survived not just the wild outdoors, but the cutthroat world of showbiz too.

DOWN & DIRTY

Most people would consider themselves extremely unlucky to be cast away on a remote patch of land, scratching a meagre existence from the little that nature provides - so why are survival holidays becoming more and more popular?

First there was Ray Mears and now Bear Grylls has taken up the mantle of TV's great survivalist. But while the majority of us are content with bushcraft on the box, there's been a rise in demand for survival expeditions where groups of city dwellers pit their wits against Mother Nature for a time.

Whether it be surviving plunging Scandinavian temperatures or coming face to face with wild beasts in the depths of a South American jungle, these adventure packages combine militaristic training and survival skills in some of the Earth's harshest environments. But why would urban residents spend their precious holiday time foraging for edible fungi among the leafy mulch of a rainforest floor?

Survival expert Megan Hine, who leads expeditions and works behind the scenes on Bear Grylls' *Born Survivor*, believes the increasing demand for these kinds of trips is in part a "backlash against the instant gratification that people get throughout the day" in the social media age.

"I think what we find when we actually go back to nature is that the things that we do, especially with bushcraft and survival, are very time-consuming," she explains. "For example, building a shelter or sourcing food could take a whole day, and all of those skills are very therapeutic. You're shifting things around, you're actually talking to people - you put your phone down and you have to physically interact with people, which is something many people don't get to do on a daily basis."

So next time you come to organising your family trip away, ask yourself this: is sitting next to the pool with your iPhone in hand really better than rummaging for grubs among the African undergrowth?



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DIMENSIONS OF A THIRD KIND

The advent of 3D printing heralded a new dawn in modern technological capabilities, but what are the practical uses of this invention?

exact same time, in an astonishing advancement to modern medicine.

MAKE SPACE

3D printing is the process of creating solid, three-dimensional objects from digital files. The process is additive, which means layers upon layers of material are laid down in succession, each forming a thin, horizontal cross-section, until the desired object is created.

NASA has revealed its plans to send a 3D printer into outer space as part of a programme to set up a "mini factory" at the International Space Station. If astronauts run out of tools, they would simply be able to print more. Astronauts would no longer have to carry spare parts for each mission, and the cost of continuously firing a load of spacers into orbit would be completely avoided.

A HELPING HAND

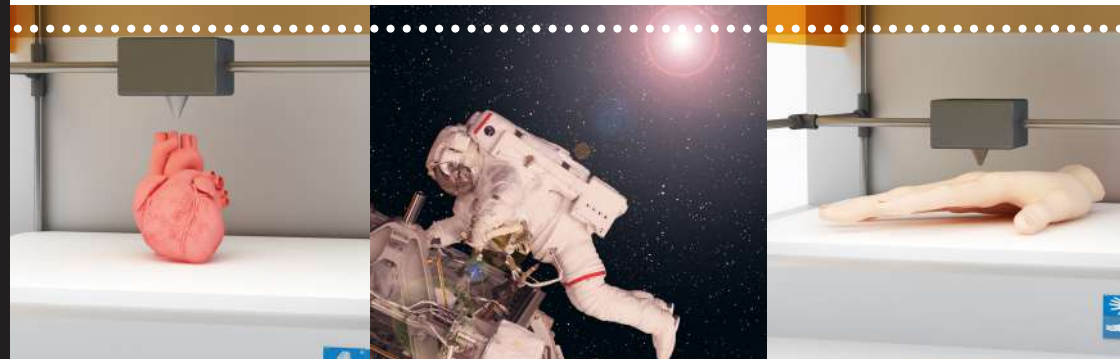
This developing technology has already excited technophiles who wish to create their own 3D printed models, but the wider implications in the worlds of engineering, automation and even medicine are breathtaking.

A commercially-made prosthetic limb typically costs between £5,000 and £50,000. Many people around the world are unable to afford the prosthetics that could greatly improve their quality of life.

3D DONORS

Using 3D printing, one doctor has been able to create artificial scaffolds in the shape of an organ with living cells. First the scaffold is printed and then it is coated with living cells. His regenerative department is now working on building 3D printers that can print artificial scaffolds and living cells at the

3D-printed prosthetics only cost a few hundred pounds each and perhaps even less. Indeed, one team of volunteers crafted a prosthetic hand that only cost around £50 – and the speed of 3D printing means it is easier to supply the same person with a prosthetic throughout their life as they grow.



NO KANE, NO GAIN

From a lower league loanee to the Premier League's top striker – Harry Kane's remarkable rise from the reserves to the top of the beautiful game is an inspiration to fans and aspiring footballers everywhere.

When Tottenham's star striker Harry Kane became the fourth player to score 20 goals in three consecutive Premier League seasons, he joined such esteemed company as footballing legends Alan Shearer, Ruud van Nistelrooy and Thierry Henry.

Born in Chingford in North East London, Kane has found himself on an incredible trajectory that has seen him move from the reserves team at Tottenham to the crème de la crème of European football via a string of loan deals. A slow-burning baptism of fire that saw the young Kane ply his trade in the lower leagues for Leyton Orient, Millwall, Norwich and Leicester shaped the striker who was to become Spurs' greatest asset in front of goal.

Having secured the Golden Boot for a second year running, courtesy of an astounding end to the season that saw him score seven goals in two games, Kane is now undeniably one of the hottest prospects in world football. Having been given his break into the Spurs first team by Tim Sherwood at the expense of a perpetually struggling Roberto Soldado, Kane established himself at the front and centre of Tottenham's – and later England's – forward line.

Despite a disappointing Euro 2016 campaign – during which Roy Hodgson's decision to have the centre-forward take free kicks and corners was roundly mocked from all sides – and a nasty ankle injury that disrupted his latest season, Kane is now a leading figure in Mauricio Pochettino's Tottenham revolution.

With the 100-goal mark surely in his sights for 2017/8, it seems only a matter of time before this model professional's poaching instinct in front of the net leads to some silverware being stored in the Spurs trophy cabinet.

FLAWED DE FRANCE

Strikingly, the sport of cycling – and its arduous showpiece the Tour de France in particular – has a long history of illicit doping. Allegations of drug use have plagued the contest since 1903, with cocaine, strychnine, ether and amphetamines being used by competitors to get them through the 3,500-km, 23-day race. In an event that pushes the very limits of what the human body can take, many participants have looked to chemical means to help them get across the finish line.

For all the sport's fraught relationship with performance-enhancing pharmaceuticals, one instance stands out: the momentous revelation that record-breaking seven-time winner Lance Armstrong had been part of what authorities described as “the most sophisticated, professionalised and successful doping programme that sport has ever seen”.

Armstrong had his titles stripped and received a lifetime ban for his troubles, but the fall of arguably the sport's most recognisable name left a lasting impression on cycling which has recently reached our shores.

Since 2012, Brits Bradley Wiggins and Chris Froome have managed four wins between them, with the latter chalking up three on his own with Team Sky. But in 2016, Russian hackers

acquired information from the World Anti-Doping Agency (WADA) that alleged both Wiggins and Froome had acquired Therapeutic Use Exemptions (TUEs) which allow for the use of a prescribed prohibited substance or method for the treatment of a legitimate medical condition. The exposé led to formal investigations into Team Sky by both UK Anti-Doping and even Parliament.

While British Cycling continues to insist that no anti-doping rules were broken, it did admit there were failings across the board when it came to being transparent about pharmaceutical dealings. With a cloud of conspiracy having been attached to the event's competitors for its entire 114-year history, will the Tour de France ever be able to come clean?





MOTORING

TREADING CAREFULLY

Changing your car's tyres regularly will save you money and keep you safe – but are you able to recognise the signs that yours are in desperate need of a change?

Tyres are often the most neglected element of our automotive upkeep – but the difference between decent treads and uncared-for tyres could be a matter of life and death. Here are the biggest warning signs that should prompt you to take the time to switch your vehicle's tyres...

CRACKING UP

Cracks on the sidewall occur over time as the oils and chemicals in the rubber compound. Over time, the rubber loses its tightness and cracks begin to appear. Driving with cracks on the sidewall could also result in the tread separating mid-way or even a possible blowout while on the move – a highly dangerous scenario.

WEARING DOWN

One of the foremost indicators that your tyre is now ready to be dumped is when it loses its tread depth.

Maintaining the recommended depth on your tyre is important because loss of depth reduces grip and traction on the roads, and eventually compromises safety while driving.

Keeping a tab on the tread wear indicator, which is built into the tyre, is a good way to measure the tread depth. These tread wear bars are generally invisible, but can be seen when the tyre has worn down beyond the recommended tread depth.

AGE ISN'T JUST A NUMBER

By five years old a tyre will begin to show signs of serious wear and surface damage. Always check the manufacturing date of tyres when you buy – this is usually a four-digit number printed on the sidewall. The first two numbers indicate the week when the tyre was manufactured, while the remaining two digits confirm the year.

Checking for these cautionary signs at least fortnightly could save you investing extra time, effort and money in repair, and most importantly could prevent a serious accident from occurring.



Cool runnings

Every Summer we all make sure we have sun cream, new sun glasses, new beach wear and good friends to enjoy the sun with. The one thing that almost everyone forgets to do is make sure their car they are driving is running properly and looking fine in the Summer sun.

Bearing this in mind below is a checklist to make sure your car runs smoothly this Summer and gets you to where you need to be without any problems.

- 1 Make sure your coolant system is topped up with the correct coolant
- 2 Having good tyres and correct pressure will help
- 3 Check your oil levels, brake fluid level and windscreen washer fluid level
- 4 You may want your air conditioning system checked to make sure its in good working order
- 5 Engine drive belt is in good working order
- 6 A clean car can improve your vision



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