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Editor's notes...



Nik Allen, Franchise Owner

Hello and welcome to the third edition of **VISION** Brentwood. I'm delighted to see the magazine go from strength to strength as we continue to grow and produce new content. The summer weather has finally arrived, and with the warm evenings here, we show you how to celebrate in style...with your own homemade Pimm's.

Summer holidays mean one thing... a lot of spare time to fill. So go to our *Summer Holiday Survival Guide* for some inspiration and activities to keep the little ones occupied over the coming weeks.

For those who watched Glastonbury and wished they'd got a ticket themselves, it is not over as we run through the biggest and best festivals still to come this year.

In local news, we cover a schoolboy who has been called up by a Premier League team, a primary school's Olympic celebrations and a farmer who joined forces with firefighters to save the day.

Brentwood festival hit the headlines after Bob Geldof made some controversial statements, offending many in the crowd. Take a peek inside to see what **VISION** had to say about the events which unfolded.

Sport has made the news throughout the world as Wimbledon brought success for those in Team GB heading to the Olympics, and Portugal went on to win Euro 2016 despite a shaky start to the competition. We have everything sport-related covered in August's **VISION**.

With much, much more inside, continue reading to see some of the biggest stories of the month, as well as all that is happening in your area.

Happy reading, and until next month,

Nik

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QUIZ: 1. 150 calories, 2. Monday, 3. A spiderling, 4. She chose an unusual name so girls wouldn't be teased for being 'nerdy', 5. The Bible, 6. George W Bush, 7. An 18-second clip called 'Me at the Zoo', 8. One quarter
 TRUE OR FALSE: 1. TRUE - Their sweat turns red when upset, 2. FALSE - 8000 are injured by musical instruments, 3. TRUE, 4. TRUE, 5. FALSE - Garophobia is the fear of thunder, 6. TRUE, 7. FALSE - There are 328 people named Abcde in the US, 8. TRUE, 9. TRUE - It was changed for eating a communion wafer

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THE BLONDE BOMBSHELL

M A R I L Y N M O N R O E

There cannot be a person alive today who does not know the name Marilyn Monroe. She was one of the most iconic stars of Hollywood's heyday.

Six decades have passed since the blonde bombshell stood in a floaty dress billowing up around her legs – but her legend remains as strong as ever.

That image of her standing over hot air coming up from a New York subway grating, shot for 1955 film *The Seven Year Itch*, is one of the most memorable of the 20th century.

As recently as 2011 the “subway dress” was auctioned in Los Angeles and went for £4million, four times the price it had been expected to fetch.

Marilyn was one of the most beautiful women ever to grace the silver screen, but she had her demons in her private life which so often spilled over into her public life. Like so many icons she tragically died in August 1962 at the age of 36.

Marilyn died of an overdose in mysterious circumstances – a story which made headlines all over the world.

Officials ruled out that the overdose was accidental, however speculation is still raging that she may have been murdered involving such high profile figures as President John F Kennedy and his brother Robert, both of whom had affairs with her. Another theory involves the Mafia.

Born Norma Jeane Mortenson, in June 1926, and more famously baptised Norma Jean Baker, she was brought up an orphan with a series of foster families before marrying her neighbour, James Dougherty, at the age of 16.

Marilyn found work in a factory but her beautiful face was her golden ticket off the shop floor as she was spotted and turned into a poster model.

She became Playboy's first Playmate of the Month and changed her name to Marilyn Monroe – after her grandma – to screen-test for movies.

She would always take time to pose for pictures and sign autographs, saying: “If I am a star, the people made me a star.”

After developing a sexy wiggle and a lip quiver to hide an imperfect smile, she dyed her hair blonde – and the rest became history.



THE LAST MEN TO BE HANGED IN THE UK

Prisoners at two jails – separated by 35 miles – literally sounded the death knell for two men who would become the last to ever be hanged in Britain.

In August 13, 1964 at exactly 7.30am the prisoners at Walton Jail, Liverpool and Strangeways Prison in Manchester began simultaneously banging the bars of their cells with tin cups.

The sound got louder and louder until it all stopped exactly 10 seconds after 8am.

Peter Allen and Gwynne Owen Evans, two petty criminals, had both gone to meet their maker – and ended up in the history books for being unlucky enough to hang before it was abolished, just a year later .

They had been found guilty 18 days earlier of the brutal murder of John Alan West, 53, a laundry van driver.

Evans 23, and 21-year-old Allen, were both known to police as petty criminals.

Allen was married to Mary, a cinema usherette and they had two children.

Evans was their lodger at 2 Clarendon Street, Preston, Lancs, and he was also in a relationship with Mary.

Allen was in need of money to pay a fine. Evans had

once worked with 53-year-old West, and they decided to go and see him to borrow cash.

Allen and Evans stole a Ford Prefect car from outside a pub in Preston to drive to Seaton in Cumbria.

Evans, and eventually Allen, went into the house and killed West, who was found at the bottom of his stairs.

Bizarrely, Evans left his coat at the scene and in the coat was a medallion with his name on it.

They were found guilty of capital murder at Manchester Crown Court and blamed each other for striking the fatal blows.

When Mr Justice Ashworth delivered the sentence, the black cap was placed on his head.

“As both of you know, for the crime of which you have, in my judgement, been rightly convicted the law provides only one sentence,” he said.

Nonetheless, no one actually expected them to hang. There had been no executions so far in 1964, and only two the year before. Ten years before that, in 1952, there had been 23. A reprieve seemed certain.

The death penalty for murder was suspended for a trial period a year later. It was abolished altogether in 1969.

Photo Credits: Steve Fielding



CLEAN UP FOR LESS

We all spend money on household cleaning supplies, but what would you say if you were told that you could replace branded cleaning products with inexpensive homemade alternatives?

Reading the labels of cleaning supplies, barely any of the ingredients are recognisable, and contrary to popular belief, they are not actually necessary.

Mother Nature has been creating the ingredients for the perfect cleaning supplies since the beginning of time, and here's how to use them to give your home that extra sparkle, without the unknown ingredients.

ALL-PURPOSE CLEANER

What you need:

- 2 cups water
- 1 cup hydrogen peroxide
- ¼ cup lemon juice

Directions:

Mix ingredients in a spray bottle, adding more or less water to suit your preferences. This all-purpose cleaner can be used on anything, from wiping down countertops, to cleaning mirrors and sanitising floors or outdoor areas.

GREASE REMOVER FOR KITCHEN SURFACES

What you need:

- Baking soda
- Undiluted vinegar
- Non-abrasive sponge and cloth
- Empty spray bottle

Directions:

Apply undiluted vinegar to greasy surface, using a spray bottle and leave it to sit for eight minutes. Wipe clean. Sprinkle baking soda onto a damp sponge and wipe down surface. Follow by removing powder residue from surface using a clean, damp cloth, and enjoy your new, grease-free surfaces.

TOILET CLEANER

What you need:

- ¼ cup Borax or baking soda
- 1 cup vinegar

Directions:

Mix Borax or baking soda with vinegar and pour into toilet. Leave for 15 minutes before scrubbing and flushing.



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Introducing RENEWABLE ENERGY into your home

With renewable energy becoming a more popular addition to countless homes throughout the UK, many are left wondering whether the cost actually outweighs the benefit.

In 2015, a record 14.6 per cent of Britain's electricity was generated through wind, solar and hydro power, with yet another record of 22 per cent of electricity being from renewable sources over the week of Christmas almost as much as from nuclear sources.

With many different sources of renewable energy, and each having their own strengths and potential downfalls, we looked into the pros and cons of some of the most common.

SOLAR THERMAL

A solar panel that heats the hot water, working alongside your existing system.

PROS: Hot water for free when the sun shines.

CONS: No sunshine = No benefit. On average, it takes around 13 years to break even on investment of solar panels.

REQUIREMENTS AND COSTS: You must have a roof facing within 90 degrees of south. It often costs over £4,000, and could require a new water tank costing around £400.

PHOTOVOLTAICS

A solar panel which uses sunlight to generate electricity.

PROS: Homeowners are able to sell electricity

back to utility companies for a premium price.

CONS: Can be very expensive, taking time for a return on investment.

REQUIREMENTS AND COSTS: Roof must face within 90 degrees of south. The cost could be in the region of £20,000, but grants are available of up to £2,500 towards the outlay.

WIND TURBINES

Wind turbines can be either roof or pole mounted.

PROS: The cheapest of renewable energy sources. Available in a range of sizes.

CONS: Without steady, reasonably strong wind speed, there is no benefit to having a wind turbine. Roof-mounted turbines are less effective than pole-mounted, and all can be noisy.

REQUIREMENTS AND COSTS: Must have wind. Prices start at around £2,000 for a 1kw turbine.

With the sun beaming more than enough energy on to the Earth every hour to satisfy the world's electricity needs, it is only a matter of time before both solar and wind power are utilised more to harness and make this energy useful. In the long-run, it is an investment well worth making, but may not be so attractive in the short-term.



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BEAUTY

Goodhairday

The largest hair and beauty show in Europe, aimed at women of colour, has taken place at the Islington Business Design Centre.

The event, Afro Hair & Beauty LIVE, which is celebrating 35 years, welcomed record crowds with more than 75 hair and beauty brands showcasing their latest products and services.

Visitors were treated to an array of entertainment alongside the stalls, including the Afropolitan Fashion Show, Live Panel Stage Debate and complementary treatments, including massages and hairstyling.

Pat Pekter, chief executive of Afro Hair & Beauty LIVE, said: "I was delighted with the number of visitors who turned out for this year. Ticket sales leading up to the show were up 20 per cent on last year. We have a strong and loyal customer base which, year-on-year, sees visitors to Afro Hair & Beauty LIVE continue to grow."

The VIP lounge was powered by hair care brand ORS, market leaders in the ethnic hair care industry, where guests were treated to rum cocktails, canapés and treatments.

Celebrity guests included Stronger in Europe campaigner and TV presenter June Sarpong, Radio 1Xtra's Sarah Jane Crawford and Afro Hair & Beauty LIVE veteran, DJ Kojo.

As well as having the chance to buy hair and beauty items at discounted rates and preview up and coming ranges, consumers were also able to learn about hair care, manufacturers and skin care.

Industry professionals took to the stage and led workshops and the eagerly awaited grooming specialists WAHL's battle of the barbers competition was judged by comedian and DJ Kojo, 5ive Da Stylist, Gladys Williams of Zenobia Hair & Beauty Salon and celebrity stylist Clifford McDavid. Nathan Hines of Edmonton's Best Barbers was crowned King and took home £500 worth of WAHL products.

Event organisers, Grace Kelly and Verna McKenzie said: "It has been wonderful to see how well the show has been received. We were delighted by the quality of products on display. There was something for everyone."

To find out more about the show or to get involved, follow @afrohairshow or visit www.afrohairshow.com











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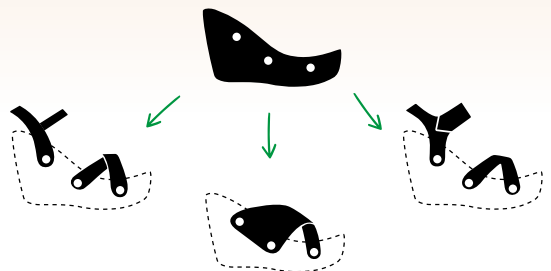


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BACK TO THE FUTURE

This summer, men are looking super suave and sophisticated. It's all about blazers, waistcoats, shirts, roll necks and jeans with loafers or brogues.

The modern man likes to look smart in all circumstances and dressing to impress is not something to shy away from. It's time to send men back in time, as the high street takes inspiration from the 1950s and favours your grandfather's short-sleeved shirts over button down Oxford shirts which have been in fashion in recent years.

On the catwalks, it was all about grey tailoring and loose trousers from the likes of Paul Smith, Giorgio Armani and Fendi for summer. Gone are the days when grey and charcoal were kept for winter and hot on the high street are baggy bottoms, smart jackets and casual suits.

Distressed jeans are back with vengeance, but it's not

all hobo and edgy. This year it's calculated ripped denim that makes a statement for those rough and ready types, and patches, bleached and the 'lived in' look is all the rage.

Men are going bolder than ever, with green being big this season. Men should opt for varying textures and hues, teaming olive green bags and coats with other colours and mixing it up when it comes to teals and jade jumpers, shirts and shorts. Hermes and Burberry have been sporting green for years, but this year it's about how you wear it.

So get out there guys, don't be afraid to wear jeans that look like they have seen better days, or rocking a suit with slouched trousers and trainers for a more casual look.



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Here are just a few of the incredible ways that water keeps your body functioning:

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Digest this...

For our bodies to metabolise proteins and carbohydrates, our bodies rely once again on water. Saliva is produced to begin digesting our food and aid in swallowing food.

Exercise Aid...

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comprises of 75 per cent water.

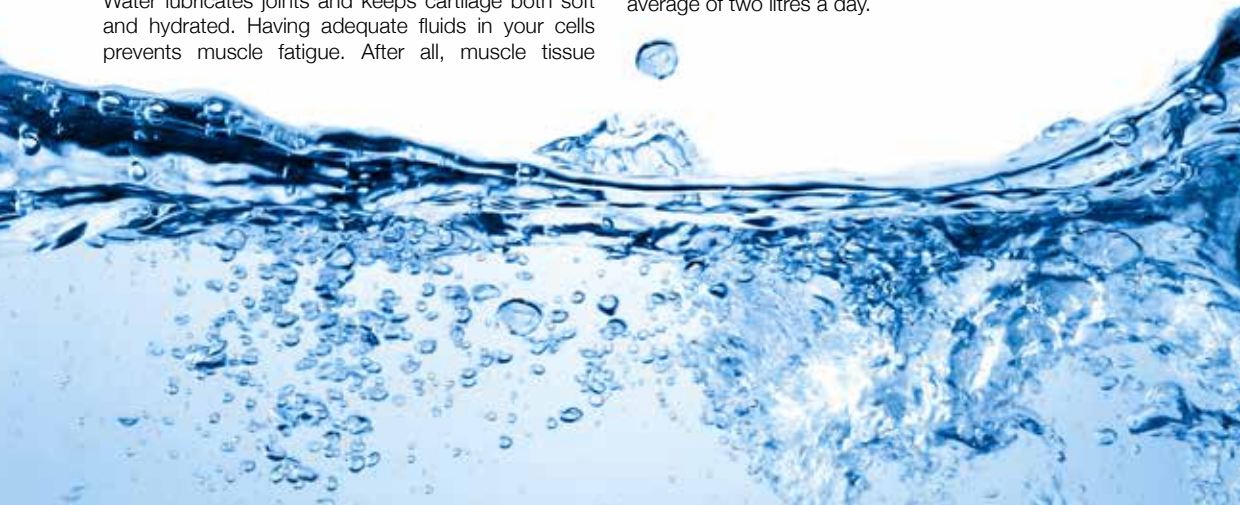
Healthy Kidneys...

Body fluids transport waste products, cleansing and ridding the body of toxins through the kidneys to be excreted in urine. Through this, water flushes waste products, bacteria and proteins from the kidneys and bladder.

Feel and look great...

The largest organ in the body is our skin, which benefits greatly from increased water intake. Both colour and texture of skin are improved when properly hydrated as your body is able to build new cells properly. Adequate hydration allows transportation of nutrients throughout the body, and can solve a number of problems, preventing headaches and suppressing your appetite.

With water playing such an important part in the everyday functioning of our body, there is no better time to increase your water intake and aim for an average of two litres a day.



3 top tips to keep your hydration levels up:

1. Always carry a water bottle to keep yourself drinking throughout the day.
2. Eat more fruit and vegetables. 20 per cent of our fluid intake comes from food.
3. Choose beverages you enjoy if that's what it takes for you to stay hydrated.



GET ON YOUR BIKE

THIS SUMMER

Mountain biking is a hobby, or even a way of life for some, but it could also be a way to introduce something new into your life.

With many giving up their exercise routine due to boredom, why not add a new challenge to your workout, and see some of the picture-perfect scenery England has to offer at the same time. You need look no further than some of these incredible mountain biking trails, accompanied by visitor centres:

CANNOCK CHASE, CANNOCK

Based in the centre of England, Cannock Chase brings trails suitable for those with all levels of mountain biking experience. With routes rideable in less than an hour and the option to repeat laps, beginners can have just as much fun as the experts here.

The Monkey trail is 34km and offers some well-surfaced single-track with optional black sections to make it that bit more challenging. Be prepared for many switchback climbs with a technicality rating of 4/5.

Cannock Chase even boasts a downhill area with a technicality rating of 5/5. Despite being fairly short downhill runs, there are berms, drops and jumps to get the adrenaline pumping.

GRIZEDALE FOREST, LAKE DISTRICT

Grizedale forest provides a great day out for all levels of cyclist, weaving through the forest on tracks of varying difficulty from 3km to 23km.

The North Face trail covers 16km of varied terrain, and can take anything from a couple of hours upwards. Containing rock sections, tough climbs, tricky technical descents, berms, drop-offs and loads of great single-track, this is guaranteed to test the average cyclist. There is even an additional 1km downhill trail should you be brave enough.

For other mountain bike trails, look at Dalby Forest, North Yorkshire and Sticks Pass, Lake District, bearing in mind that many visitor centres offer bike hire. Why not give it a go and learn a new skill, spice up your usual fitness routine or make some new friends. After all...It's just like riding a bike.



Call the doctor!

Edition 3, Aug 2016

welcome.

Hello and welcome to August.

So we are already into our third edition of 'Call the Doctor' and so far we have had a great response. As always, I welcome questions and comments and should you wish to contact me, I can be reached by email at contact@athreya.co.uk.

Dr Kannan Athreya MBBS DRCOG DipDerm (Distinction) - local family GP and lead practitioner at Essex Private Doctors Surgery, Shenfield. For my full profile and professional medical history please visit essexprivatedoctors.com.



'Free yourself From'

There is a definite trend in the UK, of a nation that is becoming more aware of what we are feeding our families. With food brands now informing us about the sugar, salt and fat levels more clearly than ever, it seems we are making better, more informed choices.

But if you are concerned that you are eating, or cooking the right things but perhaps still dealing with issues of bloated-ness, sickness, problematic skin, difficulty in weight loss and other such symptoms that have simply become part of your daily life then it may be that you, or your family member are intolerant to a particular food group, or ingredient.

You will have heard the term '**Gluten Free**' I am sure - and this is just one example of an ingredient you can be tested for a clinical intolerance.

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PUZZLES & TRIVIA



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

QUIZ

- Q1:** How many calories does banging your head against a wall burn?
- Q2:** Which day of the week are heart attacks more common?
- Q3:** What is a baby spider called?
- Q4:** Why did J K Rowling choose the name 'Hermione' for a character?
- Q5:** What is the most shoplifted book in the world?
- Q6:** Which American president was once a cheerleader?
- Q7:** What was the first ever YouTube clip?
- Q8:** What percentage of new cars in the UK are white?

DID YOU KNOW

- In 19th century Australia, it was thought that climbing inside a dead whale would cure rheumatism.
- In 2017, China will open the world's first stadium dedicated to online gaming.
- It is more likely to snow in the UK at Easter than at Christmas.
- The first version of football's offside rule stated that players shouldn't 'loiter' near the opposing goal.
- Merry-go-rounds were originally a training device for knights.
- The largest game of musical chairs had 8238 participants.
- A recent scientific study has concluded that there are too many scientific studies.
- It is impossible to hum and whistle at the same time.
- You are more likely to catch a cold by holding hands with someone than by kissing them.

TRUE OR FALSE

1. When hippos are upset, their sweat changes colour... **T or F**
2. 6000 Americans are injured by musical instruments every year... **T or F**
3. In Uganda, 50 per cent of the population is under the age of 15... **T or F**
4. The Pokémon Hitmonlee and Hitmonchan are named after Bruce Lee and Jackie Chan... **T or F**
5. Garophobia is the fear of garages... **T or F**
6. In 2011, a pensioner spent 30 hours driving around the M25 after missing his turning... **T or F**
7. There is one man in the US named Abcde... **T or F**
8. In France, a 'can of worms' is called a 'bucket of crabs'... **T or F**
9. A pig was hanged in 1394 for sacrilege... **T or F**

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Enjoy a taste of Asia and visit Hong Kong

It is one of the best places in the world to eat and shop, and home to a dazzling harbour and glittering skyline – Hong Kong is a must-visit travel destination.

The former British colony is an ideal stopover for people wanting to break up a long-haul flight for a few days, or a fascinating holiday location in its own right.

Where to start

Hong Kong is made up of an intriguing collection of neighbourhoods and islands and, of course, a breathtaking harbour. Enjoy walking around the city to take in the hustle and bustle of this busy region which, although under Chinese rule, has its own unique atmosphere.

Shop till you drop

Hong Kong caters for shoppers on all budgets. The best place to start is Temple Street night markets. This rowdy thoroughfare in central Kowloon is vibrant, thriving and at times edgy. It is home to market stalls selling anything and everything, including branded watches and sporting goods plus a host of outdoor food stalls.

For something glitzier visit the Landmark Shopping Centre, one of Hong Kong's oldest and best-known shopping centres. Here you will find five levels of top-end designer shopping.

Taste of Asia

Hong Kong is Asia's food capital. It is home to some 12,000 restaurants offering the very best in Cantonese, Shanghaiese, Vietnamese and Japanese cooking. Delicacies include roasted suckling pig, steamed prawn dumplings and duck egg tart. Visitors can enjoy high-end dining at slick Michelin-starred restaurants or sample street food from market stalls.

Take a boat and a tram

Once you have soaked up the city atmosphere it is time to hit the water and the mountains. Take a boat trip during the day and witness just how busy the working harbour is, or travel at night and take in the lights of Hong Kong's high-rises along with a meal and cocktails.

Hong Kong is often described as one of the world's most spectacular cityscapes. You can judge for yourself by visiting Victoria Peak, the highest point on Hong Kong island. From this vantage point you will gain a better understanding of the surprising landscape – the thriving metropolis is surrounded by sprawling parks and mountains. You can reach the Peak by travelling on the Peak Tram, the 120-year-old funicular railway.

Photo Credit: TungCheung/Shutterstock.com





IS KATE DI-

Is Prince William's wife, Kate, turning into a 'Didentical' copy of his late mother Princess Diana?

There is no doubt that Kate, who one day will inherit Diana's title of Princess of Wales, has already become the new 'queen of hearts', which Diana had made her own.

Only recently in an open and touching tribute to Diana, tragically killed in a Paris car crash in 1997, she chose to wear the princess' favourite headpiece to the Queen's annual diplomatic reception at Buckingham Palace. The gorgeous diamond and pearl Cambridge Lover's Knot tiara was given by the Queen to the Princess of Wales as a wedding present in 1981, and Diana wore it for the first time at the state opening of Parliament that November.

The similarities started as soon as she slipped on Diana's famous sapphire and diamond engagement ring. Few could have failed to see the similarity between

Kate's royal blue engagement outfit and Diana's own in 1981, or the polka dots both women wore to present their newborn sons on the same hospital steps.

Those who are close to the Duchess of Cambridge have noted their strikingly similar personalities and manners too. Just like Diana, Kate has an easy smile and infectious laugh. There is a genuine warmth, charm and ability to reach out to the public.

Diana ignored royal protocol, taking sick children and Aids victims alike into her embrace.

Kate also truly seems to care. She wrote a letter of comfort to a young leukaemia sufferer, Fabian Bates, who she met on a visit to the Royal Marsden Hospital in Chelsea. It was a personal touch worthy of the 'people's princess'.

Kate also seems to share Diana's zest for life. When she cheered and grimaced watching Andy Murray crash out of Wimbledon last year, cheered Britain's sporting



DENTICAL?

heroes at the Olympics or sat through the agony of an England side at the Rugby World cup, it brought to mind Diana singing along to Freddie Mercury at Live Aid or giggling while dancing with John Travolta. And just like Diana, Kate seems determined to bring up her children as normally as she can.

Diana had her sons in hospital - the first royal to do so away from the palaces. Kate followed suit. William was the first royal baby to accompany his parents on an official foreign trip. Kate took George on theirs. Diana made sure her boys got regular treats, trips to McDonald's and the zoo, like other children.

Kate has an annual pass to the petting farm at Snettisham Park near her Norfolk home, which Prince George reportedly loves.

On a trip to New York in 2014, Kate stayed at the plush Carlyle Hotel, the very establishment where Diana once held court.

There were some striking similarities between the two tours. Kate paid a visit to Harlem, just as Diana did and, also like Diana, visited vulnerable children in the district.

The Princess had made it clear she wanted to see the side of the city New York doesn't care to talk about. Pictures of Diana embracing black children born with Aids and hugging a nurse who thanked her for bringing "love, youth and vitality" to Harlem electrified New York.

Even on the fashion front Kate wears similar outfits to those worn by Diana, which gave the British fashion industry a massive boost.

The one great pity is that Kate never got to meet the woman who would have been her mother-in-law and surely one of the most glamorous grandmothers ever seen. Many in royal circles believe that the pair would have been great friends.

Photo Credits: PA Images

FESTIVAL Fever

It's that time of year again. The sun is shining (well it should be) and people are getting that festival feeling.

Summer is all about listening to music outdoors and watching your favourite bands on stage. It's about partying in the day and letting your hair down.

Following Glastonbury's success this year, many have been left wishing they'd attended the yearly event. The festival drew to a close, headlined by Coldplay with help from the Bee Gees, as those at home watched on as thousands waved luminous lights in the air to the artists' final songs.

If you have yet to bag yourself a ticket to one of this year's many music events, the good news is there are still plenty to choose from.

V Festival

When: 20-21 August

Where: Hylands Park, Chelmsford, Essex and Weston Park, Staffordshire

What's it all about? This is another crowd pleaser

which has been standing tall for years. There's always an array of international stars that will keep you entertained for hours on end. Combining glamping with a music experience like no other, this year's event features Justin Bieber, SIA, Tinie Tempah, James Morrison and even JoJo. Rihanna is also taking to the stage and there's a whole host of comedy to break up the tunes.

Reading Festival

When: 26-28 August

Where: Reading

What's it all about? One of the biggest music festivals in the world, the Leeds and Reading music event showcases some of the best music from across the pond. Taking place over the bank holiday weekend, Maverick Sabre and Fall Out Boy are taking to this year's stages. The BBC record the event and broadcast chunks live, whilst visitors will also get the chance to camp and witness some of the best up and coming artists through BBC Introducing.



LOCAL NEWS

from your neighbourhood



LOCAL NEWS



TuckIN campaign celebrates first birthday

A scheme encouraging local restaurants and shops to provide more healthy options recently celebrated its first birthday.

Brentwood Borough Council's TuckIN campaign was launched in 2015, and since then 19 businesses have signed up, including three more last month – Yaya, Little Piggies Cafe and Bongow Indian Cuisine. The campaign aims to help local eating places make pledges to deliver small, simple changes to help improve public health.

By making the pledge, businesses are able to increase the choice for customers, save money, increase their profits and make better food. They also have access to free online nutritional training.

Businesses taking part in the scheme are required to reduce the amount of salt and sugar in the foods they make and to use oils with less saturated fats.

Brentwood Borough Council's chairwoman of the health and wellbeing board, councillor Olivia Sanders, said: "One year on from when we started this campaign more businesses have joined and are giving people in Brentwood more options if they are trying to improve their

lifestyle choices when eating out.

"The scheme is about making small changes for the benefit of the people that they serve and there is no cost to joining it. It includes free visits from a local food officer and free advice so that food businesses can help support their customers."

Yaya owner, Yahia Zaky, who was one of the recent businesses to join the scheme, said: "We have always done smoothies and shakes, but have now decided to add some more healthy ones to the menu. One of our latest is the 'Cool Kale' smoothie, which has mango, banana, kale and lemongrass in it and lots of antioxidants. We also do a lot of protein shakes, which are popular with customers who go to the nearby gyms.

"A lot of our customers are younger and in school, and we are trying to show them that healthy smoothies can be just as tasty as the non-healthy ones."

Local takeaway and food businesses can email envhealth@brentwood.gov.uk or call 01277 312500 to arrange a visit or more information from a member of the TuckIN team.



Primary school holds Olympic celebrations



As the countdown to the Rio 2016 Olympics continues, Warley Primary School has been getting its pupils excited with their Road to Rio event.

Mayor of Brentwood, councillor Noelle Hones attended the event. She said: "I was delighted to have been invited by Jenni Evans, the headteacher of Warley Primary School, to see each year group perform a dance representing one of the countries which will be taking part in this year's Olympics Games in Brazil.

"The enthusiasm and sense of fun displayed by the children was infectious, and my husband Jon and I really enjoyed ourselves. I would like to congratulate the headteacher and all of her staff who obviously work so hard to make Warley Primary School the happy place it clearly is."

Schoolboy selected by premier league team



While most of his peers are preparing to begin their GCSEs, one youngster from Becket Keys C of E School has packed his bags as he leaves his old life behind to follow his dream of becoming a professional footballer.

Daniel Ogunleye has been called up by the Southampton FC Academy, where he will be away from his family from Monday to Friday. The 13-year-old was originally spotted by a scout while playing in his under 13's and Brentwood district team and hasn't looked back since.

After training with the team's London-based academy

for 18 months, visiting Holland and Greece on tour, and scoring 32 goals in 31 appearances, the football-mad teen is excited for all that lies ahead.

Daniel said: "It will be hard to leave my family, my school, and Brentwood. It will be a big change in my life but I would have regretted it if I didn't go for it."

The teen, who will spend two days training and three days per week at college, was given praise by members of staff at his former school.

Mr Wray, who has taught Daniel PE for the past three years, said: "He works hard both in the classroom and on the football pitch. He doesn't only listen respectfully to feedback, he acts on it and we wish him all the best. Daniel is a shining example of where hard work can take you if you are prepared to accept failure to grow and learn."

The prize student's talents are clearly not only limited to football as he recently won the 100m sprint at his sports day, completing the distance in 13.36 seconds.

Daniel certainly has a bright future ahead of him with The Saints. He concluded by saying: "It feels very surreal. My goal is to play for Southampton first team one day, but if that doesn't happen I would just like to play professionally."

Farmer saves the day



A local farmer joined forces with fire fighters to clear the road after a tree collapsed, destroying a power line in the process.

The tree, on Ongar Road, fell across the path of cars, blocking the road and resulting in a road closure which held traffic up for hours.

The farmer, who was stuck in the traffic queues, managed to assist the situation by bringing a cherry picker from a local farm and helping to clear the tree.

Officer Hayward, who was in charge of the incident at the time, said: "Because of the way the tree was hung up in telephone wires, we didn't have the ladders so couldn't get to it. We asked for police and highways to come because they have chainsaws but they said they would take two hours to get to us.

"One of the local farmers managed to arrange a cherry picker to show up. A couple of members of the fire crew managed to work from the cherry picker to cut the branches away and make the area safe".

Geldof offends Brentwood festival goers

The 64-year-old, known for his strong choice of words, launched a foul-mouthed attack on audience members while on stage at family-friendly Brentwood Festival, leaving many disgusted.

Appearing with his band, The Boomtown Rats, Bob Geldof began to rant, accusing those in the crowd of “wearing wall to wall Primark”, before adding: “This is a rock and roll festival. When you come to a rock and roll festival, dress for a rock and roll festival.”

Having sworn at the audience for being “boring and tame”, he was booed, before many festival-goers turned to social media to voice their anger.

Festival co-ordinator Laurie Edmonds said: “We are genuinely sorry if anyone in the audience was offended by Sir Bob’s words. Although some people left early, thousands stayed until the end of The Boomtown Rats’ set, asking for encores at the end.”

Geldof’s representatives declined to comment.

Colouring café



An innovative mental health charity is continuing its work in the community since the launch of its colouring café.

Based at Brentwood Theatre, Brentwood Community Print (BCP) are welcoming visitors to their venue, which is open to anyone and everyone over the age of 18 on Fridays, whilst supporting those with mental health conditions.

Designed to help de-stress, these colouring books are full of images, quotes and anecdotes.

Audrey Clark, director of BCP, said: “If you sit and chat that’s fine, and if you do not want to, that’s also fine. A lot of mums work and when they dropped their child at school they would go back to have a cup of coffee. Those mums that are not working can be very isolated and it can help de-stress and meet people.

“There’s something that goes on in the brain when you are colouring. It’s relaxing and helps reduce anxiety.”

The Mayor of Brentwood, councillor Noelle Hones, recently visited. She added: “I was very pleased to be able to meet several residents and volunteers. The group meet every week to help and support those who face challenges in their lives and it is a wonderfully cheerful place. Please drop in and give your support to this very worthy cause”.

Brentwood takes part in first SCAMnesty



Brentwood has shown enormous amounts of support for SCAMnesty, part of an Essex Trading Standards and Essex Police campaign for Scams Awareness Month.

A SCAMnesty bin was installed in the reception area of Brentwood Town Hall recently, where residents can place the scam mail they receive which will then be passed onto Essex Trading Standards.

Speaking about the SCAMnesty, the council’s chairman of the community, health and leisure committee, cllr Keith Parker, said: “We are pleased to give all the support we can to help beat the scammers. We hope that by being able to deposit any scam mail they receive anonymously in our SCAMnesty bin, residents will be reassured that they are helping to build up evidence that can be used to target the fraudsters”.

Headteacher calls it quits after 18 years

A head teacher of a local primary school recently retired, having worked at her school for an incredible 18 years.

Sue Dawson, of Kelvedon Hatch Primary School, will be certainly missed, having joined the school in 1998 as deputy head, before rising to the position of head teacher in 2002.

Miss Dawson has praised the school, explaining that the environment is the reason she has stayed for so many years.

She said: “I loved the school as soon as I walked in the door. I was immediately struck by its friendly, encompassing atmosphere and knew this was where I really wanted to work.”

New head teacher Nina McKay has been appointed to begin at Kelvedon Hatch Primary School in September.

Brentwood FC prepare for season ahead

Brentwood FC have seen a successful start to pre-season, having lost only one of their first six fixtures.

The team have had the disadvantage of playing away from home every time while pitch maintenance has been taking place at the Brentwood Arena, and have still come home victorious.

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Healthy stuffed peppers

This healthy but simple meal is perfect for the entire family, and brings an added twist to the classic stuffed pepper recipe. Low in fat and containing approximately 446 calories, this low carbohydrate delight is perfect for lunch or dinner.

Ingredients:

4 peppers
1-2 tbsp. olive oil
1 x 500g pack lean beef mince
1 bunch spring onions, sliced
2 large garlic cloves, crushed
125ml beef stock
2 tbsp tomato purée
340g sundried tomato pasta sauce
1tsp dried oregano
1tbsp paprika
50g grated parmesan, feta or cheddar cheese

Method

1. Ensure your peppers can stand, slicing off slivers of pepper from underneath if needed. Put peppers in

boiling water for 5 minutes to soften slightly, then set aside.

2. Preheat oven to gas mark 6, electric 200°C or fan 180°C.

3. Heat the oil in a large frying pan and cook the mince for five minutes at a medium heat, until browned. Add any pepper off-cuts, spring onions and garlic and cook for a further two minutes.

4. Add beef stock with tomato purée, pasta sauce, oregano and paprika, cooking for a further seven minutes.

5. Stand the peppers on a foil-lined baking tray, spooning the mixture into the peppers and topping with grated cheese.

6. Bake for 20 minutes, until the cheese is bubbling and golden.

7. Serve with crusty bread or a side salad.

Top Tip

To make the beef mince go further, mix basmati rice into the filling.

This recipe can be substituted with any meat or vegetables.





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It's Pimm's o'clock

Summer is finally here, which means it is officially Pimm's o'clock. But what better way to celebrate the warmer evenings than relaxing with a cool beverage in the garden. Here is **VISION's** recipe for the perfect homemade Pimm's.

TOP TIP...

Replace the gin and sweet vermouth with Pimm's to add a time-saving summer twist to your drink

Ingredients:

- 🍊 1 navel orange
- 🍊 1 teaspoon dried bitter orange peel
- 🍷 ¼ cup London dry gin
- 🍷 1 cup sweet vermouth

Directions:

1. Wash and slice the navel orange, placing it in a sealable glass jar. Do not remove the peel.
2. Add bitter orange peel, then pour in the gin and vermouth.
3. Seal and shake the jar, storing at room temperature for a minimum of 24 hours and up to 72 hours.
4. Once left to sit, strain the orange out using a sieve and then filter through a coffee filter into a glass bottle or jar.
5. Store sealed at room temperature.
6. Garnish with sliced cucumber, oranges, strawberries and mint before serving chilled.

PIMM'S FACTS

- 🍷 Back in the 1820s, oysters were knocked back with neat, bitter gin. To take the edge off, shellfish-monger James Pimm served up the gin with his Pimm's "house cup" of fruit extracts and liquors. From there, the classic Pimm's cup was born.
- 🍷 There used to be six different types of Pimm's, each numbered to match the base liquor used to make it. The classic blend that most people drink is Pimm's No. 1, made using gin.
- 🍷 Her Majesty approves. Pimm's was awarded a Royal Warrant back in 2010.





Spruce up your garden

With blooms bloomed and blossom blossoming, our gardens are in full swing now, bursting with colour. But why settle for a less impressive garden as the year goes on. By planting evergreens in summer, you can ensure a garden full of colour throughout the year, come rain or shine.

Plug seedlings are recommended for the healthiest spruce, pine or fir trees, as their roots are already established and will find it easier to take in the new ground.

Choosing your evergreen

As a rule of thumb, you should have success in growing the same species as those which already exist in your area. Take a drive nearby and see which evergreens seem to be coping well in their environment for ideas, or ask your local garden centre for advice.

Healthy root systems are vital in buying an evergreen which will survive in its new home, as well as being aware of the soil type required, and the amount of sun your evergreen prefers.

Acclimatisation

While your evergreen will take time to acclimatise, typical healthy tree seedlings will add 8" to 16" of new growth per year. This may begin more slowly as your spruce, fir or pine may focus on re-establishing its root systems before growth.

Fertilising

It is not recommended to use fertiliser on evergreen trees unless they have begun to lose their dark green colour, a sign of a lack of nutrients. Sprinkling a heaped tablespoon of balanced fertiliser on top of the soil can enhance an evergreen's nutrients. Do not plant the evergreen directly in fertiliser, as this is almost certain to kill your new addition to the garden.

With these simple tips, you can grow the perfect evergreen in your own garden. With low maintenance, and results all year round, what's not to love?

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THE NEXT 007 COULD BE...

After four films as 007, Daniel Craig has clearly had enough, telling media: "I would rather slash my wrists" than film another sequel in the role. The 48-year-old later added: "If I did, it would be only for money. I'm over it at the moment, all I want to do is move on."

Now heads are turned to the top contenders for the role, as the question is asked...Who will be the new Bond?

Meet the favourites:

1. Aidan Turner

The Irish actor, best known for his starring role in BBC's *Poldark* and playing a vampire in *Being Human*, is one of the top choices to take Daniel Craig's place. In 2014, he won the Empire Award for Best Male Newcomer in the *The Hobbit: The Desolation of Smaug* as Kili the dwarf.



2. Jack Huston

Known to be charming and cunning at the same time, Jack Huston is rumoured to take the coveted role. Having appeared in severable notable movies including *American Hustle* and *The Longest Ride*, the 34-year-old received praise for his performance as Richard Harrow in award-winning series *Boardwalk Empire*.





3. James...James Norton

One to watch is London born James Norton. The Bond favourite was nominated as 'Best Supporting Actor' at the British Academy Television Awards. News of James playing Bond sent his female fan base into a frenzy, sharing the hashtag '#JamesNortonForBond' on Twitter.



4. Tom Hiddleston

Having played an undercover agent in BBC miniseries *The Night Manager*, Hiddleston has shown his capabilities, impressing many in his role as a spy. It has been said by an insider that his public romance with Taylor Swift has ruined his chances, making him lose his air of mystery and rendering him uncastable.



5. Tom Hardy

Tough guy Tom, who played the title role in *Mad Max: Fury Road* has been praised for his work in numerous films, including *The Revenant*. Having recently been nominated for an Oscar in the 'Best Performance by an Actor in a Supporting Role' category, Hardy seems a strong competitor in the race to play Bond. Some, however, have suggested that this publicity could work in his disfavour as he could be too well-known for the role.

The actor commented: "I would love to do it. Who wouldn't? If I did get the chance, I would smash it out of the park."



6. Damian Lewis

Damian Lewis is the oldest possible contender, at 45 years of age. Known for portraying Marine Sergeant Nicholas Brody in *Homeland*, Lewis earned himself a Primetime Emmy Award and Golden Globe Award. When asked if his role as an MI6 agent in spy-thriller *Our Kind of Traitor* was a public audition to play Bond, Lewis said: "Bond was the furthest thing from my mind while playing Hector, but it would be very exciting."



7. Idris Elba

One of the better known actors tipped with a chance is *Luther*'s Idris Elba. Despite calling stories of him being tipped to get the job "the wildest rumours", he remains a front-runner in the battle for Bond.

James Bond author Anthony Horowitz was caught amidst a racism row, having commented that Elba was "too street" to play 007. His comments were later retracted, explaining that he was referring to the actor's "gritty" role in the BBC's *Luther*.

With the race to become the seventh new James Bond heating up, and so many possible contenders, there is certainly an air of mystery around the well-known role.

To confuse fans even further, Bond producer Barbara Broccoli is currently casting for the next 007, and it was been rumoured that she is likely to choose an outsider.

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A Parents Summer Holiday Survival Guide



KIDS

The summer holidays are here, which means one thing... You have six weeks of quality time with the little terrors. But do not fear. **VISION** have 10 brilliant activities and boredom busters that can help you survive!

1. Library visits. Sign up for the Summer Reading Challenge (www.summerreadingchallenge.org.uk). There are always free events you can sign up for so head to a library near you.

2. Trips to the park. Throw the bikes, scooters, bird food, kids and snacks in the car and head down to the park for hours of free fun.

3. Let's go fly a kite. Get some fresh air and make the most of the sunshine, while your kids watch their kites soaring above. It can keep them entertained for hours.

4. Museum visits. Not only the big city museums, but your local ones too can have lots of history and be lots of fun. A few family friendly city based ones include: Horniman Museum, V&A Museum of Childhood, Science Museum, London Transport Museum and the Natural History Museum.

5. Zoo/Farm trips. Nothing beats witnessing the look of wonder and amazement in your kids' eyes when they see a lion growing, or when they feed an animal hay.

6. Fruit/vegetable picking. This is a great way to encourage a healthy lifestyle, and have some family bonding time.

7. A day at the beach. It's easy to over look our stunning coastline- there are miles of it to explore. Grab your nets, buckets and spades and make a family trip of it without breaking the budget.

8. Camping out in the garden. It can be tons of fun. Make sure it's a clear night and look for constellations together.

9. Bake. Scones, cakes, bread, whatever you fancy. Why not have a cake decorating competition space - buy some pre-made cakes if you prefer, different coloured icing tubes, sprinkles, candies, and let the competition begin.

10. Make a photo journal. Let the kids take pictures of their summer adventures, and print out their favourites. Get a scrapbook, decorate, and fill it with all your memories.

For more ideas of how to get the kids learning and having fun at the same time go to www.facebook.com/rainbowclub.co.uk and like.



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Friday 5 August, 11am-3pm
Doddinghurst Playing Fields, CM15 0NJ

Friday 12 August, 11am-3pm
King George's Playing Fields, CM14 5AE

Friday 19 August, 11am-3pm
Seymour Field, Ingatestone, CM4 9JH

Friday 26 August, 11am-3pm
Worley Playing Fields, CM13 3DH

Please note that activities vary weekly. Many activities are free, but this year there will be a £2.50 wristband charge, per child, for bouncy castles and rides at each event.
Face painting and refreshments will be charged for separately.
Parking is strictly limited at all events. Please walk or use public transport where possible.

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Saturday 12th November



Attend the Masquerade Charity Ball, a black tie event in the Orsett Hall Hotel. Including a three course meal, wine and a DJ, the evening is set to be one of the biggest nights of the year. Carriages arrive at 1am. For more information, contact Sheila Moses on mellowmoments@btinternet.com

Athletics Academy with Dean Macey
Middleton Hall Lane, CM15 8EE
8th – 11th August

A unique opportunity for boys and girls to further their

skills in track and field athletics, join the academy for drills and challenges throughout the week. England's leading decathlete for a decade, Sean Macey, will be the star coach from 10th-11th August, as well as Olympic Bronze medallist Kelly Sotherton on the 8th August. The Athletics Academy can be contacted on 08448 709077.

Toy Fair
Brentwood Centre, CM15 9NN
20th August from 10am

With everyone welcome to come along to view or buy collectible toys, old and new, there is an endless variety of treasures. Tables are available to book for those looking to sell, and costs are available at www.j-jwebbttoyfairs.com. For more information, contact 01522 880383.

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CHRIS EVANS QUILTS *Top Gear*



After only one series as the *Top Gear* presenter, Evans has left the BBC motoring show amidst falling ratings, criticism and a supposed fall-out with co-host Matt LeBlanc.

It was reported that previous *Friends* star, LeBlanc, threatened to quit the show if Evans remained for the second series, however this was never confirmed.

Instead, Evans wished his former co-presenter the best. In his column for the *Daily Mail*, he wrote: "For me, he is the man. He is the captain *Top Gear* truly needs going forward, the perfect torso for the rest of rest of TG's limbs."

Evans' shock departure was announced via Twitter where the star tweeted: "Stepping down from *Top Gear*. Gave it my best shot but sometimes that's not enough. The team are beyond brilliant, I wish them all the best."

But while Evans seemed reasonably happy to leave the show, fans have been left wondering and speculating who could take his place.

Formula One racer Jenson Button is one of the names suggested as a potential new host after his appearance on the show. Front-runner James Martin had also been expected to join series two for what has been named the 'cursed' role, until a source explained: "He's seen what a tough time Chris had and he's not ready for that criticism."

The BBC have since put rumours to rest. They said: "We have no plans to replace Chris, and rumours that LeBlanc made an ultimatum are categorically untrue."

Photo Credit: BBC



THE HISTORY OF TRAFFIC LIGHTS

The first traffic control device appeared near the Houses of Parliament at the intersection of George and Bridge Streets on December 9, 1868. Invented by a railway engineer named John Peake Knight, it had gas lights and used arms which extended outwards while being operated manually by a police officer.

In 1910, Ernest Serrine of Chicago improved the light by adding automatics.

A detective in Salt Lake City, Utah, is credited with inventing traffic lights as we know them today. In 1912, Lester Wire opted for red and green electric lights to be introduced, as opposed to the original gas-powered lanterns.



RIO 2016 OFF TO A TOUGH START

With the countdown until Rio 2016 over and the Olympics officially underway, the competition had made headlines before it even began.

Criticised for slow ticket sales and a lack of Olympic spirit, publicity has not been kind to Brazil. Despite an outbreak of the Zika virus earlier in the year, the Olympic Games were set to go on, and reports continued that Rio looked the same as ever.

The Russian doping scandal was brought to light, in which the International Olympic Committee (IOC) decided not to give a 'blanket ban' to Russia. Instead, the IOC chose to have the 28 federations that govern summer Olympic sports to review Russian athletes' records individually and decide who would be allowed compete in Rio.

This news caused an uproar, with the likes of Greg Rutherford calling the decision "spineless", while others claimed it was an unfair attack, ignoring a far more widespread problem with doping in sport.

Russian pentathlete and World Champion Aleksandr Lesun said: "It is not a victory, it's even a little loss". Arguing that calls to ban the entire Russian team were political, he added: "Doping is in all countries and there are violators everywhere. Why should we be singled out?"

They are nonsense and groundless accusations."

Determined to create and deliver an unbeatable Olympic Games, the organisers of Rio 2016 have refused to let negative publicity get in the way.

In a bid to boost revenue and fill stadium seats, organisers took the unusual step of allowing anybody to purchase tickets directly rather than through re-sellers, having originally had tickets reserved for Brazilians only.

This came after the news was leaked that organisers were struggling to sell 1.7 million tickets, which totalled 28 per cent of tickets available for sale, with only weeks until the opening ceremony. To put this into perspective, only 20 per cent of tickets remained unallocated a month before London 2012.

Great Britain's Jessica Ennis spoke ahead of this year's Olympics. Having been awarded seventh place in long jump at the Anniversary Games, her final event before Rio, she said: "I haven't got the world lead. There are quite a few girls who have upped their game this year. I don't feel like the favourite."

Katarina Johnson-Thompson not only won the long jump at the Olympic Stadium before heading to Rio, but achieved an outdoor personal best of 1.94m, so could be one to watch.

Photo Credit: iazylama/Shutterstock.com



SPORTING LEGEND...

MARTINA NAVRATILOVA

Martina Navratilova; record breaker, tennis legend, and soon to be movie star.

The 59-year old was born with tennis in her blood. Her mother was an accomplished gymnast, tennis player and ski instructor, while her grandmother also had a reputation as an impressive tennis player. By the age of four, Martina was practicing her skills. At the age of seven, the young tennis sensation was playing regularly and taking lessons from George Parma, the Czech champion. By 15, Martina had won the Czech National Championship, and went on to win her first professional title in 1974 in Florida as a 17-year-old.

Ranked as World No. 1 for a total of 332 weeks in singles and a record 237 weeks in doubles, Martina is the only player in history to have ever held the top spot in both singles and doubles for over 200 weeks.

She went on to win 18 Grand Slam singles titles, 31 major women's doubles titles and 10 major mixed doubles titles. The Czech born tennis superstar appeared in 12 ladies singles final, winning the coveted title a record nine times, six of which were consecutive from 1982 to 1987.

In 1981, the star revealed her sexual preference to Steve Goldstein of New York Daily News, coming out as bisexual and revealing her relationship at the time with Rita Mae Brown. This article was published against Martina's wishes.

With plans to open an academy for young tennis players in the Czech Republic, Navratilova has led a hectic life. Appearing in campaigns supporting the ethical treatment of animals, the tennis star is also involved in a number of charities including those for underprivileged children and gay rights, as well as personally overcoming the removal of a tumour found in 2010 and extensive radiation therapy.

Recently given the title of the 'second greatest tennis player among the top 100 players of all time' by The Tennis Channel, Martina's accolades are endless.

To celebrate Martina's 60th birthday, the BBC has released a new documentary film called *Just Call Me Martina*. A must-watch for any tennis fans, the film covers her career as well as her marriage to former beauty queen and businesswoman Julia Lemogiva.

The pair met at a Parisian dinner party 14 years ago where Julia happened to be modelling at the time. She said: "I was meeting all these amazing people in Paris and then we were introduced. I'm not a tennis fan but I knew who she was and we just got chatting. I remember her being very funny and us just laughing a lot."

By the time they met again, eight years had passed and Julia had two daughters from two different relationships. The model said "I introduced my children and chatted. Afterwards I knew I wanted to see her again".

After six-and-a-half years of being in a relationship, Martina got down on one knee, live on TV during the U.S. Open and popped the question. In what was seen as a huge public statement, the couple wed in New York in December of last year, celebrating the changes to laws on gay marriage.

Rafael Nadal commented on Navratilova's career: "It is amazing, all the things she did and she's one of the most important stars in the world of tennis for a long time".





EURO 2016 PORTUGAL ...UNLIKELY WINNERS?

After a questionable start to Euro 2016, Portugal went on to defeat France in the final, beating the home team and defying the odds.

Having drawn in every group match, Portugal went on to find their first victory of the tournament, beating Croatia 1-0 with a 117th minute goal from winger Ricardo Quaresma in extra time.

Portugal then snuck through the quarter-finals after drawing 1-1 against Poland and going to penalties, where the Portuguese side won 5-3. The team's lack of success at this point in the competition led many to question whether Portugal had lost their ability to see themselves through to the final.

The semi-finals saw Wales outmatched by Portugal, as Cristiano Ronaldo led his team to victory. The Portuguese captain began the scoring by heading a cross into the top right corner of the net, less than three minutes before assisting Nani and ending the game 2-0.

Despite reaching the final, Portugal's side appeared inconsistent. France, on the other hand, were on top form. The home team had won all games in the lead-up, aside from one group match which ended in a 0-0 draw, as well as boasting an impressive 2-0 win against Euro favourites, Germany, in the semi-finals.

The stage was set for a battle to win the title of Euro 2016 champions at Paris' Stade de France.

Ronaldo went into this year's competition yet to bring

home a victory with his country, after many disappointing tournaments playing for Portugal. In Euro 2004, Portugal were beaten 1-0 at home in a shock defeat to Greece, and the team had not made the final since.

The Euro 2016 final was only eight minutes underway when Ronaldo injured his knee in a clash with France's Dimitri Payet. After struggling to continue twice, Ronaldo was stretchered off the pitch in the 25th minute as Portugal's chances of winning seemed to diminish.

France appeared weighed down by the occasion, while the Portuguese fought back to overcome their captain's knee injury to fight back with a goal from Eder in the 109th minute. The Lille forward showed great composure as he controlled a pass from Moutinho, cutting inside and burying the ball in the bottom left corner of Hugo Lloris' net.

Despite France holding 52 per cent of possession, as well as having seven shots on target, in comparison to Portugal's three, the full time whistle blew and the unlikely champions celebrated their first major win.

Manager Fernando Santos faced criticism head on, after finishing third in their group and winning only once within 90 minutes.

He said: "Let them continue saying the same thing, that Portugal won without deserving it. We have an amazing group. They've always believed what I told them... That we could win this".

Photo Credit: PA Images



GB SUCCESS IN WIN-BLEDON

Following on from our predictions in June's **VISION** magazine, favourite Serena Williams came out triumphant whilst Andy Murray surprised many with a victory against Milos Raonic, after Novak Djokovic's shock exit in the third round.

Murray has now won Wimbledon for a second time, making him the first British player to win Wimbledon twice since Fred Perry in 1935.

Born in Glasgow, the 29-year-old was the favourite for the first time going into this year's final. Murray had previously been the underdog, having faced either Roger Federer or Djokovic in the previous finals.

Murray's opponent, 25-year-old Canadian Raonic, who was coached by John McEnroe, put up a good fight but was unable to beat the Scot as the final came down to a contest between serving and returning.

A blustery wind on Centre Court did not help the pressure Raonic was under, seeing off two break points before Murray converted a third to lead 4-3.

Murray continued to push, not letting the occasion get the best of him, as he powered through to an impressive 6-1, signalling no way back for Raonic.

The Canadian appeared to struggle under the pressure, as Murray was able to win 87 per cent of his first-serve points, getting 74 per cent of his returns back in play, with Raonic managing to win only 44 per cent of his service points.

Andy seemed exhausted but ecstatic as he repeated his

success in 2013, claiming a third Grand Slam title.

Ranked world number two, Murray seems set on catching up fellow competitor Djokovic, who is currently ranked first.

The 2016 Wimbledon champion does, however, have a long way to go to catch Djokovic, who has held the top spot since July 2014. Winning September's US Open could well threaten the Serbian's position, as well as the ATP World Tour Finals.

For now though, Murray is simply enjoying and celebrating his win that many could only dream of.

Arriving 20 minutes late for a press conference the following morning, Murray described the celebrations as "brutal". He added: "I had a rough, rough night last night. Celebrations with the team, it was fun.

"The win feels extra special because of the tough losses. I'm so proud to have my hands on the trophy again".

Murray's Wimbledon win wasn't the only success for Team GB, as Guernsey-born Heather Watson became the first British player to win a Wimbledon mixed doubles final, since Jamie Murray in 2007.

The 24-year-old British number two played alongside her Finnish tennis partner, Henri Kontinen, claiming her first Grand Slam title in the final against Robert Farah and Anna-Lena Groenefeld.

With Rio 2016 on our doorstep, could this be the beginning of something very exciting for Team GB? Stay tuned.

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