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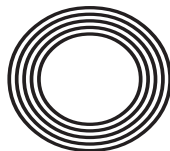
BECOME A

genius with ginger

ANTHONY JOSHUA'S
fight to the top

EMMA WATSON

From wizarding witch to Disney Princess



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Editor's notes...



Nik Allen, Editor

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

This month, as Easter fast approaches, we have the perfect activities to engage your children, and we help you lay on the

Easter Feast for less.

Emma Watson makes her Disney debut in the classic fairy tale *Beauty and the Beast*, and we follow her journey from young witch Hermione to beautiful Belle.

In home and DIY we show you how to accessorise your kitchen with copper items and how to bring 50 shades of grey into your house - don't worry we are not talking about the Christian Grey kind.

In sport, we look at Anthony Joshua's rise to the top as we feature his upcoming fight to be crowned undisputed champion of the world.

Dash cams are on the rise and we tell you why and if you're looking for a classic car but lack copious funds we showcase affordable vehicles.

In this month's local news, police have moved to reassure the public after a shooting in the car park of The Brentwood Centre. Find out which school in the town has been earmarked for expansion by Essex County Council and tributes have been paid to a police officer who died suddenly. Local news and stories are important to us so if you have something you would like to share, email tim@mynewsmag.co.uk

Let us know your thoughts, enjoy and happy reading.

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ED SHEERAN

Makes Music History

Flame-haired balladeer Ed Sheeran is back making chart history after becoming the first artist to land the two top spots with new releases. Add to that a headline slot at this year's Glastonbury and 2017 has already been a triumphant return to form for this songwriting heavyweight.

When Ed Sheeran announced his intention to take a year-long hiatus at the end for 2015, many feared they would never see their Suffolk songwriting sweetheart again. Fortunately for them, Sheeran is back with not one, but two typically tight tracks – *Shape of You* and *Castle on the Hill* – and plans to release a highly-anticipated third album ÷ (spoken as “divide”) in March. Cementing his status as the king of British pop, Ed, who is 26 this month, has also seen the two effortlessly catchy tracks break Spotify's UK and global streaming records, exceeding 13 million combined streams in 24 hours, toppling One Direction as record breakers.

Down-to-earth Ed has garnered a reputation as the most prolific songwriter in the world, with his 12-month sabbatical actually proving to be one of his most fruitful yet as he scored a multitude of awards as an artist, plus co-wrote *Cold Water* – a track released by Major Lazer and Justin Bieber – as well as Biebs' *Love Yourself*, both of which reached the coveted top spot in the UK. Proof, as if it were needed, that even when the *Drunk* singer takes a holiday, he is more productive than most people in an entire lifetime.

Innovative, enigmatic and extremely affable, Sheeran's rise has been meteoric, albeit perhaps not that surprising. His 2011 debut single, *A-Team*, was a monster hit worldwide – winning him an illustrious Ivor Novello Award – and his first album, ÷, sold more than a million copies in the UK in the first six months alone. His sophomore album x topped charts

on both sides of the Atlantic, achieving 3.4 billion streams, and he was also the first artist to headline Wembley stadium without a band, wowing audiences, for three sold-out nights with his trademark loop pedal and acoustic guitar combo. But what appeared like overnight success had actually taken three years of non-stop gigging, with the singer – who moved to London 16 – sometimes sleeping rough when funds dried up.

As well as releasing two new songs, Ed also released 14 UK tour dates which sold out within minutes. Many fans spent hours online and on the telephone trying to bag a ticket, but were left angered when they sold out.

The popular singer was reportedly frustrated after seeing people try to sell concert tickets for up to £1,000 each. Humble Ed has urged his disappointed fans, who missed out on the chance to see him perform, to use official resale sites to avoid paying well over price and being targeted by touts.

A huge fan of social media, Sheeran was one of the first musicians to properly engage with his fan base on a direct level, making that sudden announcement that he would be taking a much-needed break all the more devastating. “I'm taking a break from my phone, emails and all social media for a while,” he wrote on Instagram. “I've had such an amazing ride over the last five years but I find myself seeing the world through a screen and not my eyes, so I'm taking this opportunity of me not having to be anywhere or do anything to travel the world and see everything I've missed.”

While it's unclear exactly what the unlikely heartthrob got up to on his hollibobs, whatever it was it seems to have done him the world of good, as he effortlessly saunters to the uppermost echelons of the charts once more.



mine's a FORD

Fashion design genius, fragrance creator and cult movie director: the unstoppable talent that is Tom Ford.

"My real life is not like the fantasy Tom Ford world with naked girls pouring perfume everywhere - it's more staying in and watching *Friends* on television," confesses the eponymous fashion mogul. This admission, whilst certainly sincere, doesn't ring true for a man who has become synonymous with high-end luxury, and whose most recent directorial effort, *Nocturnal Animals*, has wowed film critics with its seductive cinematography and thrilling drama.

A native of Texas, Ford's rise to style supremacy has been unprecedented; a rebel cowboy stirring up Europe's fashion elite. During the nineties, when he was creative director of Gucci, he singlehandedly resurrected the brand with his daring creative ingenuity - you may remember the raunchy Opium fragrance campaign featuring a naked Sophie Dahl, or the Mario Testino image of a model with the Gucci logo perfectly shaved into her pubic hair.

Following his departure from the Italian fashion house, Ford found himself creatively at sea and turned to alcohol for comfort. Fortunately, he soon realised that starting his own label was the healthier way of channelling excess energy - his obsession with detail being both his greatest strength and weakness. It was also during this period of reflection he first decided to don his director's hat, creating the heart-breaking *A Single Man*. With its sumptuous style and candid portrayal of life after a partner's death, the film surpassed expectations and earned its lead actor, Colin Firth, an Oscar nod.

Tom Ford is now a billion-dollar company encompassing everything from eyewear to home fragrance. Women covet his lipsticks, and the unisex Neroli Portofino cologne is a heady, sensual fragrance with cult status and a hefty price tag. The bottom line? Like Ralph Lauren or Coco Chanel, Ford is his brand and whatever he touches, be it film, fragrance or fashion, turns to gold.

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QUILTED COUTURE

Forget mass-made blankets – quilting is in and it's never looked better.

Whether homestead wives making do and mending or those looking to combine fashion and comfort, this decade has seen us embrace the previously unsung 'hobby' of quilting, in the process transforming this craft into a vibrant, evolving and highly skilful art form that embraces maths, design and the attraction of wrapping up warm. After all, what better way to turn 'throw-aways' into vibrant new gifts and perhaps incorporate cherished fabrics into memory quilts as future heirlooms?

Like any new activity, quilting has a language all its own to learn and an impressive array of essential tools to become familiar with, from cutting boards to thread and needles to patterns. For anyone new to this craft, there's a delightful wonder in learning about fat quarters, layer cakes and charm squares (all cuts of fabric), while the terms WIP (Work in Progress), FMQ (Free Motion Quilting) and UFO (Unfinished Object) are all useful to pick up if you're sharing this passion with any one of the online communities – many of which operate through Facebook (UK Quilters United being a good place

to start). These groups are invaluable to new quilters and provide encouragement, information and links to other resources, notably YouTube.

Although in the past quilting has had a reputation for being solely about re-using old worn-out fabric scraps, new quilts are more likely to be made of co-ordinated or themed fabrics bought especially for a project. With that in mind, many quilters buy their fabric and supplies online (mainly due to a lack of fabric shops on the high street these days). If you are lucky enough to have somewhere local to visit, they'll most likely offer workshops, and of course there is no substitute for actually seeing the fabric before you buy.

As for comfort, there is nothing like snuggling into a beautifully made quilt in the depths of winter or seeing a poorly child being comforted by a Linus Quilt (made by volunteers for sick children in hospitals).

And let's not forget the artistic side. Visit any of the UK quilt shows to see a fantastic array of skill and artistic endeavour at every turn. From subject and colour combination to embroidery, applique and intricate quilting, you can't fail to be impressed... or inspired.

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COPPER KITCHEN

This year's interior trends are all pointing to one thing: copper is the metal of the moment, and its place is in the kitchen. Give your own scullery a rustic European twist with these classy copper touches.

As everyone knows, the design trend of the moment is industrial chic – and nothing says rustic beauty like copper elements in your kitchen. From statement pieces to smaller items, this magical metal can be paired with both wood and marble for a warm and elegant effect, its subtle glow coupling best with currently on-trend dark colours.

A chrome finish can seem a touch clinical and sanitised, whereas gold can now be viewed as a little too 'bling'. Copper, meanwhile, is stately and sophisticated and adds an element of understated lux and infinite cool.

Why not add a copper pot rack, seen throughout rural Italy as a touch of continental class? Or a copper backsplash and countertop can complement minimally-styled cabinets in subtle shades of green. With its natural anti-microbial qualities – meaning bacteria will only be able to

survive a couple of hours after coming into contact – copper makes for a perfect material to fashion a sink from, and by trading out mundane marble or commonplace ceramic for copper tiles you can subvert traditional designs with a bold burnished twist.

You can even combine fashion with efficiency by upcycling – unlike iron or steel, copper is a soft metal that can be repurposed after years of use. Reclaimed traditional materials like old copper pipes can be used to make kitchen taps, while larger sheets can be fashioned into bar stools that can complement a marble kitchen island.

The thing to remember when re-using materials is to bear in mind the copper sheet's 'gauge'. As the gauge value decreases, the thickness of the metal increases. If you're looking to turn that old copper pipe into a snazzy new centrepiece, steer clear of anything higher than a 16 gauge as this will be too thin for long-term use. Find something with a 12 to 14 gauge, however, and you'll be able to re-use and re-purpose to your heart's content.



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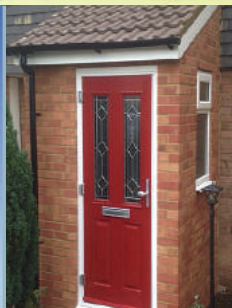
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Cloudy2Clear Announce Trusted Trader Partnership



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.

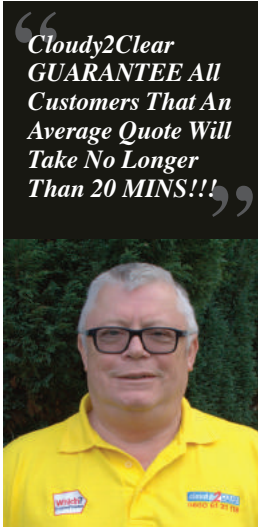
Group Managing Director Marcus McGee believes that Which? have endorsed Cloudy2Clear’s long standing company policy of delivering the

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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50 SHADES OF

grey

a warmer yellow glow which brings out the buttery hues in magnolia, whereas energy-saving halogen bulbs and LEDs – arguably a staple in most households these days – are cooler and more complimentary to the bluer end of the spectrum.

They say that grey is the new magnolia, but what's wrong with that? After all, it's versatile, sophisticated and super-sexy.

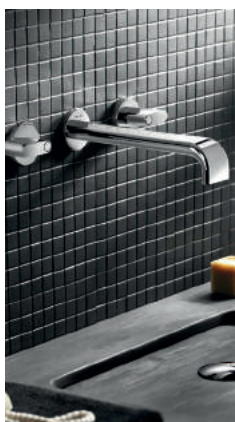
So what is it about this seductive shade that's got us all hooked? Well, for starters it's incredibly adaptable, creating a neutral palate on which to layer all your gorgeous furnishings in eye-popping hues. Unlike magnolia – which is toned with warmer yellow and red-based neutrals – grey is an ideal canvas for a variety of other palettes. Hang a gilded mirror against a graphite wall for a seductive feel, or for a warmer look throw some vibrant emerald cushions onto a charcoal velvet sofa.

Part of the reason for this colour shift is down to the evolution of lighting. Traditional bulbs give off

The materials of modern interior design have also changed with aluminium, glass and stone taking preference over wood.

Another benefit of this brilliant hue is that different shades can be layered to create depth and character. A picture hung on a grey wall for example will come to life more than on a white background. With a spectrum that encompasses blues, greens and even yellow, grey is almost a rainbow in itself – and experimenting with different tones can alter the entire mood of a room. Softer shades like dusk and French grey create a feminine feel, while gun metal and pewter are more masculine. So whatever your mood, why not lie back and let your walls do the talking?





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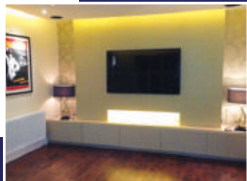
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LOFTY Ambitions

There's more to converting your loft than just installing some insulation – find out what's what when it comes to attic aesthetics with our rundown of the most recognised types of conversion, and what they can bring to your building.

DORMER

Dormer loft conversions offer a greater amount of additional floor space by adding a structural extension which projects vertically from a sloping roof. By building a dormer, a cramped attic can be transformed into usable space which is bathed in natural light provided by dormer windows.

In some people's eyes a flat-roofed dormer might not provide the aesthetic appeal of other forms of loft conversion, but what it does provide is a greater gain in both floor space and headroom.

Typical Cost: £20,000 - £35,000

Pros and Cons: No planning permission needed, but not as aesthetically.

Time Frame: 6 - 8 weeks



MANSARD

Named after 17th Century French architect Francois Mansart, these conversions are often found at the rear of properties, and change the sloping side of your roof into an almost vertical side. Despite the fact that Mansard conversions usually require extra construction work compared to other types of loft, the resulting build affords you a great deal of extra living space.

Mansard roofs are particularly common in urban areas and can often be seen across whole rows of older terraced properties where space is tight. However, Mansard roofs are actually suitable for almost all types of properties.

Typical Cost: £40,000 - £46,000

Pros and Cons: Creates maximum space, but longer construction and requires planning permission.

Time Frame: 6 - 8 weeks



HIP TO GABLE

Hip to gable loft conversions are becoming an increasingly popular way to create extra room in a property. Most houses have a roof with a sloping side, meaning that existing loft space is often limited. A hip to gable conversion extends your property on the sloping side, effectively replacing the sloping roof with a vertical wall at the end to the same height as the ridge.

If your property has two sloping sides you can replace them both with vertical walls, known as a double hip to gable loft conversion.

Typical Cost: £41,000 - £46,000

Pros and Cons: Creates large amount of head room but can only be built on detached or semi-detached properties.

Time Frame: 5 - 6 weeks



Kou s Down

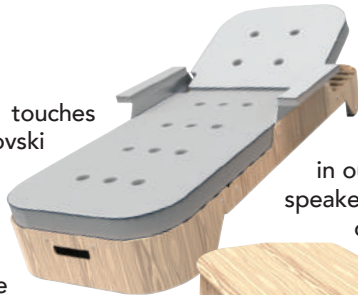
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contactless charge points for phones and tablets, speakers built into side tables and sun loungers. We also, have in our range a multifunctional speaker pillow that is blue tooth compatible to any phone.



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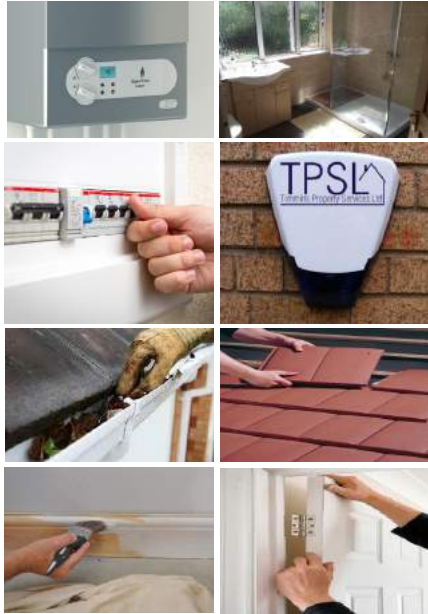
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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Appeal for public help after man shot at sports centre

Police were appealing for witnesses last month after a man was shot at The Brentwood Centre in Doddinghurst Road.

The man was taken to hospital but his injuries are not thought to be life threatening.

The incident is believed to have taken place just before midnight on February 18 while a boxing event was taking place. Organisers of the event EBA released a statement two days after the incident.

It read: "All our events are organised meticulously; safety is paramount to our brand. Our responsibility and liability is to cover the safety of boxers inside the ring and the safety of spectators within the venue.

"This sort of violence has no place in boxing at any level. We, The EBA condemn all violence and would like to state publicly, if you're looking to cause trouble at our events; you're not welcome. We are a family ran organisation and strive to create a positive presence within our community. I would

encourage anyone who has any information of the incident that happened outside the venue on Saturday evening to contact the police."

Witnesses said three shots rang out across the car park sending people leaving the event running for cover.

Detective Superintendent Stuart Hooper, of the Essex and Kent serious crime directorate, said: "The venue was very busy during this time due to a sporting event taking place there and someone will have seen something that will help this investigation.

"We are particularly keen to speak to anyone who attended the venue and has dashcam video footage in their car.

"I believe this was an isolated incident and don't believe there is any risk to the wider public."

Anyone with any information should contact police on 101 or Crimestoppers anonymously on 0800 555 111



Local personal trainer gets muddy for the hospice

A personal trainer from Brentwood was one of 50 brave souls to battle the elements, complete a 7.5km obstacle course and raise money for hospice care.

Julia Bell, 39, is still buzzing from the experience and said she thoroughly enjoyed the day. She was among the competitors who signed up to Mud N Madness at Stubbers Activity Centre in Upminster last month to support St Francis Hospice

"It is good to get out of your comfort zone, into the fresh air and have fun as it's not serious at all," said Julia.

"I loved the inflatable slide where you land in freezing water and Mud Alley, which seemed to go

on forever."

Julia was put through her paces as she made her way around the challenging army-style course which featured archery, canoeing, bouncing on space hoppers and running through thick, squelchy mud.

To read Julia's blog about her first Mud N Madness visit <https://www.sfh.org.uk/blog/julia-bell-s-first-mud-n-madness-experience>

St Francis Hospice is a registered charity that employs 150 nurses, doctors and specialist healthcare staff who are supported by 800 volunteers. Together they provide care and help to more than 4,000 people across Brentwood, Redbridge, Barking and Dagenham and Havering.

Town school set for expansion under £300 million plans

More than £300 million is being set aside to create about 13,000 school places in Brentwood and across Essex by the county council.

The move could see more several schools across the county expand, including Hogarth Primary School in Brentwood.

The council has already spent millions of pounds creating more than 5,500 new places across the county during the last two academic years.

About 2,200 more are due to be available from September, with a series of school expansion projects set to be completed, including more than 400 new special school places.

In addition to the funding for special needs, £230

million will also be spent on new mainstream school places over the next three years, enabling the council to create 7,200 primary and 5,400 secondary places by September 2019.

Cllr Ray Gooding, Essex County Council's cabinet member for education and lifelong learning, said: "We are committed to ensuring young people in Essex receive the best possible education and their individual needs are met.

"Our strong track record in investing in new school places has meant the vast majority of pupils have continued to be offered a place at one of their parents' preferred schools."



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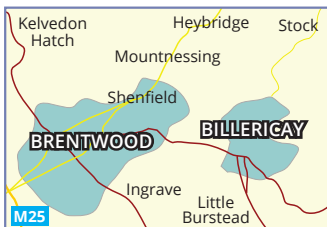
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School speed demon is competitor of the year



Brentwood School karting star Matt Luff was named Havering Junior Sports Competitor of the Year by the Havering Sports Council at their awards evening at Upminster Golf Club.

The award followed an outstanding year of racing for the 15-year-old.

Back in July, Matt led his three-driver Brentwood School karting team to victory in the British Schools' Karting Championship (BSKC) final.

Matt travelled to Paris the following weekend to represent the UK and defend his SODI SWS Junior World Karting title.

He defied the odds to successfully defend his title to be crowned the SODI SWS Junior World Karting Champion 2016.

Winning virtually every round and leading the points table throughout, he won the title of Man of Steel 2016 in October.

Matt came second in the Kimbolton Junior TKM Championship and third in the prestigious East Anglian Cup. He was also crowned the Brentwood Raceway All Star Cup winner, Summer 2016.

He also broke a number of lap records at Ellough Park, in Suffolk, Buckmore Park, in Kent, and Red Lodge, in Suffolk.

He now has his sights set on Brands Hatch success when he makes his debut on the famous circuit on April 1 in the Ginetta Junior Championship.

Cost saving energy lights installed along local road

Work to replace all-night lighting along the A127 near Brentwood with new energy-saving LED lamps began last month.

So far 6,200 LED lamps have been installed offering a brighter light which uses less electricity and lasts much longer, resulting in reduced maintenance costs.

All work will be completed using overnight lane closures to reduce disruption to the travelling public.

The changes come as part of a two-year programme to upgrade 19,000 all-night streetlights across the county. When complete, it is expected to save the taxpayer £600,000 a year.

The LED rollout focuses on all-night street lighting as it runs throughout the night and offers the largest energy savings for the taxpayer.

Former local major crime officer dies



A minute's silence was held at a meeting of senior officers and staff at Essex Police last month to pay tribute to a former Brentwood officer who had passed away just days before.

Adrian Sharp, 59, was an investigating officer working for the Kent and Essex Serious Crime Directorate (SCD) and passed away on Saturday, January 28. Prior to his employment as a civilian investigator, Mr Sharp had served on the Brentwood Major Investigation Team.

Flags around the force were flown at half-mast as dozens attended the meeting on February 1.

Mr Sharp joined Essex Police in 1979 and served 31 years as a constable and a further six years as a civilian investigator post his retirement as an officer in 2011.

He started his policing career as a uniformed officer in Grays, before then moving on to the CID in 1989. He spent his CID career in the west, based at Tilbury and Corringham before moving to Brentwood major crime in 2000.

Det Supt Mark Hall from the Kent and Essex SCD said: "Adrian was a highly regarded and respected investigator. He was involved in some of the force's most high profile enquiries, which have seen countless dangerous individuals brought to justice."

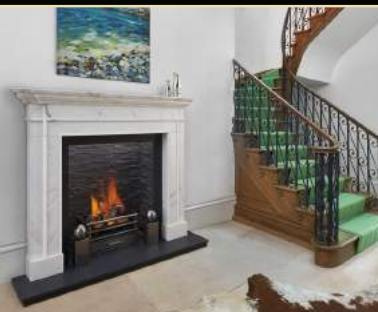
"Adrian leaves a son and daughter and the thoughts of all those at Essex Police are with his family at this time."



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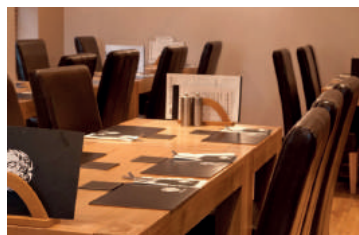
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Was this stolen from your home?



Police officers are looking for the rightful owners of a range of jewellery and other items.

Detectives are conducting enquiries as part of a complex investigation into a large number of burglaries from homes in the area between January 2016 and January 2017.

Officers have been making enquiries to try and establish the rightful owners and are releasing the images in the hope someone will recognise them.

To see the recovered items visit www.essex.police.uk/news/news-and-features/2017/02feb/does-any-of-this-jewellery-and-property-belong-to/

Anyone who recognises any of these is asked to contact Brentwood CID on 101, quoting the reference number on the relevant photograph.

County economy to double, say council



Ambitious plans to almost double the size of Essex's economy to £60 billion by 2025 were

unveiled last month as Essex County Council's budget was approved by members.

Cllr David Finch, leader of the council, said raising levels of qualifications and skills, improving transport infrastructure and supporting business growth were crucial to creating a prosperous and healthy county and would benefit towns such as Brentwood.

Cllr Finch highlighted how despite the funding challenges – including a £44 million reduction in funding from Government – the budget includes spend of £1.8 billion on public services and a £263 million capital spending programme, the largest in the authority's history and a £39 million increase on last year.

Council initiatives for local communities and charities



Local communities and charities in Brentwood will benefit from a new initiative created by Essex County Council.

The first of the two schemes, the Supporting Communities Fund, will make £1 million available to support getting new, locally-focussed services which support local communities off the ground.

Meanwhile, the Essex Lottery will provide a funding stream for local Essex-based charities, which will be selected by an independent panel.

People buying lottery tickets online would be able to select which charitable cause they wanted to support through buying a ticket, with a prize draw being made on a weekly basis.

Both schemes will be launched in the autumn this year.

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FLIGHT OF

fancy

Everyone can differentiate between pigeons, blackbirds and the odd robin, but there is an abundance of rare avian animals in each and every UK garden that are a little harder to spot. Here we pick out four of the weirder and more wonderful feathered friends that may find a home in your hedgerow.

for alder, thistle or dandelion seeds amongst the hedgerow.

JAY

Pretty in pink, the jay is the most colourful member of the usually funereal crow family. Known for their shyness, jays tend to stick to overgrowth, but can sometimes be seen darting from tree to tree when the white feathers on their rump are an instantly recognisable marker. Their diet consists largely of acorns, meaning you may be likely to find jays hanging around oak trees looking for morsels to bury for eating at a later date.

GOLDFINCH

One of Britain's most colourful garden visitors, the goldfinch is recognisable by its crimson facial feathers and the shock of yellow on its wings. Since recovering from a serious decline in the 1970s, goldfinches can be seen throughout the UK, breeding in small colonies and making the most of their light bodies and thin beaks to vie

RED KITE

Once on the brink of extinction, this bird of prey was brought back through one of the world's longest-running protection programmes. Immediately identifiable by its large wingspan, forked tail and gliding flightpath on warm air currents, the red kite can often be seen feeding on road kill and other carrion. Try coaxing some down into your garden by laying out raw bacon – but make sure all family pets are safely inside the house first!

FIRECREST

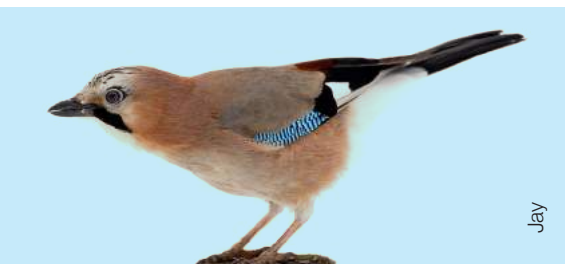
Along with its cousin the goldcrest, firecrests are one of the UK's smallest birds, weighing an average of about six grams. Although rare, firecrests are usually found hunting for small insects in autumnal bushes. They have green wing feathers, a bright white belly and monochrome stripes on their face. Their crowning glory, however, is the bright orangey-yellow crests from which they get their name – and is expanded out as part of their mating ritual.



Goldfinch



Red Kite



Jay



Firecrest

Welcome to Kelly & Victoria's Floral Designs - Your Local Florist

Kelly & Victoria's Floral Designs is the new business venture for Kelly Sewell of Hornchurch and Victoria Makepeace of Havering atte Bower. This family run business consists of Victoria's dad and Kelly's father-in-law as delivery drivers and sister-in-law Louise and family friend Cheryl as part time help so it is very much keeping it in the family.

The whole idea behind our business is to bring the local community back to using their local shops and we find that the whole family vibe has that appeal. We have lots of regular customers who now just pop in for a chat and the shop is often filled with music, customers, flowers and a wonderful atmosphere which is exactly what we were hoping for.

Mothers Day

Mothering Sunday falls on the 26th March this year and we will be offering deliveries all over the weekend of freshly made floral bouquets, baskets, candles and our famous little jam jar bouquets. We will also be selling our gift boxed "everlasting rose for everlasting love" these roses are preserved in special oils in Holland which claims that they will last a lifetime. They come with a 365 day guarantee from us as we can vouch they last for this amount of time but only time will tell if they do last a lifetime. They are available in all the colours of the rainbow and come beautifully presented in an individual gift box so make the perfect personal gift for any Mum this Mother's Day to proudly display or privately keep by her bedside.



Wedding flowers

We are rapidly building our reputation within the wedding industry and are doubling our wedding bookings year on year which is very exciting indeed. We can offer every aspect of wedding floristry from bridal bouquets to button holes to beautifully decorated bird cages!! As part of our very personal service



we offer every bride a wedding consultation within our shop to view and chose their wedding flowers and to discuss all of the requirements for the big day. We also produce a trial bouquet prior to the wedding day so that the bride can be absolutely confident as her big day approaches.

Funeral flowers

We also like to offer a very personal service with our funeral tributes. We often visit the family in their own homes to make everyone feel at ease and comfortable with the arrangements. We also endeavour to find out as much as we can about their loved ones to ensure that the most appropriate personalised tributes are designed. We have been asked to create beer bottles, scrabble letters, 3D robins and our recent favourite a 3D Christmas pudding. As part of our service we also donate 10% of all funeral orders to either a chosen or local charity, we have subsequently donated £200 to Saint Francis Hospice which had been raised throughout December 2016-January 2017.



We can be contacted in the shop Monday – Saturday 9-4pm. Please pop in or call with any orders or enquiries and we look forward to meeting you.

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IF YOU GO DOWN TO THE WOODS TODAY

The UK has a wealth of forests that are ripe for exploring. They provide a fertile ground for the imaginations of children who have grown up with Robin Hood's bands of outlaws hiding out in Sherwood Forest, or Winne the Pooh and his chums larking about in One Hundred Acre Wood. Here's some of the amazing things you can find if you venture into the wild woods of Britain...

HAVE SOME FUN, GUYS

There's a multitude of mushrooms out there that are funky to look at, but the majority are highly toxic and should be avoided. One fungi that you can be sure will be safe come dinnertime is the puffball – they grow into a foot-wide white ball! Puffballs can be a bit slimy to eat on their own, but if you fry the mushroom before dipping it in beaten egg and breadcrumbs, then fry again to crisp up, it will make a marvellous mushroom schnitzel.

Another recognisable mushroom is the Scarlet Elf Cup, whose crimson colouring makes this tasty treat easy to spot amongst the mossy greens and browns of the forest floor.

ANIMAL MAGIC

There's an incredible amount of interesting wildlife hiding out in our nation's forests. Red squirrels and water voles can sometimes be seen by the most sharp-sighted (and quietest) woodland explorers, but the most exciting place to see all kinds of critter is the New Forest. This magical National Park is teeming with fun creatures for all the family, from the famous New Forest ponies that roam throughout, to deer, pigs, sand lizards and even otters.

WORLD WAR WONDERS

Our UK forests are home to all kinds of historical finds, with the most numerous sites being from World War Two, including a whole host of secret bunkers built in the face of growing concerns about a potential Nazi invasion. Both the New Forest and various locations in Scotland still harbour military encampments that have long fallen into disrepair, and the most enthusiastic of explorers may well be able to find fragments of metal amongst the undergrowth.





BIG SMILES

on a budget

Five ideas for keeping your little monkeys entertained this Easter break which won't cost the earth.

Get into the great outdoors

There's no better way to spend a day than discovering the Great British countryside, be it your local park or somewhere further afield. One investment that pays off over time is membership with the National Trust, which allows free entrance to hundreds of forests, nature reserves and stately homes nationwide. So all you need is petrol money and a picnic.

Amuse(um) them

In the UK we are incredibly lucky to have access to a plethora of museums and art galleries, many of which offer free entry. Local highlights include Tring Natural History Museum and The Bedfordshire & Hertfordshire Regiment Museum. London has the incredible Science Museum and the V&A Museum of Childhood, and there is even an entire building devoted to the beautiful game at Manchester's National Football Museum.

Meet the animals

...at your local urban farm. No longer consigned to the countryside, city farms are popping up everywhere and their lack of acres is made up for

with ingenuity and efforts towards conservation – think rooftop bee apiaries and veg grown vertically. For a comprehensive list of farms and community gardens, visit farmgarden.org.uk

Find a film

Many big cinema chains do kids mornings from as little as £2 per child. These screenings can prove very popular, so be organised and book ahead. Alternatively, most streaming websites offer a one month free trial period, so all you need to buy is the popcorn.

Be treasure hunters

Not just pretend, with Geocaching you can actually hunt and find hidden gems. This ingenious concept combines technology and nature for a proper family adventure by using your phone's GPS to locate hidden containers called Geocaches. Inside the box are items (usually geared towards children) which you can then take and replace with your own item (a coin or small toy for example). Simply register and geocaching.com and seek out the gold.



HOP TO IT!

Don't have bored little bunnies this spring holiday...keep them entertained with these delightful crafting activities.

Easter Bonnets



The Bank Holiday weekend may be notorious for bad weather, but don't let it rain on your parade with these Easter bonnets. Simply take an old straw hat – or buy one from your local shop. Handmade paper chains look fabulous around the brim, and shredded paper nestled in the top with a couple of decorative chicks are great to create a nest effect.

Decorated Eggs



Firstly hard-boiled your eggs and leave them to cool. Then get creative with felt tips, stickers, crayons and paintbrushes. You can also use glue to paint patterns before adding glitter or rice dyed with food colouring – or if you're feeling really ambitious, cut up an old silk tie (must be 100 per cent) and tie it tightly around your egg, pattern-side down. Add 50g of vinegar to a pot of boiling water and pop in your egg for 20 minutes. Once removed, leave to cool entirely and gently peel back the fabric to reveal your perfectly patterned egg!

Chocolate Nests



You can't beat this tasty classic. Taking great care, melt chocolate in a bowl set over boiling water, add broken up Cornflakes or Shredded Wheat (or any cereal you like) and mix gently. Spoon the mixture into paper cases, creating a hole in the centre. Leave to cool before nestling in miniature chocolate eggs and refrigerate until you're ready to eat them.

Pinwheel Bunting



For each pinwheel cut two squares from contrasting coloured or patterned cardboard and glue together – decorative side facing out. Next, cut across the diagonal lines on your square, being careful not to cut all the way to the middle. With the loose flaps, fold in every other corner towards the centre and glue. Now either thread string through each wheel to make bunting or attach individually with a pin to a stick or pencil to create your classic pinwheel.





Emma Watson

CONQUERS HER INNER BEAST

The star of upcoming Disney epic *Beauty and The Beast*, *Harry Potter*'s Hermione reveals the secrets to becoming Belle of the ball.

During her 10 years as Hermione in the *Harry Potter* franchise, Emma Watson has long cherished a secret ambition to sing on screen. Originally considering the lead role in this year's musical award favourite, *La La Land*, when timings clashed she instead hedged her bets on *Beauty and the Beast*, and if the trailer is anything to go by, it will be the first of many musical roles for the English rose.

Starring opposite *Downton Abbey* heartthrob Dan Stevens, Watson perfectly captures the combination of courage and naivety that made the Disney heroine so special, particularly in that iconic ballroom scene. So, was Watson apprehensive at all about donning Belle's golden ball gown?

"It's really funny because people have been asking me if I was nervous and if it was a big deal to wear the yellow dress for the first time. And, honestly, all I was thinking about was how Dan and I were not going to kill each other while doing the dance!" reveals the 26-year-old with a giggle. "Dan was on stilts and I am on heels and we are doing a full-blown *Strictly Come Dancing* waltz across a massive ballroom. I could not think about really anything other than that performance, and making sure neither of us broke a leg or fell over."

Watson was determined to make the character of Belle feel relatable; a fully formed woman who is instrumental in bringing out the better side of the Beast rather than a two-dimensional princess. For her the film is something deeper than a simple love story. "Belle and The Beast are symbolic for the two sides that are within all of us and how we reconcile those different parts of ourselves; we balance our masculine and feminine energies which we all have inside ourselves," she says fervently. "It's also a story about seeing deeper and seeing beyond the superficial and the exterior, and I think that really resonates with people."

This need to feel authentic is something that troubled Watson since she was thrust into the spotlight at such a young age. She has countered this with extensive charity work with a focus on female rights, and even took time out to study for a degree in English Literature from Brown University in America. "Fame is not something I have always felt comfortable with; I have really grappled with it emotionally," she explains quietly. "And, in a funny way, my philanthropic work is my way of making sense of the fame, of using it. I have found a way to channel it towards something else, which makes it so much more manageable for me. And this is something I really believe in."

This year will also see the Burberry model star opposite Tom Hanks in *The Circle*, a sinister sci-fi tale that warns of the perils of our burgeoning technology industry. In her personal life, however, she is focusing on feeling good in herself: "I want to feel fabulous and comfortable and sexy and strong and beautiful. And if it's making you uncomfortable, don't do it. Moving forward, I'm prioritising just feeling awesome."

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Will you be **SUEDE**?

For as long as men have worn clothes, the humble cow has provided the origins of the crème de la crème of fashionable, formal footwear. But in recent years, suede has started to challenge traditional leather as the must-have material for men's shoes. In our battle of the boots, which animal hide will reign supreme?

COW DO THEY DO IT?

Leather and suede are actually very similar. While the former is made from the outside of a tanned hide, the latter is crafted from the treated insides. Suede has a softer, velvet-like underside which is more delicate than its smoother cousin, and thus needs more care and attention to keep it in pristine condition. The discerning gentleman can find all kinds of shoe in both suede and leather – from sleek Chelsea boots to formal loafers – and the beauty is in the versatility, whether you're pairing them with a white T-shirt and jeans or a three-piece suit.

NO PAIN, NO RAIN

One big factor any wannabe fashionista living in the UK has to take into account when purchasing

shoes is how they will deal with inevitable and often unexpectedly torrential downpours. In this respect, leather is definitely the go-to shoe if you want hassle-free footwear, as suede needs to be kept free from excess waterlogging in order to avoid long-term staining. Having said that, there are a number of good protective sprays a suede-wearer can use to sidestep this potential problem, so if you're happy taking a bit more time over your footwear's upkeep then you can still stick with suede in the rain.

ON TREND

Suede – especially in the form of Chelsea boots – has made an impressive breakthrough onto the frontline of men's fashion, with celebs like Kanye West often seen sporting a suede shoe or two. Due to its poorer durability, there are questions over whether this new footwear fad will be as timelessly reliable as leather, but suede is now rivaling its undeniably classic counterpart when it comes to going formal, and is perfectly acceptable for pairing with a suit for a fresh twist on an old fashion favourite.





STEAL HIS STYLE



Why shell out on an expensive new wardrobe when you can just borrow his?

HIS JEANS

This look has become such a wardrobe staple that denim brands now make 'boyfriend' cuts. But as Marvin Gaye would say, "ain't nothing like the real thing baby", and his jeans just have that perfect, worn in slouch. Wear with a body suit or slim-fit sweater to balance the silhouette and turn up the bottoms to adjust length.

HIS COATS

Don't wait for chivalry, his jackets look better on you anyway. From oversized denims, varsity bombers and wool dress coats, it all works! Wear over mini dresses for the perfect fashion juxtaposition.

HIS HATS

So you've stayed over at his and woken up with the worst bedhead mankind has ever seen. Yet this situation could be your ticket to effortless style. Beanies are great pulled low over loose, messy hair, baseball caps are perfect for hiding unwashed locks and, if you're feeling really bold, grab his trilby for a look that says 'you're the boss'.



HIS SHIRT

Make like Angelina Jolie in *Mr. & Mrs. Smith* and steal his shirt – and his heart. Naturally, an unpressed white, cotton shirt is the classic, but heavy denim work shirts or lumberjack styles also look great. Wear with skinny jeans, or if you feel a little daring (and the shirt is long enough) just tights and hiking boots. Super sexy.

HIS HOODIE

...and his jogging bottoms, and his giant, worn-out sweatshirts, and even his boxer shorts. As long as they're clean and not 10 sizes too big, it works. Boyfriend style is all about being confident enough to wear clothes that are loose and casual, whilst still feeling feminine. It also lets the other guys know that you are happily off the market.

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How to pick the perfect BOB FOR YOU

Want to jump into spring with a sassy new do? The bob is a perfect way to freshen up your look. Easy to manage and a style classic, the bob suits almost any hair type, and using our handy 'how to' you can find the right one for you.

Wavy/Curly Hair: Try a soft A-line bob

Style Icon: Jennifer Lawrence rocks her shoulder-length, messy bob.

A tad more forgiving than a blunt bob, this cut creates a sexy, tousled look that can be slept in, played in and straightened for going out. Also a good option for those who don't want to go too short or are growing out long layers.

Straight Hair: Try a blunt bob with strong fringe

Style Icon: Taylor Swift's do never goes out of style.

If you worry that your hair lacks volume or vigour, don't fret, because you have the perfect hair for the classic blunt bob. Dramatic and beautiful without being too 'out there', this is a look that works from

shoulder length right up to just below the jaw and just needs a little hairspray for taming.

Thick Hair: Try a short crop

Style Icon: Saturdays star Frankie Bridge is top of the crops.

When thick hair is worn short it creates volume, lifting it away from the face and creating a bold style statement. This is also a great cut for damaged hair that has enough texture to hold a shape but would also benefit from the dry ends being taken off. If you're brave, consider an undercut, which takes weight from underneath but leaves the impression of a regular bob.

Fine Hair: Try a pixie cut

Style Icon: Michelle Williams is the undisputed pixie princess.

Fed-up with your fine hair not making waves? Well take the leap and try a pixie cut. More versatile than you think, a pixie cut can look soft and sweet or fierce and punky. A sassy style for confident chicks.



Mind Body & Spirit

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**Dr. Pragyan
Sahu**

We are very excited to announce that we are the first clinic in Brentwood to acquire the PLEXR soft surgery system & will be launching the treatment in March 2017.

Our launch dates are 11th March & 15th March where we'll be offering significantly

reduced prices just for the launch dates. (For eg Blepharoplasty will be £750 instead of £1200).

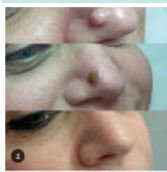
PLEXR offers an effective alternative solution to certain surgical procedures like Blepharoplasty (eye bag correction), neck lifts & face lifts.

The procedure is dynamic as patient is asked to close and open the eyes during blepharoplasty. A session lasts typically around 30-40 minutes and leaves carbon crusts on the skin surface that has been treated. Patients can experience swelling for 2-3 days and crusts fall off in 7-10 days.

There's practically little that PLEXR cannot do & results are expected to last as long as surgery results would have lasted. And the best part is, results are almost instant without any scarring or pigmentation.

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- Skin pigmentation
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- Milia
- Removing skin lesions like Mole, verrucae, warty, skin tags



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 - d) Vampire facials/ PRP therapy
 - e) Thread vein treatment
 - f) Treatment for excessive sweating
- Cryosurgery: for removing minor benign skin lesions like benign moles, warts, milia, sun spots, cherry angiomas, brown warts, skin tags, etc.



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Revive Hair & Skin Clinic, Regency House, 38 Ingrave Road, Brentwood, CM15 8AX



Beauty Shop OF HORRORS

In the age of social media, there is more pressure than ever to look perfect and, as a result, cosmetic surgery has become far more commonplace. But while many are delighted with their 'Angelina Jolie lips' and 'Pamela Anderson breasts', the following horror stories may make you think twice about going under the knife.

Leaking Breasts

Silicone implants have been known to rupture, especially after an extended period of time, and women have reported everything from deflated appearance, severe pain and even disfigurement following serious infection. In one well documented case, one woman's body rejected the implant so aggressively it burst out from her breast.

Trout Pouts

Full and pillow-like lips may be highly coveted, but occasionally lip fillers can go awry leaving ladies with less-than-kissable pouts. If lip fillers are injected too close to the surface it can cause small bumps to appear, creating an uneven shape. Even if administered correctly, a lack of expertise can leave you with those dreaded duck

lips, sported by Leslie Ash in the 1990s. Because many beauty treatments are unregulated, it is vital to research thoroughly, and if an offer seems too good to be true, it probably is.

Frozen Face

You've seen it on television and in films: it's that completely unnatural frozen look, or worse, where the poor person almost looks like they've had a stroke - one side of their face completely different to the other. Good Botox can make you look younger and refreshed, but bad will leave you resembling Mr Spock. The trick is to seek out a good injector who will pay attention to your individual needs and contours.

Rhino-ghastly

Unlike fillers and Botox, nose reshaping is a serious commitment and requires a qualified surgeon. Rhinoplasty really is an art form, with a good result reliant on the underlying architecture of the nose, something that can be hard to predict. Horror stories include nasal valves collapsing, bumpy bridges and one poor patient who had an infection so severe she constantly had a bad smell up her nose.



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Would you like to

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BACK TO BASICS

How returning to the fundamentals of good posture could drastically improve your quality of life.

It is often noted how young children have naturally perfect posture. Right from the beginning their backs are straight, their shoulders down, and their heads are balanced perfectly atop their necks. But over time bad habits creep in as we slump on sofas, hunch over computers and generally get dragged down by life's challenges.

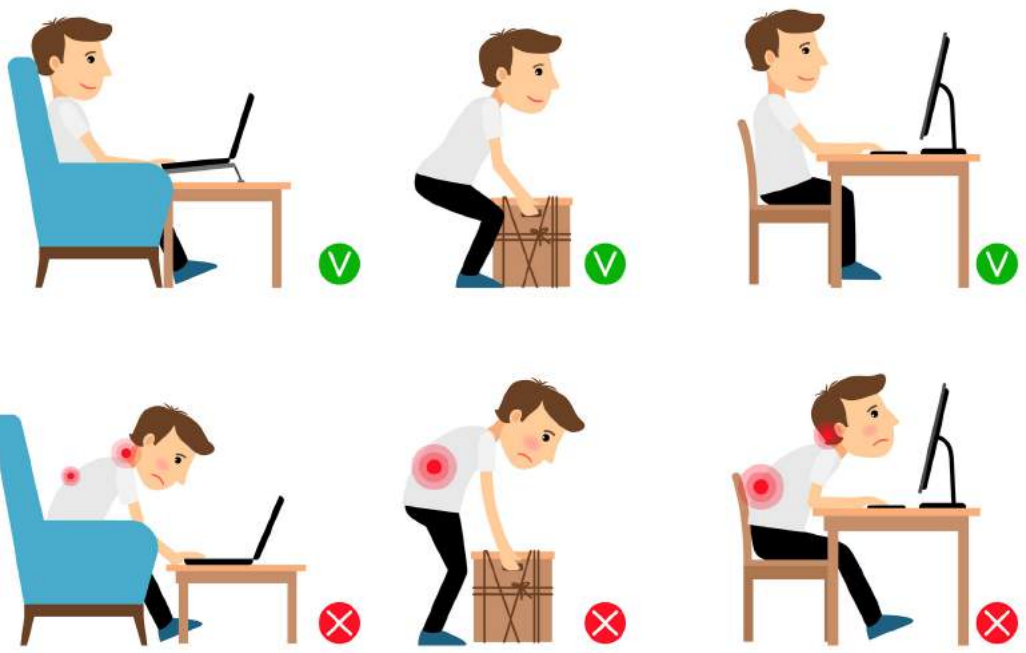
The problem is, not only does bad posture begin to take its toll on our joints and muscles, it also affects how we feel about ourselves. Think about someone walking into a job interview for example, with their shoulders rounded, feet dragging along and head looking toward the ground, versus a person striding confidently in with shoulders back and their head held high. The first suggests reluctance, shyness and fatigue, the second vigour and enthusiasm. It could also be causing problems you aren't even aware of: digestion issues; fatigue and headaches; foot, knee, hip, and back injuries... they can all be traced back to posture.

Thankfully, it's easy to get back to your posture-perfect self, simply by paying attention to what's going on in your body, and one of the best places to start is at your desk.

So, make sure your chair is at the right height, so your screen is comfortably level with your eyeline. Shoulders should be down and back, and avoid crossing your legs. When typing, keep arms at a comfortable 90-degree angle in a nice, neutral resting position. Remember, chairs come with armrests for a reason, so don't be afraid to let them lend you a helping hand.

Next, when standing for an extended period, resist leaning on one leg and instead keep legs hip width apart, tummy pulled in and bum tucked under.

Whilst much can be achieved through maintaining awareness, strengthening certain muscles is also helpful. Good posture is achieved through strong core and glute muscles, so keep up with those sit-ups and lunges. Pilates is also a great workout which can retune your entire body to work more effectively, making you feel stronger, pain-free and brimming with confidence.





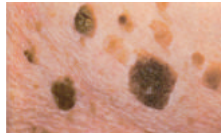
Dr Kannan Athreya, Dr Alice Scott and Dr Michele Toms

Hello and welcome to March 'Call the Doctor' MOLES – PART 1

Being "Mole aware" is very important – whilst the vast majority of skin moles and blemishes are harmless, there are a few that may be considered to be changing to something that needs addressing. It can be challenging even for dermatologists to be able to identify all moles with 100% confidence without analysis, but there are a few rules that we all should follow. Let us begin this week with the more common benign moles that we see often.

Seborrhoeic Keratosis

These benign warty growths appear in adult life and may be multiple – it is a sign of skin aging.



Seborrhoeic Keratosis



Intradermal naevi

Skin coloured lesions which arise from deeper within the skin and usually raised above surface.

Intradermal Naevus

Papilloma and skin tags

Fleshy growths that can appear on skin as we get older. Commonly found in creases.

Skin tags



Papilloma

Junctional Naevus and Compound Naevus

Common, pigmented lesions that can be present from birth or acquired.

Junctional Naevi are flat or minimally elevated and can occur anywhere on the skin.

Compound Naevi arise from the junctional naevi and are raised above the skin. They may have uneven pigmentation.



Junctional Naevus



Compound naevus

What can be done with these moles?

Whilst these are generally harmless and can be left alone, many people find them unsightly, or in the case of skin tags or papillomas can be prone to irritation with friction or get caught with clothing.

All these skin conditions can be safely and effectively removed after assessment.

At Essex Private Doctors, we have a modern Minor Surgical Suite with all the latest equipment from skin surgery to laser, with many years experience of dealing with such procedures.

PLEASE CONTACT US IF YOU HAVE ANY CONCERNS WITH ANY SKIN BLEMISH

Next month, we will look at the skin conditions that need further care and the signs that may be present in moles that need action.

Dr. Kannan Athreya, Essex Private Doctors



GINGER *Genius*

No, we're not talking about Ed Sheeran or Paul Scholes, but rather about the creeping perennial with thick, tuberous underground stems and an ability to grow up to a metre in height. That's right, *Zingiber officinale*, or ginger as it's more commonly known, is in fashion in 2017, revered more than ever before as both a culinary and medicinal marvel.

Fresh, dried, powdered, crystallised, pickled or as a tea: ginger comes in many forms. Native to South East Asia, India and China, this radical root has, for centuries, been a friend to both chefs and medicine men alike, and now you too can discover what makes this terrific tuber much, much more than just a simple seasoning.

Firstly, know how to store your ginger. With fresh ginger – and it's always advisable to get fresh over dried due to the superior flavour and higher levels of beneficial components – you can store the roots in the fridge for up to three weeks unpeeled. If you go with dry ginger, keep it in a sealed container in a cool, dark place for no more than six months.

So what makes ginger such a fantastic food?

DIGESTIVE DELIGHT

Ginger has been used throughout history to soothe stomach pain and alleviate digestive discomfort. It is an excellent carminative, meaning that it promotes the elimination of excessive gas from the digestive system and calms the intestinal tract in order to combat conditions such as colic and dyspepsia.

NO MORE NAUSEA

Ginger root reduces the symptoms of motion sickness such as dizziness, nausea, vomiting and sweating. It is also beneficial for pregnant women, and can be used to treat morning sickness.

GLORIOUS GINGEROLS

The active components of ginger are gingerols, which are powerful anti-inflammatory compounds. People who suffer with osteoarthritis or rheumatoid arthritis have even been found to be able to lessen the pain and gradually improve their mobility with the regular consumption of ginger in all its various forms.

I HEART GINGER

New research suggests that ginger may also contain anti-diabetic properties and compounds that can combat the effects of heart disease, with just two grams of ginger powder being found to lower fasting blood sugar by 12 per cent.



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Society Needs Variety

Most of us have heard the saying 'Variety is the spice of life', and the majority of us would agree it's true. But unfortunately these days, it can be very hard to inject variety into our lives. Work and children often dictate that the alarm clock goes off at the same time, and that the same daily routine and chores hum to the same structured beat throughout the day. Variety in our lives is often left to the clothes we buy and the yearly holiday destination.

As a health coach and personal trainer, the two areas I recommend where you can add some variety into your daily routine can be through diet and exercise, and doing so will have a massive impact on your health and any fitness goals.

A voice in your head right now may be saying 'I eat different meals everyday' – and you probably do, but are the ingredients different? A lot of my client's food diaries tell a story where the ingredients of most meals can be counted on one hand (a chicken sandwich, is pretty much identical to a chicken salad with a bread roll). Even though the supermarkets have lots of variety we tend to migrate to the same vegetables and snacks each time. However, the more varied the diet, the more nutrients and vitamins you will ingest.

Variety can be applied to exercise too, we often spend the majority of the day seated – travelling to work, eating, watching TV and this has an adverse effect on a body that was designed for moving, by creating muscle & postural imbalances. We are the Swiss-army knives of movement, we can run, crawl, climb, throw, squat, lunge, twist and swim. Our workouts should explore all these planes of movement, but often we limit ourselves to solely cardio, or weightlifting activities in one plane of motion (variety is not Monday arms, Tuesday chest!).

Just as you would go for a check-up with your doctor or dentist, why not treat yourself to a full body MOT & consultation, food diary analysis, posture assessment, fitness & flexibility test, and let's construct and develop some new and varied diet and exercise programmes for you this year. Even if you are already a member of a gym, I can work along-side your current programme to add that variety back into your life!



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SUPER GREENS

Five delicious supper recipes that make the most of the glorious spring greens sprouting up on your own doorstep.

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GARLICKY GREENS SIDE-DISH



Spring greens are treasured for their bright, vibrant colour and high nutritional value (they are packed with vitamin C, folic acid and fibre) and are best cooked for only a few minutes to preserve these qualities. Just fry sliced garlic in oil, then add the greens, finishing with a squeeze of fresh lemon.



This is essentially a giant omelette that can be served in slices - hot or cold. Start by sautéing your greens with bacon and mustard seeds in a large frying pan, then add eight beaten eggs with the shredded Manchego. Finish under the grill with a little extra cheese.

CHINESE-STYLE SPRING GREEN AND CHICKEN STIR FRY



Fry garlic, ginger, chilli and onion in a little oil, add a chopped chicken breast along with soy sauce for flavour, and pre-cooked noodles. Finally, throw in your greens for last few minutes of cooking.

CHICKPEA CURRY WITH SPRING GREENS



Fry onion, garlic, chilli with Indian curry paste, add tinned chickpeas and a tin of tomatoes, simmer down. Add greens last of all until just wilted, then serve with rice and naan.

POTATO AND SPRING GREENS SOUP



Fry diced shallots in saucepan, add vegetable stock and boil chopped potatoes. Meanwhile, steam your leafy delights for a few minutes, then press out the water and chop. Fry your greens with garlic and chilli, mash your potatoes in their stock and stir through the greens. Top with grated parmesan and serve with fresh bread.



EASTER FEAST *For less*

If like Jesus you have to feed the five thousand, but are lacking quite the same level of holy assistance, these tips will help make your meal go further.

LOSE THE LEG

Whilst a succulent leg of lamb may be considered the traditional option for an Easter roast, it is one of the more expensive joints of meats you can buy. Consider swapping it for a shoulder – actually from the bottom of the lamb – which is a cheap and equally tasty cut. Alternatively, ask your butcher for the scrag and middle neck, which are marbled with fat and when simmered make a delicious Easter stew.

BAKE YOUR OWN

Forget readymade cakes and buns this Easter, make like Mary Berry and create your own. Hot cross buns are surprisingly simple to make and taste fantastic fresh out the oven, and the traditional Simnel cake tastes far better with homemade marzipan and can be made in advance.

HAVE A HUNT

Rather than buying expensive individual eggs, buy bags of smaller ones and stage an Easter egg hunt. Not only is this a fun activity for all the family, it also helps burn off the calories from the treats they find!

BE GENEROUS WITH VEG

With spring comes an abundance of garden vegetables: cabbage, broccoli and Jersey Royal new potatoes to name but a few. Don't be afraid to fill your lunch table with platters of vibrant and delicious side dishes - braised red cabbage, minted spuds and garlicky greens - and if harvested from your very own garden, all the better.

GO POT LUCK

For Thanksgiving in America, it isn't uncommon for guests to bring their own food dishes or bottles of wine. Easter is a time for family and friends to come together, and by giving each guest a different course to provide we can embrace the generous spirit of the holiday, creating a diverse and thoughtful meal at the same time.

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WHAT'S ON

in your area



WHAT'S ON

Brentwood Senior Commons Market

**Brentwood Senior Commons, Larkspur Lane
Thursday, March 9**

A fresh produce market is held from from 10am to 11am run by residents and community volunteers. The market is held on the first and third Thursday every month. As the market is aimed at seniors the produce is generally sold in smaller portions, however everyone is welcome to visit.

Baby/Kids 'nearly new' sale

**Brentwood School Sports Centre, Middleton
Hall Lane, Brentwood, Essex, CM15 8EE
Sunday, March 12 from 10:30am - 12noon**

The Brentwood branch of a national parenting charity is holding a 'nearly new' sale later this month.

Items for sale include high quality used baby and children's clothing, toys, books, DVDs, nursery equipment and maternity essentials. Chip and pin available, card or cash only.

Entry to the event is £1.50 with profits going to the NCT Charity.

The NCT has its own active, friendly branch covering the whole of the Brentwood area (including Hutton, Shenfield, Ingatestone, the Villages and Ongar).

An evening with Jordan & The Gigos

**Brentwood Theatre, CM15 8AG
Friday, March 17**



An evening of piano-pounding jump blues, swing, jazz and boogie woogie as Jordan Marsh brings his almost 'big' band back to Brentwood for one night only.

Expect to hear a quirky twist on well-known songs from artists such as Ray Charles, Louis Jordan and Chuck Berry to name but a few.

To find out more visit <http://www.brentwood-theatre.co.uk>

Brentwood Half Marathon 2017

**Becket Keys Church of England School,
Sawyers Hall Lane, Brentwood
Sunday, March 19**



The popular Brentwood Half Marathon and fun runs return this year. The 13.1 mile run starts at 10am and the fun runs start at approximately 10.20am. To find out more visit www.brentwoodhalf.org

Amphibian Course

**Langdon Visitor Centre in Basildon, SS16 6EB
Tuesday, March 21**



Introduction to UK Amphibians is designed to introduce participants to the identification and ecology of British amphibians. It will give a brief overview of the methods used for surveying and monitoring these species. The course is interactive with opportunities to test the knowledge and skills you will learn. You can also learn how best to manage ponds and the habitat surrounding them. Places are £30. To book, call 01621 862960

Charity Spring Concert

**St Thomas Church, Brentwood
Saturday, March 25**

The Rotary Club of Brentwood is hosting a Spring Concert in aid of the St Francis Hospice and other local charities.

The performance will include excerpts from Schubert's *Symphony No 8* and many more. Tickets cost £10 for adults and £5 for under 18s. To book visit <https://www.ticketsource.co.uk/event/169293>



tales from the

BUSINESS

GHOST



ONLY YOU ARE TO BLAME IF YOU ARE TOO BUSY...

If I were to be blunt (and I usually am) I would say that if you are 'too busy' you only have yourself to blame! OKay, so I don't know your specific circumstances, identify with the workload that you have taken on or understand the pressure you are under not to let your customers down. That may be true, but I would be amazed if you were in a position where you could not have asked for more space, requested help, or simply said, "no, I don't have the time."

What, say 'no' to a customer or to your boss? Well, yes, of course! If you have already got too much to do, surely it is madness to agree to do more? If you own the business, it is time to put your prices up (at least, until some of your customers go somewhere else) or to employ some help (part-time or outsource to start with)

so that you can begin to grow your business. If you work for someone else then you just need to discuss the situation with them.

The fact is that being 'too busy' is detrimental to the work you can actually get done: both in quality and quantity. The reality is that we are all far more able to control our workload than we think. It might take a bit of courage and a careful dose of diplomacy, but 'no' is always a reasonable proposal.

This management principle doesn't just apply to your workload, either. Pretty much any situation in your life could be better 'if' you are prepared to take positive (brave, sensible and genuine) action towards addressing it.



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GHOST



DEATH, TAXES... & WORKPLACE PENSIONS?

You've heard the radio ads, you've watched the TV commercials, and you've seen the posters. But what will the Government's workplace pension scheme really mean for you, and has the time come to consider revising Benjamin Franklin's famous quote?

Almost five years ago the Government came up with a plan designed to revolutionise the way we view pensions. In the past the ethos was to encourage people to voluntarily enrol into company pension schemes with the lure of private subsidies and state contributions. Now, that logic has been flipped and pension provision is being made compulsory – employees are automatically signed up to company schemes designed, in the long run, to make those later years rather more pleasant.

You may well have a private 'rainy day' plan set up on the side, but the roll-out continues now for all UK employers to set up a pension for workers. The date for this auto-enrolment (known as a 'staging date') is determined by the Pensions Regulator and depends on the number of people on a company's payroll. As for those who qualify, it's everyone between the age of 22 and the State Pension age, earning at least £10,000 a year and working in the UK.

Almost 10 million employees are already benefiting from this landmark initiative, operating on the principle that when you pay in at the end of each month as part of your wages, so too will your employer.

There is a minimum contribution that needs to be made, but a £40 pay-in each month would be met with a £30 employer contribution plus £10 from the Government in tax relief – meaning £80 lands in your pension pot.

You can opt out of the scheme if you choose, and an employer can suggest an alternative private scheme, but by law they must provide the option of a pension.

While some unscrupulous employers will tell you they have many more important things to do, a fine of up to £500 a day for those not complying with regulations means you'll get what's owed. So in future, Franklin's quote may well go something along the lines of "death, taxes and pensions".

Head to gov.uk for more information.





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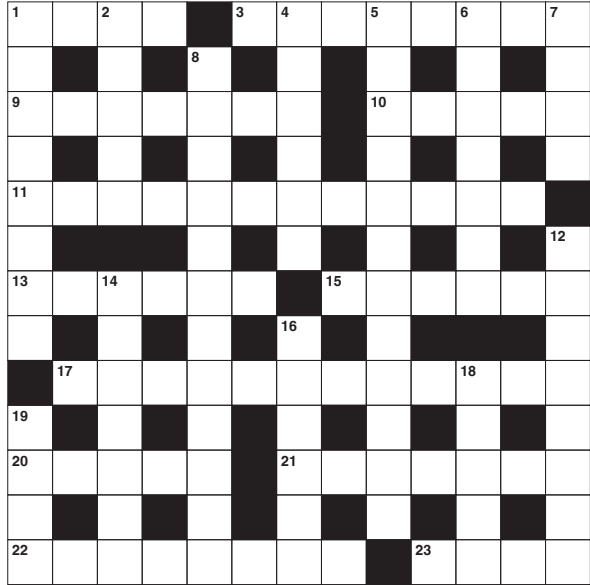


ACROSS

1. Memo (4)
3. Vehicle with three wheels (8)
9. Apparitions (7)
10. Pattern (5)
11. Swimming technique (12)
13. John ___ : US novelist (6)
15. Banish; eliminate (6)
17. Flowering plant (5,7)
20. New ___ : Indian capital (5)
21. More than one (7)
22. Strive (8)
23. Poses a question (4)

DOWN

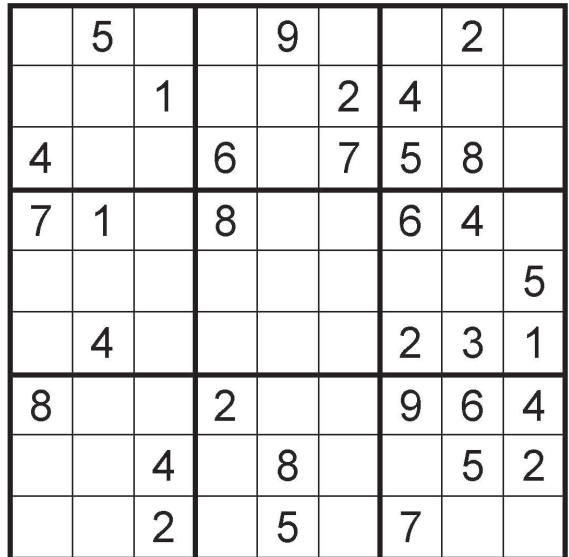
1. Dark colour that is virtually black (4,4)
2. Sense experience (5)
4. Oppose (6)
5. Butterfly larvae (12)
6. Routine dental examination (5-2)
7. Circular movement of water (4)
8. The management of a home (12)
12. Spies (8)
14. Someone who dithers (7)
16. Pivot (6)
18. Golf clubs (5)
19. Increases; sums up (4)



DID YOU KNOW

- ▶ The first ever product that Sony came up with was not a phone or the PSP, it was an electronic rice cooker.
- ▶ 1 out of 10 people in Europe are conceived via an Ikea bed.
- ▶ Apple has such a large net worth that, if it had been a country it would have been the 27th largest economy in the world.
- ▶ "Yahoo" is an acronym for "Yet Another Hierarchical Officious Oracle."
- ▶ Pepsi got its name from the digestive enzyme pepsin.
- ▶ Facebook is primarily blue because Mark Zuckerberg suffers from red-green colour blindness.
- ▶ The actor who played The Malboro Man died of lung cancer.

SUDOKU



Make Social Media your Message

Arguably, Social Media is at the forefront of today's society. It's everywhere. And with dozens of platforms to share your content on, the opportunities are unlimited. At DMPR, we believe that having a strong & consistent presence on Instagram, Twitter, LinkedIn and Facebook, is the key to a successful business.

Over 91% of businesses are using multiple platforms, but only a staggering 15% are using social media correctly. Market research has shown that footfall on the high street is declining and online sales are flourishing. Social Media enables you to target your potential customers with the click of a button from the palm of your hand. Businesses with a strong Social Media generate more revenue with a more connected and loyal following.

With consumers checking their Facebook notifications up to four times every hour, it's imperative that your business has a shop window on the worlds biggest social media platform. 70% of businesses have gained customers through Facebook, which allows you to create that important identity and recognisability for your brand and what you're all about. So that you can consistently be in front of your potential customers.

DMPR was commissioned to build the Social Media of The Brickyard Bar And Grill in Essex. Within three years they have amassed 23.5k twitter followers, 16k Facebook likes and 11.9k Instagram followers. The key to business is building, rather than a quick fix.

Over 30 businesses in Essex, Kent & London have trusted DMPR to manage their social media. Our motto is "Let us manage your social media whilst you run your business." If you would like to know more about what we do, please feel free to visit our website: www.dmpronline.com

Darren Mole, Managing Director
DMPRonline



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TALKING TRAVEL

by Janette Bell of The Travel Boutique, Billerica



'Kids in the Med' & Beyond – our Family Holiday Portfolio



In this edition I wanted to share our dedicated family holiday portfolio Kids in The Med a collection of luxury family travel options tailored to suit individual family travel needs in the Mediterranean. We've handpicked the finest family resorts and hotels from across Europe; so whenever you would like to travel and whatever you would like to do as a family there is simply something for everyone.

With a selection of destinations and holiday types including Greece, Spain, Canaries, Portugal & Italy. All of our 'Kids in the Med' hotels and resorts have met our base-line standards – from appropriate room types to super fun kids clubs – so we can guarantee that they are more than suitable for a family holiday.

We are Experts in our field with advice, whenever you need it...

We boast a wealth of knowledge when it comes to our family-friendly holidays. We've visited every hotel and resort we sell, so you can enjoy the benefits of

this first hand, up to date knowledge. As Luxury Travel Specialists we are dedicated to meeting your every need, and with years of experience and expertise we can make the most appropriate recommendations.

We know it takes more than just the basics to make a really special family holiday, so our 'Kids in the Med' portfolio only features hotels and resorts that will go the extra mile for your family, understanding that the finer details are what make an excellent experience for all ages. Whether it's teens being greeted with a mocktail at check-in or a milk and cookies turndown service for tots each evening, as well as the additional services of Kids Clubs & Babysitters that means mum and dad can get some time to... you'll find that all of the places we recommend are truly special.

We understand that Families come in all shapes and sizes...

At The Travel Boutique we know that not all families look alike. Families today come in all different shapes



and sizes and each one is unique. So, whether you're a sporty clan who wants to get active in the sun or a tired single-parent in desperate need of some down time, we're confident there's something for you here. And with more and more families choosing to travel with grandparents or friends, there are also spacious villas on offer, both at luxury resorts or as part of our extensive Villa Programme.

Our 'Kids in the Med' portfolio has done so well that we have also incorporated 'Kids Beyond the Med' with the same ethos and standards which now means with some destinations further afield we can offer sunshine all year through which incorporates Middle East, Indian Ocean, Caribbean, Far East and even Ranch Holidays too.

Janette Bell

**Owner of The Travel Boutique,
Billericay**



Save £100 on your holiday, for the month of March...

With early booking discounts of up to 35% still available booking your Summer break is still available at the cheapest prices, however for all readers of Vision Brentwood we have some added discounts for you to. When booking your holiday with us during the month of March, you will be entitled to £100 discount per booking with our compliments on all family holidays travelling during 2017 with a minimum stay of 8 nights or more.

By Speaking to us at The Travel Boutique, and as we are Independent Travel Agents you will quickly understand that our knowledge and ability to find you the perfect family holiday is as unique as your own family's requirements.

To begin planning your 'Kids in the Med' or 'Kids Beyond the Med' 2017 and 2018 holiday we are just a phone call away!



THE RISE OF Dash Cams

As new-fangled technology continues to pervade every facet of our lives, one particular gizmo is causing a real stir for road users across the UK: the dash cam. But what are they, and how are they changing the way we operate on our roads?

It's an unfortunately familiar story to many road users: a small accident for which neither party involved accepts responsibility. In the past, these things may have become drawn out and messy insurance affairs, but the rise in the use of dashboard cameras has meant that the nature of road traffic collisions is changing – but perhaps not in a wholly good way.

On the one hand, dash cams appear to provide concrete evidence in cases where there may be no CCTV or witnesses to prove one side's innocence in an accident. Both insurance companies and the police have said that, if dash cam footage is available, they will take it into consideration when dealing with the incident. It is essential to note that dash cams only make up part of these investigations, and dash cams themselves can only provide a snippet of the whole picture depending

on how they are placed and from what angle the incident happened, but as an evidence tool they can be invaluable.

There is a dark side to the dash cam craze, however. A lot of footage is being shared widely on social media sites that forgo traditional avenues of justice in favour of a more 'name and shame' approach that victimises some who aren't given the opportunity to defend themselves.

Alongside this, if you're planning on using a dash cam then you should always make sure the gadget is not obstructing or affecting your view and that you leave it untouched whilst driving. And always take into account the fact that these cameras use loop recording, meaning that if you don't save the footage for insurance purposes then you'll quickly find it confined to the dash cam equivalent of the Austin Allegro.

As always, though technical wizardry appears to help us unconditionally, there's probably no real substitute for the traditional methods of sorting out a minor incident between drivers – eye witnesses, photos, police reports and a healthy dose of honesty. Good luck!



CLASSIC CARS

on the cheap

Are you a lover of vintage vehicles on a budget? These days, with second-hand selling online at an all-time high, it's never been easier to get a great deal on an iconic motor, whether by picking up on models that have been criminally overlooked, or thinking ahead to what might be considered a classic in a few years' time.

ALREADY ICONIC

If you're looking for a truly classic car from the annals of automotive history, always be on the lookout for mileage and, if you can, have a look before you commit to the purchase. There's always a chance you'll find a great deal on an old Rolls Royce Silver Spirit, but rocking up in a Rolls counts for nowt if your baby breaks down within seconds.

Another iconic auto available for under £10,000 these days is the Mini Cooper – not the modern BMW-made hatchback, but the three-time Monte Carlo rally winner immortalised at the hands of Michael Caine and co. in the 1969 crime-caper *The Italian Job*.

And speaking of crime, you can even emulate *Life on Mars*' Gene Hunt and pick up a Ford Cortina for

a great price – the real star of the show, and a beautiful automobile in its own right.

FORGOTTEN FINEST

Some cars may get lost in the maelstrom of modern motor manufacturing, but looking back it becomes clear that these vehicles are every inch the classic. Take the Mercury Cougar for example – it might not be as well-known as its cousin the Ford Mustang, but the Cougar has the same muscular style and iconic all-American body-work for a fraction of the price.

TIME WILL TELL

Of course, you can always get ahead of the game when it comes to grabbing your fantasy car. One little hike in the market can lead to a massive increase in a particular auto's value. The Ford Capri, for example, has seen its average second-hand price rise by double in the last two years. Buy now while this little gem is still affordable, and in a few years you'll have a bona fide classic on your hands.





Photo credit: PA Images



HOME-GROWN SUPERSTAR AIMS TO REWRITE THE HISTORY BOOKS

After disgraced Tyson Fury gave up his world titles last year, boxing legend Wladimir Klitschko looked for a worthy opponent to battle to become the undisputed champion of the world.

The man he turned to was Anthony Joshua.

The British fighter will take to the ring in front of 80,000 fans at Wembley Stadium against Klitschko on April 29 in a fight that could cement Joshua's place in the sport's history forever.

VISIONBrentwood takes a look back on Joshua's remarkable career which has taken in an Olympic gold medal and a 100 per cent knockout record.

Joshua was born in Watford but grew up in Nigeria for some years before returning to the town for secondary school.

Although a keen athlete growing up, Joshua was by all accounts a late starter to boxing, only beginning in 2007 aged 18 after his cousin suggested he take it up. Finchley ABC in Barnet became his home from home and would be where he developed his world-beating technical ability.

His amateur career took off after winning back-to-back Haringey Box Cups in 2009 and 2010 and in the same year, in what was only his 18th bout, he won the senior ABA Championships.

Around this time, Joshua turned down £50,000 to turn professional, saying he only wanted to 'win medals'.

Indeed, 2010 was a prolific year for the hitman. His domestic success earned a place on the GB Boxing team and more success at the GB Amateur Boxing Championships solidified his status as a brilliant talent.

But it was in 2011 that Joshua made his mark on the world stage with an impressive run to the final of the World Amateur Boxing Championships in Azerbaijan, where he lost to local boxer Magomedrasul Majidov. It would be the last time Joshua lost a bout.

Joshua was on home soil the following year for the 2012 London Olympics and, despite a tough draw, he crowned his amateur career with a gold medal.

His efforts were recognised as he was appointed a MBE for his services to the sport he had only taken up six years previously.

It was time for a change of scenery, as Joshua launched his professional career as a heavyweight by beating Italian Emanuele Leo by knockout. It was a trend which has continued since, with Joshua's unbeaten professional form seeing each and every victim hit the canvas.

By 2014, Joshua had won his first accolade – the vacant WBC International Heavyweight title – battling former title-holder Denis Bakhtov.

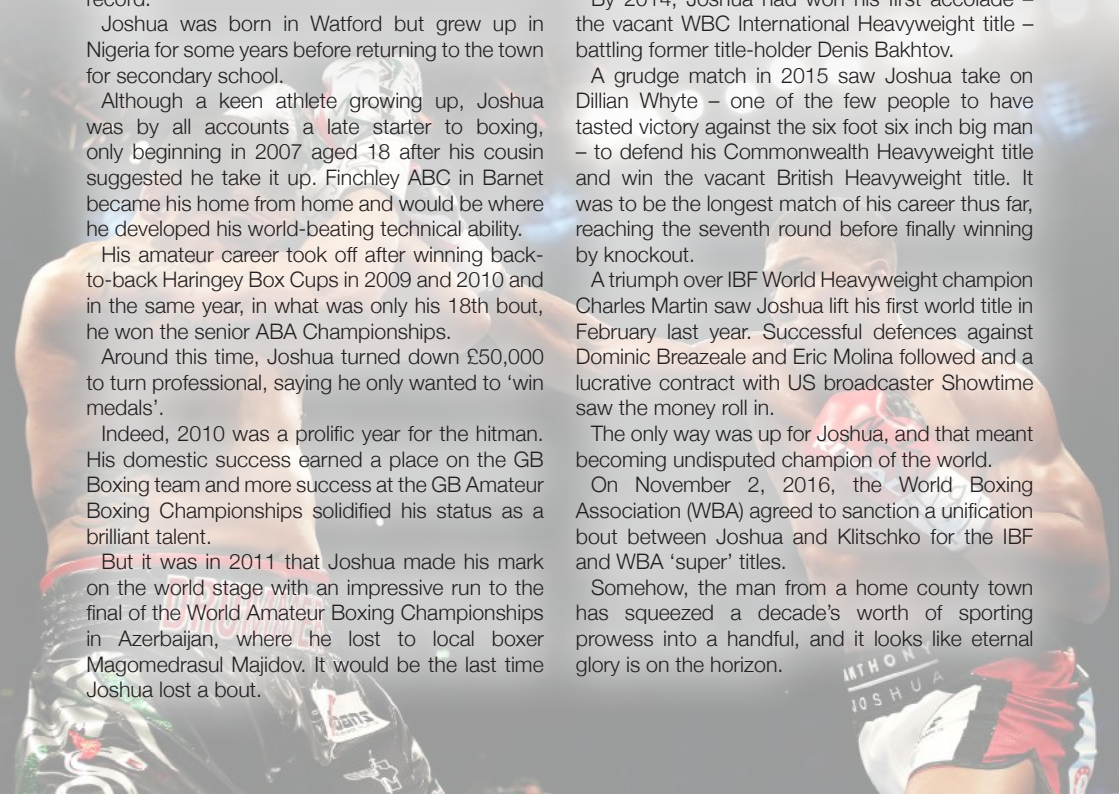
A grudge match in 2015 saw Joshua take on Dillian Whyte – one of the few people to have tasted victory against the six foot six inch big man – to defend his Commonwealth Heavyweight title and win the vacant British Heavyweight title. It was to be the longest match of his career thus far, reaching the seventh round before finally winning by knockout.

A triumph over IBF World Heavyweight champion Charles Martin saw Joshua lift his first world title in February last year. Successful defences against Dominic Breazeale and Eric Molina followed and a lucrative contract with US broadcaster Showtime saw the money roll in.

The only way was up for Joshua, and that meant becoming undisputed champion of the world.

On November 2, 2016, the World Boxing Association (WBA) agreed to sanction a unification bout between Joshua and Klitschko for the IBF and WBA 'super' titles.

Somehow, the man from a home county town has squeezed a decade's worth of sporting prowess into a handful, and it looks like eternal glory is on the horizon.



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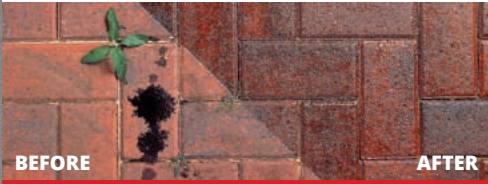
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