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**DESIGN
SECRETS
WITH
KELLY
HOPPEN**

**LOOK YOUR
BEST FOR
LADIES DAY**

**DIAMOND
WHEEZERS**
How OAPs pulled
off jewellery heist

**WILL WINES
MAKE
*you fine?***

**DAVID
BECKHAM**

Did email revelation destroy his reputation?



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NELMES ROAD, EMERSON PARK £1,995,000

SEEING IS BELIEVING This beautiful, contemporary home is perfect for anyone wishing to live and entertain in style. With its sleek finish and spacious accommodation this property has it all! Words cannot describe this wonderful family home.



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A lovely detached bungalow set in a quiet cul de sac. Nicely tucked away yet walkable to the High Street. You will love the garden which is un-overlooked and has a `quiet area` to one side. Potentially this could be extended and does have lapsed planning permission.



MAGNOLIA WAY £425,000

NO ONWARD CHAIN This well presented family home, which is located just off Hatch Road in Pilgrims Hatch, benefits from a downstairs WC, lounge/diner, and 52 ft rear garden. The property has gas central heating and double glazing throughout and has a garage and off road parking for several vehicles.



QUEEN'S COURT, QUEEN'S ROAD £335,000

A WALK TO BRENTWOOD STATION WITH CROSSRAIL ON THE WAY. With parking for two vehicles, a newly fitted kitchen and the High Street being located just a short walk away are just three reasons why this Maisonette should be viewed. Early viewings are advised as there is NO ONWARD CHAIN.



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Editor's notes...



Nik Allen, Editor

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

This month we celebrate Her Majesty the Queen's birthday and her recent achievement of becoming the first British monarch to reach a Sapphire jubilee.

We look at football royalty, David Beckham, whose disappointment at not receiving a knighthood was revealed by cyber criminals.

In home and DIY you can turn your trash into treasures and get inside style secrets from interior designer Kelly Hoppen.

Foodies who hate the washing up can enjoy this month's one pot wonder and those who are trying to watch their waistlines will enjoy our fakeaways.

Ladies who enjoy the races will benefit from our fashion do's and don'ts and we showcase the beauty bloggers who have taken the internet by storm.

In this month's local news, we have a report from The Brentwood Half Marathon and a hip-hop singer from the town could soon be a household name after he won a national competition.

Local news and stories are important to us so if you have something you want to share, email editorial@visionmag.co.uk

Let us know your thoughts, enjoy and happy reading.



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THE DIAMOND WHEELERS



Photo credit: Gettyimages

Photo credit: PA Images

WHO PULLED OFF ONE LAST BIG HEIST IN THEIR TWILIGHT YEARS

Two years ago this month April a group of OAPs pulled off an audacious £200 million jewellery heist more than worthy of a script for an *Ocean's Eleven* movie.

It was the largest burglary in English legal history.

Most of the robbers, aged between 59 and 77 were all caught, tried and jailed. They were nicknamed the Diamond Wheelers because of their ages, which totaled 488 years.

But their exploits in Easter 2015 have been captured in a new film out this month, called *The Hatton Garden Job*. Former *EastEnders* star Larry Lamb plays the heist mastermind Brian Reader, now Britain's most prolific thief. He is joined by *Quadrophenia*'s Phil Daniels as part of the gang who used industrial tools to drill a hole in 50cm thick wall before raiding 73 safe deposit boxes.

The Imitation Game's Matthew Goode stars as the mystery man who got away.

When they were jailed last year two of the gang Terry Perkins, 67, said 'thank you sir' and Daniel Jones, 61, 'thank you judge' as the pair were each sentenced to seven years in prison along with fellow ringleader John 'Kenny' Collins, 75.

Quartermaster William 'Billy the Fish' Lincoln, 60, also got seven years while Carl Wood, 59, who quit the gang halfway through the raid, got six years. Hugh Doyle, 49, who allowed the group to use his office, got a suspended term.

Another thief, known only as Basil, remains at large. He has a £20,000 police reward on his head.

Most of the gang members had serious illnesses including diabetes and arthritis. Some were hard of hearing and struggled to hear in court.

More than £9million of the loot has yet to be recovered, with at least some feared to have been taken overseas.

Reader, 77, the oldest of the gang who was known as "The Guv'nor" or "the Master", got six years and three months.

Sentencing Reader Judge Christopher Kinch, said he had taken into account the fact Reader is "seriously unwell" following a stroke while being held at Belmarsh Prison.

The court was told he suffered from a range of medical conditions, from prostate cancer to loss of hearing, required daily assistance with simple tasks.

He was chosen to mastermind the raid due to his involvement in the notorious Brink's-Mat Robbery in 1983.

Reader came to public prominence as a result

of his relationship with a man who would soon become notorious. On the night of 26 January 1985, Reader was present at the Kent home of Kenneth Noye, who, like Reader, was suspected by the police of receiving the stolen bullion from the Brink's-Mat job. On that night, Noye walked into his garden, came across a hidden, balaclava-wearing undercover officer called John Fordham and stabbed him to death.

Reader, who has always said he was not involved in the stabbing, fled the scene, but was arrested later. Both men were charged with murder.

At the Old Bailey in 1986, to the anger of the police, both were acquitted (Noye claimed self-defence) but both were later convicted of handling the Brink's-Mat proceeds. Reader was sentenced to nine years.



HISTORY

Don't Cry For Me Argentina

THE FALKLANDS WILL ALWAYS BE BRITISH!

One of the most poignant British war cemeteries is that of Blue Beach Military Cemetery at San Carlos Bay in the Falklands Islands.

It is a stark reminder of the ultimate sacrifice paid by British troops in a brief but bitter war, which lasted just 10 weeks.

It all began 35 years ago this month, when Argentinian President, General Leopoldo Galtieri ordered the invasion of the remote UK colony in the South Atlantic.

Argentina's military junta hoped to restore its support at a time of economic crisis, by reclaiming sovereignty of the islands. It said it had inherited them – which they called Las Malvinas -from Spain in the 1800s and they were close to South America.

The UK, which had ruled the islands for 150 years, quickly chose to fight. Prime Minister Margaret Thatcher said the 1,800 Falklanders were "of British tradition and stock". A task force was sent to reclaim the islands, 8,000 miles away.

Argentinian Special Forces invaded Port Stanley on April 2 1982, triggering a 10-week war that

cost the lives of 655 Argentinian troops, 255 British servicemen and three islanders.

Three days later a task force of more than 100 ships set sail for The Falklands, including aircraft carriers HMS Hermes and HMS Invincible.

One of the servicemen was the Queen's son, Prince Andrew then a naval officer and helicopter pilot, who distinguished himself during the conflict.

Fighting ended on June 14, following the British liberation of the islands' capital, Port Stanley, and the surrender of Argentine forces in the Falklands. The British declared a formal end to military activity on June 20.

Two Victoria Crosses – the highest military bravery award – were won posthumously by Col Herbert H Jones who died leading a charge at Goose Green and to Sgt Ian McKay who died at Mount Longden. Both men were members of The Parachute Regiment.



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HER MAJESTY REACHES YET ANOTHER MILESTONE

This month, April, the Queen celebrates another milestone – her 91st birthday.

It is another milestone in a long and illustrious reign.

On September 9, 2015, she became the longest reigning monarch in British history, surpassing Queen Victoria's reign of 63 years and 216 days.

She is also now the longest reigning monarch in the world, following the death last year of King Bhumibol Adulyadej of Thailand aged 88 who was on the throne for 70 years.

And in February Her Majesty became the first British monarch to reach a Sapphire jubilee – 65 years as Queen.

Those close to her say privately, the Queen will be indifferent to the historical significance of the occasion to reaching 91 on April 21.

She is not interested in competing with her ancestors.

For the Queen, it is not the length of her reign that matters but what she achieves in that time and how she serves her people, her country, her Commonwealth and her God.

She is the most travelled monarch in history, having visited more than 116 countries and still carries out hundreds of engagements a year.

She is patron of more than 600 charities and organisations, having held 400 of those posts since 1952. She has conferred more than 400,000 honours, personally presided over hundreds of investitures and is head of state in realms around the world.

And she has given her assent to many thousands of Acts of Parliament and, excluding 1959 and 1963 when she was pregnant with Andrew and Edward respectively, has attended every State Opening of Parliament.

All this from a woman who was never supposed to be Queen, until fate and the abdication of her uncle David – Edward VIII – intervened and changed her path.



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Let's Work Together

The popularity of the home office has never been greater, but many believe creating the perfect space is directly proportionate to your productivity, so design your 'brain space' well!

It's an appealing thought to work from home – late mornings, lazy afternoons, coffee breaks at will, and all that sat in one's underwear.

The reality, as anyone who has worked from home for any extended period will tell you, is quite different. It's less *Deal or No Deal* and more 'pay the mortgage or starve'. Forget *Pointless* and consider 'powerless', and you can swap *This Morning* for 'this morning, this afternoon, early evening, the midnight hour...'

Unless you've landed a dream job viewing football clips for a living, working from home is tough. But the appeal remains strong, and with a designated workspace it can be a nice environment in which to earn a crust.

The trick to a home office is in the name though – it's an office. Sofa-surfing with laptop in hand won't do, and when the kids invade your designated space you need to be firm in telling them to come back later... unless, that is, they're bringing you the

mentioned coffee.

Your investment in a home office space is really an investment in your own work philosophy. A good computer, smart desk, noticeboard and an abundance of stationery are exactly what you need to set yourself up. Storage, too, is imperative to ensure you don't get bogged down by a mass of paperwork.

Natural light is a must and window space is certainly appealing, although make sure what you're looking out over doesn't distract you. And don't scrimp on a nice chair either – you're going to spend more time on that than any other piece of furniture, so reward your dedication with something bottom-friendly.

But overall, the home office is an environment in which you need to lose yourself. It's a space designed to block out distractions and interruptions so you can drift effortlessly into your most productive mindset.

And sure, with an office at home the hours are long – you'll find yourself up early and working long into the night, but consider the plus-side... your daily commute is manageable.

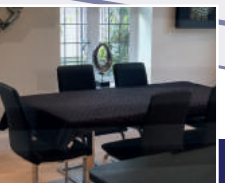
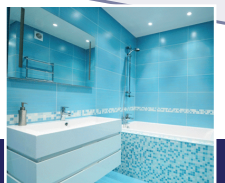
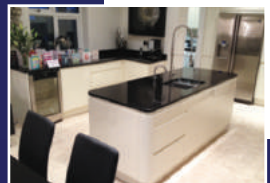
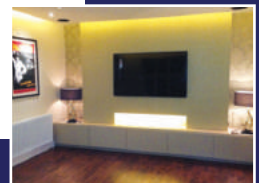
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Trash to Treasure



Why spend a fortune re-inventing your home when you can upcycle old furniture into something spectacular?

Pick up a pallet – See a pallet, pick it up – by the end of the weekend you'll have a roomful of cool, rustic furniture. These wooden wonders are unbelievably versatile, sturdy and easy to paint in whatever colour you desire. Hang on a wall to create instant shelves, put underneath a mattress for a futon-style frame, or even hammer some together into a chair frame and top with cushions. Cheaper than a new armchair.

Rejuvenate a jar – Whether filled with a whiskey cocktail or ice cream sundae, as a tea light holder, or the lid threaded onto a bulb to create a lamp, Mason jars have never been more useful – or on-trend. Make sure you clean them out properly – sterilise in boiling water if using for food – and take

extra care if using lights or candles.

Snuggle in a suitcase – While the average adult may struggle to fit inside a suitcase, an old travel trunk makes the perfect bed for a beloved pet. Restrain or remove the lid, line with blankets and cushions and send your doggy to dreamland.

Weed out a welly – Don't throw out those old Wellington boots – put some soil and seeds in them instead. Adult wellies are great for garden plants, whereas children's boots are the ideal size for your window sill. Just be sure to put holes in the bottom for drainage.

Do what you can – Cans are another incredibly versatile, everyday household item – perfect as planters, as coloured lanterns, pen pots, wind chimes and even works of art. Andy Warhol, eat your heart out.



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KELLY HOPPEN

THE INSIDE STORY



HOME & DIY

She's been inspiring people to do up their homes for over 40 years, so what is it about Hoppen's style that makes her so inimitable?

They call her the 'Queen of Taupe', but the term seems disingenuous of a woman who is such a firecracker. With her wild strawberry blonde hair, Cate Blanchett-esque beauty and fiery personality, Kelly Hoppen is known to light up a room...before she sets about transforming it.

Having founded Kelly Hoppen Interiors in 1975, the South African native has worked consistently and fastidiously to become one of the most lucrative names in home design, turning over millions every year. She has designed homes for the likes of the Beckhams, written several books on design, runs an eponymous line which covers everything from paints and furniture to fragrance, and even had a tenure on *Dragons' Den*.

Even if the 57-year-old's name isn't familiar to

you, her style will be. White walls and clean lines, neutral colour palettes and carefully stacked pillows may seem ubiquitous now, but it was Hoppen who made minimalism mainstream.

"A room is a beautiful thing, a space to make your own, and I feel that neutral colour palettes always complement best," she explains.

Fresh from her stint on the BBC's *Great British Design Challenge*, which set out to find 'Britain's best amateur interior designers', Hoppen is devoted to inspiring people to spruce up their homes and be brave with reinvention.

"The most important element for transforming the ordinary into the show-stoppingly extraordinary is to go the extra mile," says Hoppen. "Style is not always about designing the room to perfection, but looking at the project as a whole and how everything works together."

Photo credit: www.kellyhoppeninteriors.com & Jacquie Small



HOW TO 'HOPPEN UP' YOUR HOME

- **LIGHT IT RIGHT:** If natural light is sparse, use decorative lamps and uplights to bring a space to life.
- **ATTENTION TO DETAIL:** Finishing touches like art, door handles and even scent are essential.
- **BE INSPIRED BY CULTURES:** Heavily influenced by her travels,

- Hoppen often picks up pieces from abroad, adding exotic flourishes to a very British home.
- **KEEP IT SIMPLE:** A crowded house equals a crowded mind.
- **MAKE IT YOURS:** Photos of loved ones, meaningful trinkets and art are what really make a house a home.



JUNGLE FUN

Ever dreamed of turning your bedroom into a boudoir worthy of Borneo or adding an Amazonian twist to your home? Never fear – giant house plants are all the rage when it comes to interior design. These fabulous flora will turn your house into a rainforest haven in no time.

Swiss Cheese Plant

This plant gets its brilliant name from the elegant gaps between its expansive leaves, resembling the holes in a slice of Swiss cheese. The once popular monstera deliciosa has made a comeback in UK interiors due to its ability to revolutionise a room with its social media-ready, dramatic but understated presence in the corner of the room. In its native Mexico, the monstera can reach heights of 20cm, with dinner plate leaves stretching up to 75cm.



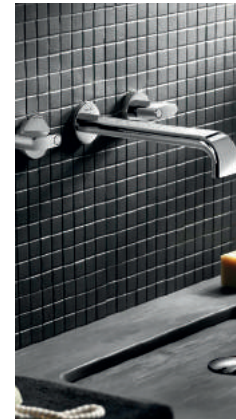
Fiddle Leaf fig

Anyone who owns the fickle fiddle leaf fig knows it requires quite a bit of TLC to survive. Keep your fiddle leaf fig in bright, indirect light. When roots begin to grow out of the bottom of the pot, either re-pot into a container that's a couple of inches bigger or trim the root-ball, being sure not to reduce the roots by more than 20 per cent. Because of their large surface, leaves tend to collect a lot of dust which can block light absorption, so to keep the plant healthy, regularly wipe those tops with a soft cloth. If properly cared for, the fiddle leaf fig can hit heights of up to three metres.



Jade Plant

This elegant, succulent plant requires very little care and is easy to grow in pots, but with an ability to adapt itself to differing light conditions and a maximum growth of up to three metres, a jade plant can create a real focal point in any room. Jade plants do best in temperatures of one to 24°C during the day and 10 to 13°C at night, with fertiliser being applied every six months or so. With a little TLC, however, your pretty jade plant might one day become a pretty jade tree.



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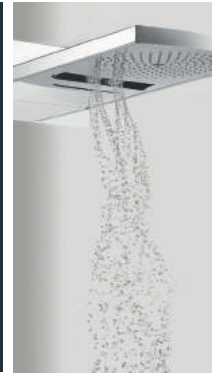
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Ingrave & Herongate and manager Chris Miller agrees that this approach is a major factor in his success. ‘The truth is that it’s not just the personal satisfaction that I get from doing a good job but also it makes good business sense. I get a huge 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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LOCAL NEWS

from your neighbourhood



Local singer has his big break

An unsigned hip-hop singer from Brentwood could become a household name after he won a prestigious national competition recently.

Clark King was named the Vodafone Future Breakers winner and now has the money-can't-buy chance to record and produce his own song with industry professionals, as well as have his live studio session broadcast online with the *Big Top 40 weekly countdown*.

Fashioning his music as a mix of hip-hop, rap and pop, Clark has spent the last two years mainly playing across local Essex and London clubs, most recently taking on a *Brit Awards* after-party in

Mayfair. Clark's flair for music first became apparent in his involvement in a choir as a child, before later becoming a solo singer-songwriter gigging across open mic and college nights.

The 19-year-old hopes this big break will be the stepping stone to something bigger.

Clark commented: "The best thing about winning this competition is that it's given me more confidence in my abilities and the encouragement to keep pushing forward with my dream. Working with industry professionals in the studio has been a privilege and is a huge platform for big things in the pipeline this year, so I can't wait to see what's next."



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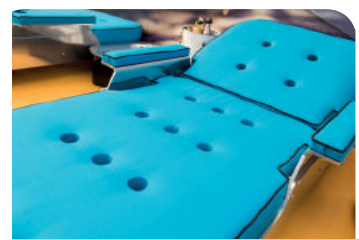


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Kou'sdown also include solar panels incorporated into furniture that provide power to built-in stereo, contactless charge points for phones and tablets, speakers built into side tables and sun loungers. We also, have in our range a multifunctional speaker pillow that is blue tooth compatible to any phone.



For more information contact Jay Ventham:
Mobile 07842 359028 Tel 01702 303 238
www.kou'sdown.com



Tributes paid to mother and baby found dead

Shock reverberated through Brentwood last month after a mother and a two-year-old baby were found dead at a house in the town.

Emergency services were called to Wellesley Road at around 3pm on March 12 after concerns were raised for the pair's welfare.

Shocked friends took to social media sites to pay tribute after they were formally identified by police as Nadine and Steven Loveman, who was thought to be just two months old.

On the day after the bodies were found, Amy Stannard wrote: "Got the most devastating news yesterday that our dearest friend Nadine Loveman and her beautiful baby boy passed away. Too

shocked for words right now but she was the most amazing person inside and out and one of the best friends anyone could ask for and the best cook as well. My thoughts are with all her family right now."

Emma Webster wrote: "Sweet dreams my beautiful friend Nadine Loveman and baby stevie may you rest in peace."

Post mortems on the couple have proved inconclusive and further tests will now be carried out and police want to hear from anyone who might be able to establish what happened.

If you can help, call 101 or email SCDappeals@essex.pnn.police.uk

Brentwood move closer to Ryman North safety

Brentwood Town won their third successive match, and kept their third successive clean sheet, to record an impressive win at the home of second-placed Maldon and move closer to safety.

Brentwood did not look like the team battling against relegation and they created more chances than their hosts.

The only goal came in the 34th minute when top-scorer Reynolds hit a fierce 20-yard shot that took a slight deflection on its way into the net, for the forward's 23rd goal of the season.

The win moved Brentwood up one place in the Ryman North table and they remain four points above the relegation zone.



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Council deals with roadblock fly-tip



Brentwood Borough Council officers have been tackling a fly-tip which consisted of more than seven tonnes of waste blocking Howard Lodge Road.

The latest incident comes as latest Government figures show the problem has reached epidemic proportions and is being run in part by criminal gangs in a racket thought to be making gangsters millions of pounds.

Chairman of the environment and housing management committee at the council, Cllr Chris Hossack said: "Our officers have been dealing with yet another incident, this time at Howard Lodge Road where the culprits have dumped metal, tyres and even tree trunks – as if this was not bad enough, the rubbish has been dumped quite literally in the middle of the road.

"The very real danger posed by this roadblock in the dark, does not bear thinking about. I just cannot get my head around how people can act this way with seemingly no conscience about the consequences."

Essex Police and Brentwood Borough Council officers work closely with other agencies and neighbouring councils to log and monitor incidents. In January officers, together with the police, conducted stop and search checks throughout Brentwood. Drivers of lorries and trucks were asked to provide their waste transfer paperwork forms.

Town Centre design plan pop up shop success

Hundreds of residents came to see Brentwood Borough Council's Town Centre Design Plans exhibited at the Pop Up Shop at the Baytree Centre last month.

A number of boards outlined the different areas of the town and the overview that encompasses the entire area from the station through the north and

south of the town, not just East to West.

Brentwood Borough Council leader, Louise McKinlay, said: "The pop up shop was a great success and I was delighted to see so many attend. We all agree that there is a need to invigorate the Town Centre and the exhibition was hugely beneficial, providing residents with details of the approach that we are looking to take. The Pop Up shop allowed us to show a new and holistic view of our town and how we can consider the future in a way that takes into account all the different things that Brentwood has to offer. It is a rounded look that aims to appeal to more people by reflecting how people spend their leisure time, shop, eat, and move around the town with their friends and family or for work and commuting."

Residents expressed their desire to see a cinema, market square and unique individual retailing in the town together with pathways and cycle routes, and will be able to give their views in more detail during the full consultation process which takes place later in the year.

New designs for the façade of the Town Hall building were also exhibited.

World Book Day brings reading to life



World Book Day was the highlight of an action-packed literary-themed week at Brentwood School.

Curtis Jobling, creator of *Bob the Builder* and author of the acclaimed series of epic fantasy novels *Wereworld*, spent a day at school thrilling pupils with his stories and illustrations.

Former English teacher turned novelist Hayley Barker also returned to her old stomping ground to give a reading from her debut novel *Show Stopper* and answer pupil questions.

The aptly-named English Week also included poetry competitions, a creative writing challenge and non-uniform days in both the senior school and the preparatory school with a literary character theme.



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Town school celebrates World Scholars Cup success



Three students from Brentwood County High School will be travelling to Hanoi, Cape Town or Athens after they won the first round of the World Scholars Cup in London recently.

Year 9 students Aleyna Kartal, Lucy Fox and Mia Ward travelled to London to participate in the first round of the World Scholars' Cup which consists of challenges including debating, collaborative writing, a scholars' bowl (a test based upon provided subjects) and a scholars' challenge (a complex test). The girls now have a place in the global round and will be competing for a scholarship at Yale.

Aleyna had competed before and motivated Lucy and Mia to participate. They decided to challenge themselves and seize the opportunity that many students may not receive. Mia said "We feel proud and immensely grateful for not only a fantastic education opportunity, but a great experience in general. I am incredibly proud of my teammates and mentors."

The team did really well and claimed a team trophy in debating and 23 medals overall.

Police promise action after spate of town crimes

A senior Essex Police detective says the force will take action to tackle a series of robberies and thefts committed by people on motorcycles or motor scooters, some of which were in Brentwood.

Detectives believe the spate of incidents – including opportunist snatches of mobile phones in the street, criminal damage up to use of weapons to intimidate and threaten – may be linked to criminals operating out of London.

The incidents include one in Brentwood when a 15-year-old girl had her Samsung Galaxy taken from her as she walked in Queens Road in the town at around 4pm on March 2.

DCI Jason Henty said: "The net is closing on the

people responsible for these crimes and we'll be using all the tools in our box to bring these criminals to justice.

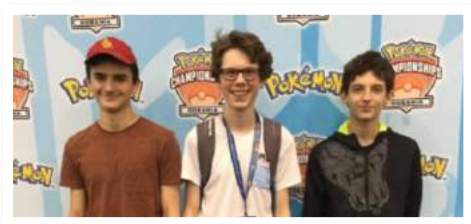
"We believe these incidents may be linked to criminal groups in London and my officers are working with Metropolitan Police colleagues to share intelligence. My message to those gangs is to stay out of Essex because we are coming after you. We will take strong, visible action and are building the evidence and intelligence we need to take down the people committing these crimes once and for all.

"The people responsible for these incidents commit their crime and escape rapidly, so in addition to our police response I need the public in Brentwood to help me catch them."

The suspects are described as wearing dark clothing and a black helmet with yellow scarves. The incidents have involved one or two riders on one motorbike, which had its number plate covered.

Anyone with information is asked to contact Brentwood CID or by calling Crimestoppers anonymously on 0800 555 111.

Sam wins bronze in World Pokemon Championships



A Year 10 student at Brentwood County High School has recently returned from an all-expenses paid trip to Australia, where he represented the UK in the Pokémon International Championships.

Sam Pickering plays the game on his 3DS, and took part in a series of tournaments throughout the last year. He went on to win the regional final, which earned him his place at the championship in Melbourne.

Sam then came third in the world at the tournament and is now ranked first in Europe and second in the world!

Headteacher Steven Drew said: "What an incredible achievement! Please join us in congratulating him."

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The Pilgrim's Staff Artwork at the Town Hall



Hogarth Primary, St Helen's Catholic Primary and St Thomas Primary all took part in the staff's creation, with each school providing a print that informed the relief panels around the work.

Embedded in the trunk of the staff are bronze inclusions illustrating images, texts and Brentwood's coat of arms together with cabouchons that mark out the distances between Brentwood, Canterbury and Norwich on the Pilgrim's religious route and Brentwood, Colchester and London on the trade route.

Herongate Village Hall to be revived

Herongate Village Hall looks set to be brought back to life after Brentwood Borough Council took steps to secure its future.

Policy, finance and resources committee chair and leader of the council, cllr Louise McKinlay said: "We have been approached by an interested party that wishes to see the hall rejuvenated for the local community. This is clearly an opportunity to start to seriously look at what the hall means to residents, and how they would like to see it used in future. We are keen to consider and look at all possibilities and will be exploring options including possible Lottery funding to assist with renovation costs. The hall could be a special gem in the heart of Herongate."

Herongate Church Hall dates from the late 19th century and is formerly a school located on a triangular patch between Brentwood Road and Cricketers Lane. As a non-designated heritage asset which has contributed to the Herongate Village community for over 100 years the council are keen to secure its long term conservation with a future viable use in conjunction with advice and support from their Conservation and Historic Buildings Team.



A stunning new sculpture called the "Pilgrim's Staff" has taken root outside Brentwood Borough Council's Town Hall to celebrate the town's historic significance on trade and Pilgrim routes.

The artwork represents a Pilgrim's Staff and features significant steps in the town's development. Created by artist Michael Johnson the statue forms part of the Genius Loci programme which was developed to explore and convey the spirit of the area.

The funding for the artwork which stands more than 10 feet in height came from the Genius Loci programme through Essex County Council and means no cost has been incurred for local residents.

Brentwood Borough Council leader, Cllr Louise McKinlay said: "This is a fantastic work that reflects the character and history of the town and it's a wonderful addition to our open spaces and places of interest. I urge everyone to come and take a look as it is one of those artworks that every time you look at it, you see something new and different. Furthermore, thanks to the Genius Loci programme, this superb piece which has the potential to add so much value to the town, has cost us nothing."



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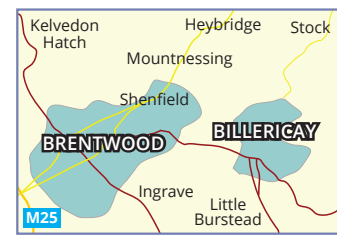
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Witness appeal after sports centre shooting

Detectives investigating a shooting in Brentwood have released a number of images of people they would like to speak to.

A 31-year-old man from London was shot as he was leaving an event at the Brentwood Centre in Doddinghurst Road just before midnight on Saturday, February 18.

He was taken to hospital with injuries that were not life-threatening.

A 32-year-old man from London was arrested on suspicion of attempted murder and released on bail until the end of March, pending further enquiries.

Detective Chief Inspector Stephen Jennings, of the Kent and Essex Serious Crime Directorate, said: "Although we have made an arrest, our investigation

is ongoing and we want to speak to anyone who was at the Brentwood Centre or in the immediate surrounding area between 7pm on Saturday February 18 and 1am on Sunday February 19.

"We are releasing a number of photographs of people who were attending a boxing event at the venue that evening, who might have seen what happened or have vital information."

Call the dedicated phone number which has been set up for this incident on 01277 266869 or email scdappeals@essex.pnn.police.uk

Alternatively, contact independent crime-fighting charity Crimestoppers anonymously on 0800 555 111 or www.crimestoppers-uk.org.

Get involved in local events

Brentwood Borough Council is appealing for stallholders, entertainers and sponsors to apply to take part in this year's events, so if you have what it takes to entertain thousands of children and families or provide fun activities, arts and crafts or catering, then get in touch!

The first event of the year is the Strawberry Fair, which returns on June 17 on Shenfield Common and they are looking for stalls and entertainment as well as performers.

The council are also looking for stallholders and performers interested in participating in *Lighting Up Brentwood*, which will take place on November 25.

Additionally, Brentwood Borough Council is also

looking for sponsors for summer events. Please visit www.brentwood.gov.uk/events for packages

Brentwood Borough Council's chair of the community, health and leisure committee, councillor Keith Parker, said: "Our events are always good family days out; with your help we want to make them more memorable than ever. If you are a local business and would like to take advantage of some great sponsorship opportunities, run a stall, or provide entertainment or activities, then do get in touch to be part of these popular events."

The deadline for stallholders and entertainers to apply for the Strawberry Fair is May 1.



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Runners raise thousands for charity in annual half marathon

Thousands of runners took to the streets of Brentwood last month for the 36th annual Brentwood Half Marathon.

The event made around £85,000 for local charities according to organisers Brentwood a Becket Rotary Club. Meanwhile runner's own fundraising efforts were reported to have been in excess of £400,000.

Charities to benefit included Little Havens Hospice, St Francis Hospice, SNAP (Special Needs and Parent) and the Havering & Brentwood Bereavement Service.

Each of those organisations had more than 25 runners running, while hundreds more ran for a huge number of other charities.

St Francis Hospice, which has a shop on Brentwood High Street, had a team of 60 runners taking part in the event.

Sir Eric Pickles, MP for Brentwood and Ongar,

presented awards to the first, second and third place male and female finishers in the 21 kilometre race and 5 kilometre fun run.

Among the participants were a team representing Little Legs Coody, a charity raising money for specialist treatment for twins, Lennon and Layla Coody who were born at 28 weeks resulting in them both having cerebral palsy.

The fundraising campaign is being led by Nicola Dunn who lives in Brentwood and is best friends with the twins' parents, Zara and Joel.

Joel and Zara are trying to raise £100,000 for him to have an operation in Missouri — a selective dorsal rhizotomy (SDR) — which they hope will see him start walking.

Nicola said: "We had a team of 57 people taking part in the fun run and the half marathon. Joel ran an endurance marathon the day before and then

the half marathon with us. Mortgage Business Brentwood paid for all our kit which was amazing. Everywhere you looked you saw Little Legs T shirts.

"LV approached us and offered to give a donation. I think we raised about £11,000. Joel was exhausted and Zara had been ill but they stepped up to the plate and cheered our last runner home. Everything surpassed expectations."

LV were the event's main sponsors.

Managing director, Mike Crane, said: "LV is one of the largest employers in the Brentwood area, so this event is a great opportunity for us to support the local community and help raise vital funds for charity. The Brentwood Half Marathon and Fun Run is always a brilliant day out and we are delighted to be involved again this year."





The Rise and fall of **GOLDEN BALLS?**

From establishing himself as one of the world's first superstar football players to his marriage to one of the 90s' biggest popstars, David Beckham is one of our most famous faces. But how harmful could recent revelations, brought to light by a hacked e-mail server, be to the indomitable Beckham brand?

During a glowing football career that saw him scale the heights at both club and international level, David Beckham became known for his pin-point passes, fearsome free kicks and an ever-changing array of hairstyles. The former Manchester United graduate, who rose to fame in the 'Class of 92' that went on to win the Treble under Sir Alex Ferguson, played for some of Europe's most iconic teams – Real Madrid, AC Milan and Paris St-Germain as well as United. But it was his 2007 move to Major League Soccer team LA Galaxy that really defined the scope of the media exposure that Beckham commanded during his playing career.

The decision to join the Los Angeles team and become the first major superstar in world football to join the fledgling MLS side paved the way for future transatlantic transfers for footballing legends like Robbie Keane, Frank Lampard and Steven Gerrard. But more than this, Beckham's move to the City of Angels saw him net a reported £100million in wages and sponsorship endorsements; and between Galaxy immediately offering Beckham the captain's armband and the host of lavish parties that were held in his honour, the move cemented his status as celebrity and football player into one money-making machine.

Despite retiring in 2013, Beckham's name is still one of the most coveted in sport. Between himself and wife Victoria – famous in her own right for her career as part of the generation-defining girl band the Spice Girls – the Beckhams hold a personal fortune of around £500million. He has also adopted an important place not just in British sporting history but also its future, as seen in his key ambassadorial role during the 2012 London Olympics.

But recently there's been something of a backlash against the media furore surrounding the Beckhams. In e-mails obtained from the star's publicists by cybercriminals, it appeared that Beckham had railed against the decision not to grant him a Knighthood. The leaked e-mails showed Beckham, who was awarded the OBE in 2003, ranting at being offered lesser awards and launching an expletive-laden tirade at the Honours Committee.

Beckham later stated that the e-mails had been doctored, with his words taken out of context and written in the heat of the moment. Unicef, which Beckham has supported for the last 15 years, also came to the 41-year-old's defence, saying that he "generously gave his time, energy and support to help raise awareness and funds for Unicef's work for children".

Could these e-mails do lasting damage to Brand Beckham's seemingly untouchable public image? Rumours continue to circulate that Beckham has hired a private investigator to find the leak's source before more personal – and possibly harmful – revelations come to light. But with his wife's fashion line going from strength to strength, and his sons Brooklyn and Cruz making their way into the limelight with photography and charity singles respectively, it appears that this family's fortunes are much more than the sum of its parts.



HOLD THE COFFEE

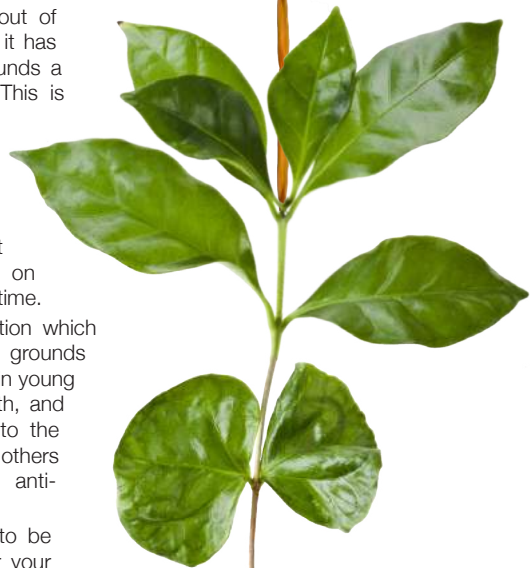
Green-fingered caffeine fiends are quick to extol the virtues of dumping their daily coffee grounds on prized flowerbeds and vegetable patches – but why is coffee considered to be of horticultural benefit? And could it be that the value of coffee has been somewhat exaggerated as a favourite for flora?

What exactly are the benefits of covering your prized plants in coffee remains? Apparently it comes down to the amount of nitrogen contained within this mulch. Nitrogen is touted as beneficial to acid-loving plants, and the acidity of the grounds also offers a strong barrier against common garden pests such as slugs and snails.

Yet for all this positivity, one of coffee's main ingredients – arguably the most important to those who drink it – works against these ideals. While caffeine as a stimulant is great for getting people out of bed, or even being used in shampoo, it has one key factor that makes coffee grounds a poor form of fertilisation: allelopathy. This is the ability to reduce competition from surrounding species by suppressing their growth. Caffeine essentially exists in coffee for the function of quashing the germination rate of other seeds – certainly not something you want to be spreading on your new bulbs and seeds come springtime.

There's also a great deal of information which suggests the application of coffee grounds prevents the water and nutrient uptake in young plants, thereby stalling their root growth, and while some say that applying coffee to the soil boosts the production of bacteria, others conclude coffee grounds have an anti-bacterial effect.

All in all, this coffee craze appears to be a case of working out what's best for your vegetation. Hydrangeas and lilies are acid-loving plants, but tomatoes and rhododendrons are less inclined to grow well with a coffee supplement, so make sure you research the optimum conditions for all your garden's delights so you'll know when to spread the grounds or keep your coffee in the pot.



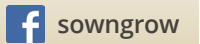
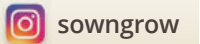
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One-Pan Wonders



Chorizo and chicken risotto

One-pan wonders. We all love these types of recipes, where you can create a filling sumptuous meal using only one pan. There's something incredibly satisfying about putting all the ingredients into one pan and leaving them to fuse together into a something that's bursting with flavour. And these two recipes are no exception. Both have chorizo as the main ingredient but go in two very different directions, to create hearty and delicious one-pan wonders.

Serves 4 | 1 hour | Easy

INGREDIENTS:

- ▶ A drizzle of olive oil
- ▶ 1 onion, peeled and diced
- ▶ 1 red pepper, de-seeded and diced
- ▶ 300g Arborio or Risotto rice
- ▶ 1 (400g) tin of chopped tomatoes
- ▶ 1.5 litres vegetable stock
- ▶ 200g cooked chicken
- ▶ 150g chorizo, sliced
- ▶ Parmesan, grated

METHOD:

Heat the oil in a frying pan on a medium heat. Slowly cook the onions until they have softened and are golden brown in colour, which will take around 15 minutes. Half way through add the red pepper to soften. Once the onions and red pepper have softened, add the risotto rice. Mix in with the onions and peppers so it absorbs all the wonderful flavours, and let it cook for a couple of minutes.

Next step is to add the tomato stock mixture, one ladleful at a time. Turn down the heat to low, add a ladleful, give it all a stir and allow the rice to absorb the stock and cook. Once it has absorbed that ladleful, add another one and continue this way until the rice doesn't absorb any more stock. Keep stirring, otherwise the rice will stick to the bottom of the pan. I promise, you will be able to tell when the rice can no longer absorb the stock, but you can also take a teaspoon and give the rice a taste.

When the rice is almost cooked, add the cooked chicken and chorizo to the pan. Stir into the risotto and heat through for around five minutes. Serve immediately with a sprinkle of grated parmesan cheese on top.

Recipe credit: Rebecca Heslop



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ESCAR-G

Whether drizzled in garlic butter or fried with bacon, escargos remain one of the recognisable elements of continental cuisine. And yet, you don't have to travel to Europe to indulge in this delicacy - believe it or not, the snails in your garden are just as good for eating as their famous French cousins.

French food is famous across the world, but one of the most intriguing elements of this country's celebrated cuisine is escargots - or edible snails. If you like the sound of indulging in these munchable molluscs without having to cross the Channel, you may be surprised to know that your garden is currently teeming with a load of escargot just waiting to be cooked up, slathered in garlic butter and paired with a nice white wine.

Once you've headed out into the garden (preferably after a rainy day when the snails will be more numerous) and gathered up a large selection of snails, you need to make sure the animals are clear of any toxins they may have

digested in the wild - a process known as purging.

For the first two days, leave the snails in a container without any food, but make sure to wash them regularly. On the third day, stick some carrot in the container and wait a couple of days until the snails' droppings turn orange - now you know the animals are clean enough to prepare for the table.

Now, wash the snails once more and place them in the fridge inside a sealed container for a day - the cold will send them into a hibernated state. After getting them out of the fridge, place the snails into a saucepan of boiling water to cook for 20 minutes, before draining them and using tweezers to hook the fleshy insides out of the shells, being sure to remove the black cloaca.

Finally you can fry the meaty morsels in garlic butter, or sauté with smoked pancetta and sage for a daringly different gastronomic gastropod delight!



5

Fakeaways

Expensive takeaway treats playing havoc with your bank balance and waistline? These five easy meal options will trick your taste buds into believing they're having the real deal, while being both affordable and far healthier.

SWEET CHILLI BEEF

Toss beef strips with cornflour and five-spice and fry until golden and hot. Remove from wok and drain. Then fry red pepper, garlic, ginger and chilli flakes before adding vinegar, soy, chilli sauce and ketchup. When reduced, coat the beef in the sauce and serve over rice.

FRIED CHICKEN

Save calories on this yummy treat by using chicken breast, panko breadcrumbs and a very special spice mix - pepper, onion flakes, garlic granules, mustard powder, dried rosemary, basil, paprika, thyme and tarragon. Just don't tell the Colonel.

DONER KEBAB

You don't need to have had a night of heavy boozing to enjoy this takeaway classic. Mix lamb

mince with seasoning and spices, shape into a large block, and wrap in foil. Cook in a slow-cooker for three to four hours on high, then slice thinly. Make your own kebab shop-quality garlic sauce by combining a crushed clove or two with yoghurt and lemon juice. Pile into a pitta with sauce, salad and pickles.

FISH AND CHIPS

Coat your fish fillet of choice in beaten egg then seasoned flour and bake in the oven. Slice two potatoes to make chips, boiling for five minutes, before draining and finishing in the oven. For mushy peas, boil and blend with butter and mint. For extra authenticity, serve in newspaper cones.

PIZZA

Using pre-made dough, roll out your pizza base. Spread with pre-seasoned tomato passata and top with a mix of cheddar and mozzarella and whatever other toppings you choose before baking in the oven. For dough balls, shape and bake the dough and mix butter with fresh garlic cloves. You'll never know the difference.



THE DIABETES

CRISIS

There are an estimated 4.5 million people living with diabetes in the UK and a further 1.1 million undiagnosed. We look at why it's time to put a spotlight on this silent killer, and a recent scientific discovery that could bring hope to those who live with the disease.

WHAT IS DIABETES?

When we eat most foodstuffs, they are turned into a sugar called glucose which the body then converts into energy. In order to help this glucose get into the cells of the body, the pancreas makes a hormone called insulin. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should – this causes sugars to build up in the blood. The disease can cause serious health complications including heart disease, blindness and kidney failure, and can even necessitate amputations.

HOW CAN I AVOID DIABETES?

The key to reducing your risk of contracting diabetes is two-fold: enough exercise and the right nutrition.

For example, the Nurses' Health Study and Health Professionals Follow-up Study suggests that walking briskly for a half-hour every day reduces the risk of developing type 2 diabetes by 30 per cent. By skipping sugary drinks in favour of water or tea, you can also reduce your risk of contracting the disease.

RECENT DEVELOPMENTS

In February, US researchers published a study in the journal *Cell* that said the pancreas can be triggered to regenerate itself through a type of fasting diet. In the experiments, mice were put on a modified form of the "fasting-mimicking diet". This is like the human form of the diet when people spend five days on a low-calorie, low-protein, low-carbohydrate but high-unsaturated fat diet. They then have 25 days of eating what they want. But scientists have warned not to try this diet out without seeking medical advice first.



MILES KEMPTON

PERSONAL TRAINER

April 2017



Exercise Outside!

There's a few reasons why I predominantly became a mobile trainer, but one of the principal causes was to train outdoors. As I mentioned in my last article, we spend too much time these days sitting, and by sitting we find ourselves indoors – in a car, house, and office – deskbound and under fluorescent lightbulbs with central heating and air-con regulating a constant, comfortable body temperature.

So do we really need to follow suit when it comes to exercising? This is surely where we need to leave the cave, and unplug from our modern surroundings – ditching the mobile phones, WIFI, emails, Sky TV and get outside and get active!

Outdoor training can bring that needed variety into people's lives – you can go almost anywhere, and it can challenge you more due to the constantly changing environment. Treadmills on the other-hand are flat, and unchanging, your foot also lands in the same place, your stride is the same, and all joints and tissues receive the same repetitive forces, impacts and stressors. Whereas outside, there's uneven surfaces, pebbles, puddles, tree roots, and pot holes that all need navigating. No step is identical and the body's feet do much more than simply allowing you to move. They provide information to your brain that helps keep you balanced and aware of your body's position (proprioception).



Anything you can lift indoors, you can lift outdoors! Without having to queue for kettlebells, dumbbells, battle ropes, barbells, squat rack. You also have more space to train, and do activities like sprints & boxing padwork – I take all of the above pieces of kit to clients' homes, gardens, and parks. Deadlifting and squatting outdoors is so much more fun in the sun!

Bootcamps are a lot more sociable than the gym floor too, which often has all the social skills of the London Underground! Fresh air, sun, vitamin D, birdsong, and greenery are other added benefits we take for granted and don't see enough of.

So let's earn those carbohydrates, lounging time on sofas, and heads buried in mobile devices and leave the make-up, hair gel and aftershave for after the workout. Get outside, get wet, muddy, and sweaty, where no one is judging you except yourself and your performance!

GET UP, GET OUTSIDE & GET ACTIVE!

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- Increase Flexibility
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Drink Wine AND YOU'LL BE FINE?

With the recent announcement that red wine can increase the risk of cancer, should we take heed, or are the constant mixed messages just too confusing to comprehend?

Remember those heady days when at the end of a long day you would go home, put your feet up and pour a glass of delicious pinot noir, safe in the knowledge that you were actually doing something good for your health? Well, scientists are now doing a U-turn on the long-held belief that red wine, when drunk in moderation, can cut the risk of cancer, heart disease and memory loss, and will reportedly say instead that there is no 'safe' level of alcohol consumption – and that drinking just a small amount may in fact increase the risk of some cancers.

This cautionary news is depressing, not just because it casts a shadow over cocktail hour, but because it is one in a long line of pieces of health

advice given by experts that they've then rescinded. The caffeine in coffee had been on the naughty list for quite some time until we were told the antioxidants and other nutrients made it beneficial for us. Full-fat dairy products were ditched for low-fat alternatives until it transpired that saturated fats (found in butter) may be better than trans fats (found in margarine).

In the new alcohol guidelines, the Government suggests that both men and women aim for no more than 14 units of alcohol a week (six pints of average strength beer or seven glasses of wine) and have one or two days entirely tippable-free. So the question is: should you feel guilty about cracking open your Monday night Merlot? Well, the best advice is to have everything in moderation, so when the 'experts' next come around you won't be caught out.



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Welcome to stress awareness month!

Welcome to stress awareness month! Everyone has anxiety from time to time, but chronic anxiety can negatively impact your quality of life. It is a mental health disorder that can also have serious consequences for your physical health. Panic attacks cause troubling physical symptoms, including heart palpitations, chest pains, and light headedness. Chronic stress disrupts nearly every system in your body. It can suppress your immune system, upset your digestive and reproductive systems, increase the risk of heart attack and stroke, and speed up the aging process. It can even rewire the brain, leaving you more vulnerable to depression, and other mental health problems so it is easy to see why it is so vitally important to keep life's major stressors in check.

My 3 tips for you this month:
Make a Change – Focus on Now – Meditate

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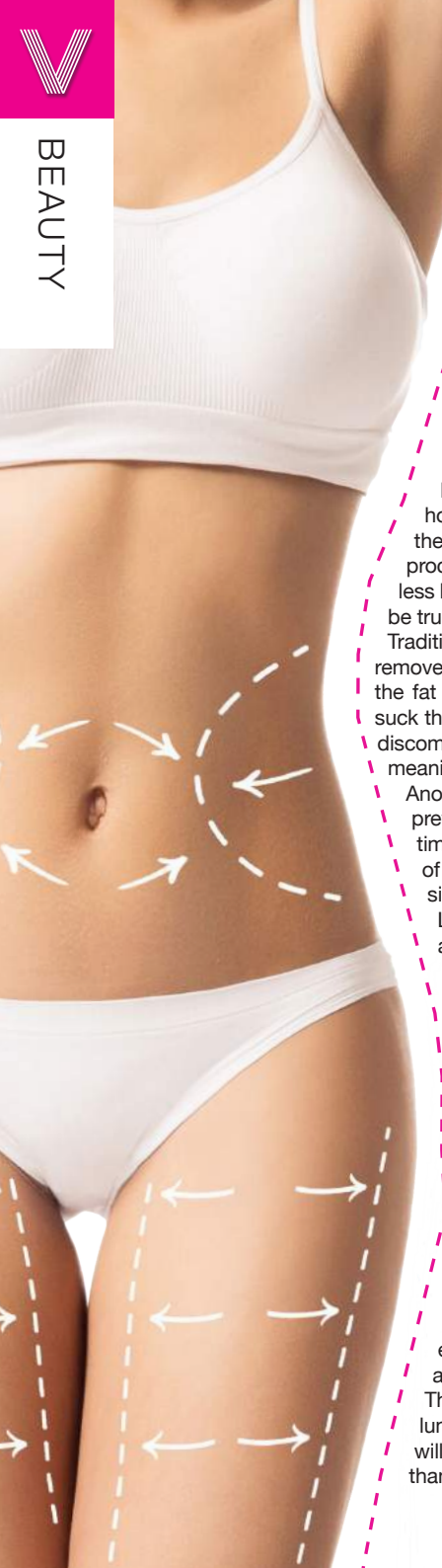
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BEAUTY

LIPO ON YOUR LUNCHBREAK



Taking the term 'quick fix' to a whole new level, this advanced cosmetic procedure claims to offer the same results as traditional liposuction without a hospital stay.

If you long for a slim and toned figure, but are unable to spend hours slogging it out in the gym, then laser liposuction might be the fast and simple solution for you. Once a painful and invasive procedure, this new incarnation promises fast results which is far less brutal and leaves neither stitches or bruising. Sound too good to be true? Let's take a look at the pros and cons...

Traditionally, liposuction uses a cannula and physical manipulation to remove fat from beneath the skin, whereas the laser technique melts the fat cells from outside the body before a tiny incision is made to suck them out. Not only does this significantly reduce the bruising and discomfort, but the lasers also coagulate the blood cells more effectively meaning less blood loss and faster healing time.

Another plus is that the laser heat naturally tightens the area, preventing flabby, loose skin and unattractive dimpling. Healing time is also quicker with patients making a full recovery in a couple of days, and compression garments, which needed to be worn for six weeks previously, are only required for one week after.

Like all cosmetic surgery, laser liposuction is not without its risks and it's for this reason you need to find a certified and trusted clinic.

There's a narrow safe window in laser wavelength, frequency, and energy range where the laser safely burns fat without causing damage to surrounding tissues. If the laser's wavelength, frequency, and energy are below that window, then the laser isn't strong enough to burn fat. If its wavelength, frequency, and energy go higher than that window, the skin and other healthy tissues surrounding the fat start becoming burned, so check out recommendations and reviews first.

The procedure is also rather expensive with prices starting around £2,800 for one area. That said, unlike your usual lunchtime baguette, laser lipo will help you lose weight rather than put it on.



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Dr Kannan Athreya, Dr Alice Scott and Dr Michele Toms

Hello and welcome to April 'Call the Doctor' MOLES - PART 2

Last month we looked at the harmless blemishes that are commonly found on our bodies, which are mainly removed because they may be considered unsightly. This month we will be focusing on the moles and skin conditions that need more careful evaluation.

Actinic keratosis (AK)

A common scaly spot found on sun damaged skin - usually a bald scalp, face, ears and upper trunk. Whilst harmless in themselves and easily removed, multiple AK's increase the risk of one lesion progressing over a longer period of time to a skin cancer, such as Squamous Cell Carcinoma (SCC).



Actinic Keratosis



Bowens Disease (BD)

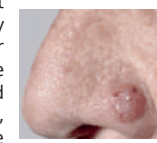
BD or "intra-epidermal" SCC are early skin cancers that are confined to the surface skin cells. The main cause, as for AK, is sun damage (Ultra Violet Light) and can occur in any part of the skin, including rarely under nails, but mainly in sun exposed sites. The look like irregular scaly patches, usually red but may also be pigmented. They can be removed in a multiple ways, usually by freezing or cauterising, but also certain creams may be used.



Bowens Disease (BD)

Basal Cell Carcinomas (BCC)

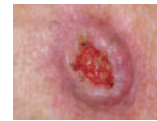
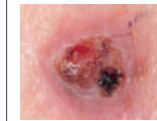
A locally invasive skin tumour (very rarely does it spread), and though benign can cause significant local damage if not treated in a timely manner. It again mainly occurs in sun damaged skin. It appears as slowly growing patch or nodule, and may be skin coloured, red or even pigmented. Classically, they have a rolled edge with central ulceration. Most are removed surgically, but more superficial BCC's may be destroyed by using certain creams or freezing.



Basal Cell Carcinomas (BCC)

Squamous Cell Carcinomas (SCC)

These occur when the cancer cells that make up Bowens disease spread beyond the surface area and also to distant tissues. They are more commonly found in the elderly, and can look like enlarged scaly or crusty lumps, often arising from previous AK's, and can grow over weeks to months, be tender, and can ulcerate. After diagnosis, these cancers are treated surgically, perhaps in combination with radiotherapy.



Squamous Cell Carcinomas (SCC) Left: Nodular, Right Ulcerated

NEXT MONTH WE WILL LOOK AT THE MOST DANGEROUS FORM OF SKIN CANCER, THE MELANOMA.

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MOLE AWARENESS

Glasgow 7-point checklist

Major features:

- Change in size
- Irregular shape
- Irregular colour

Minor features:

- Diameter >7 mm
- Inflammation
- Oozing
- Change in sensation

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Beauty Babes

Meet six of the most powerful women on the internet who have made thousands from their beauty blogs. Whoever said makeup was a waste of a girl's time?



Tanya Burr

With over 240 million views on her channel, a makeup line and a beauty guide titled *Love, Tanya*, this YouTuber and London Fashion Week front row regular has come a long way since her days as a makeup counter girl in her hometown, Norwich. Her celebrity makeup tutorials are second to none as she makes even the glossiest look seem easy.

tanyaburr.co.uk

Zoella

Considered the High Priestess of YouTube, this 26-year-old is practically the Martha Stewart of the Millennials. Covering fashion, beauty and lifestyle, Zoella's life is so highly coveted that the launch of her bath and beauty line was hailed as the biggest beauty launch of the year. She has published three novels, and is dating fellow YouTuber, Alfie Deyes.

zoella.co.uk



Katie Snooks

This bubbly blonde regularly wows her legion of fans with her in-depth product reviews, stunning makeup tutorials and enviable hair. She is admired for her courage after video blogging herself without makeup after admitting to suffering from severe acne for over a decade, and her use of powerful medication, Roaccutane, to cure it.

katiesnooks.com



Lisa Eldridge

The only one of our beauty babes who works as a professional makeup artist, Lisa's video-based blog is the destination for beauty tutorials and expert tips. In her day job, she works with A-listers and top beauty brands and is the author of *Face Paint: The Story of Makeup*. Her makeup artistry has appeared in almost every fashion magazine.

lisaeldridge.com



Ruth Crilly

An international fashion model who has taken on campaigns for the likes of Patrick Cox, Swatch and Olay, this gap-toothed beauty is as known as much for her fantastic beauty advice as she is for outspoken and charming personality. She also runs a sister blog called The Uphill which covers parenting and her journey as a mother.

amodel/recommends.com



Jane Cunningham

Jane Cunningham started as a beauty writer for various newspapers and has penned four books, before she launched British Beauty Blogger. She wanted to talk about products and experiences honestly and decided that starting a blog was the best way. Ranging from skin care, charcoal wipes and body oil, Jane's blog acts as a vital resource.

britishbeautyblogger.com



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up, bridal make up, eyelash extensions, body massage and reflexology. You will also get advice on how to set up your own beauty business too!

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For a friendly chat call Sheila on 07956 123335

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LADIES' RACE DAY *Fashion*

It's a fabulous day of frocks, frolics and fascinators – by following these do's and don'ts, you can be the Grace Kelly of the grandstand.

DO GO TO TOWN

When else will you get the opportunity to dress up to the nines and have a day out with the girls? Your outfit needn't be expensive, but it still ought to ooze glamour.

DON'T FORGET A FANCY COVER UP

While it's good to project a sunny outlook, British weather in April is unpredictable to say the least and you don't want to have to don a dour old anorak over your gorgeous frock – or worse, have nothing at all. So invest in a pashmina and a pretty umbrella.

DO WEAR A HAT

Not all enclosures demand a hat in the dress code, but many fashionistas will be wearing one regardless. So whether a feather fascinator or a wide-brimmed sun hat, this is the perfect opportunity to show off your haute couture headwear.



DON'T LOSE YOUR HEAD

Have a good time, but keep it classy. When you're drinking all day it's easy for the bubbles to overflow and tempers to fizz. Drink plenty of water and keep your cool.

DO BE YOURSELF

You can be wearing a dress and diamonds that cost a five-figure sum, but if you don't feel comfortable you simply won't dazzle. Equally, wearing skyscraper heels – even if they are your signature style – is a pointless endeavour. It's a long day with a great deal of standing around and there might be blisters and tears.

DON'T DO

A Janet Jackson at the Super Bowl... It's a posh daytime event and there will be cameras, so don't wear anything too revealing. You want to get snapped for all the right reasons – not a side-boob slip!



Photo Credit: Vanity Fair and Norman Jean Roy



Photo Credit: Ascot



THE GREAT SUGAR Scandal

With recent studies showing that a third of 10 to 11-year-olds and over a fifth of 4 to 5-year-olds are overweight or obese, it's clear that we have an excessive eating epidemic on our hands. And the experts all agree, the real culprit behind all this is... sugar.

You may think nothing of giving your child a second glass of apple juice, but did you know some brands contain the same amount of sugar as three Krispy Kreme doughnuts? That's seven teaspoons of the stuff, or in other words, double the recommended allowance for a three-year-old.

Saturated fat used to get the blame for society's widening waistband, but with the prevalence of 'low fat' products and the use of processed sugars like corn syrup, sugar is now the number one enemy. These cheap and ubiquitous sweeteners are higher in fructose than refined sugar and are harder for our bodies to process. The excess fructose gets turned to fat and, well, we all know where the fat ends up...

The problem for parents is that sugar is far stealthier than fat, hiding in the most unsuspecting

places. A typical fat-free yoghurt, for example, contains five teaspoons of sugar, and that's before we consider the many fruit-based drinks that masquerade as healthy and are squarely aimed at children, yet contain as many grams of sugar as a can of coke.

This excess sugar can cause permanent damage to a child's health, an increased risk of heart disease and type 2 diabetes, plus the obvious effects of tooth decay.

So, what can parents do? Well, for starters, always check labels and avoid low-fat diet foods and products that claim to be 'sugar free' - these are often loaded with the far more damaging synthetic sweeteners. Swap white breads and pastas for wholegrain and stick to one glass of juice a day, preferably diluted. Whilst it's difficult (and mean) to cut sweet treats like chocolate from your child's diet entirely, it's good to teach them moderation. After all, those sugar crashes are no fun for anyone...



How much sugar should we eat?

- ▶ **Age 2** - less than 13 grams, or 1 to 3 teaspoons per day
- ▶ **Age 3** - less than 15 grams, or 2 to 4 teaspoons per day
- ▶ **Ages 4 to 6** - less than 19 grams, or 3 to 5 teaspoons per day
- ▶ **Ages 7 to 10** - less than 24 grams, or 4 to 6 teaspoons per day
- ▶ **Ages 11 and over** - less than 30 grams, or 5 to 7 teaspoons per day





KIDS

NO PAIN, NO STAIN



It's a common scenario for every parent. You take your eyes off the rascals for what seems like just a second, and before you know it your little treasures are covered head-to-toe in seemingly immovable marks. But fear not! A bad spill doesn't necessarily mean a trip down to the supermarket for the latest super-strong and overpriced stain remover – there are plenty of everyday household items you can use in the unending battle between parent and stain...

GRASS

When presented with a freshly-mown hill, very few children have the prerequisite will power not to take this as an opportunity to slide face-first down said mound, leaving long green streaks where that gleaming white shirt



used to be. Daub the stain with rubbing alcohol first, let it air-dry, rinse it with alcohol and repeat the process as needed. Finally, work a little liquid dish detergent into the staining and put it through the laundry as normal.

Blood

Nosebleeds and grazed knees always herald a tough struggle for any parent. First blot the item with a cold, wet washcloth, then rinse it thoroughly with cold water. Next, let it soak in a very cold saltwater bath for several hours. If that doesn't get the stain out, you can treat it with a three percent hydrogen peroxide solution, then rinse with cold water again, and put it through a laundry cycle as usual.

CRAYON

When the line between colouring book and clothing becomes inexplicably blurred, the first thing to do (after removing said item of clothing from child's back) is to place the stain between paper towels and give it a good press with a warm iron, swapping the towels at regular intervals. Next pre-wash the fabric, blot the mark and let it dry fully. If any traces of crayon resist after a first wash, use a chlorine bleach the second time around (so long as it is safe to use with the fabric).



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Tales from the BUSINESS GHOST



Why do you BELIEVE THAT?

One of my more annoying hobbies is provoking other people to challenge their long-held ways of thinking. For example, we often hear the expression “you have to be cruel to be kind” which (if you really think about it) is complete and utter nonsense. OK, maybe sometimes kindness might appear to be a little harsh, but cruelty is always cruel, never kind. Then there is the popular (seemingly wise but only ever used in regretful situations) mantra, “hindsight is a wonderful thing.” I find this an incredulous and defeatist statement. Surely foresight is a far more wonderful and valuable thing to have – hindsight is, at best, merely a lesson learned.

My final foray into exposing the folly behind (some) handed down ideas is an examination of the nonsensical belief that, “ignorance is bliss.” Need I say more? I believe that ignorance is simply ignorance and (especially if it is willing ignorance, as inferred in the saying) perhaps even verging on stupidity.

So my challenge today is for you to ask yourself: What firmly held beliefs do you have in your business which might not actually be true? Are you prepared to challenge the norm and ask if there is a better way? Are you brave enough to entertain the

idea that you could be doing things wrong: even if the ‘accepted wisdom’ has been there since the market for what you do began? Perhaps things have changed and no one has noticed, or maybe those ideas were never even true in the first place?

The fact is that most success stories in business, and in life, started because someone decided to do whatever it takes: regardless of what anyone else believed.

Yours provokingly...Martin



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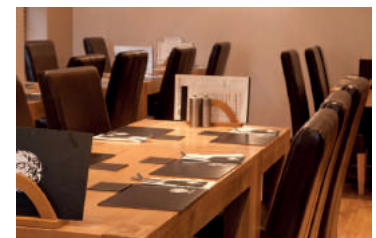
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 Monday, April 10 to Thursday, April 13

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To find out more, visit www.east.madscience.org. From 10am to 3pm daily, aged four to 11.

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 Events run until April 17, 10am to 5pm



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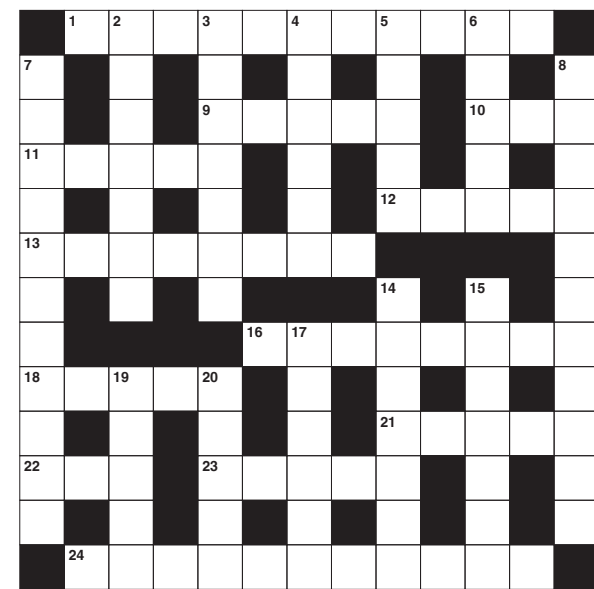
PUZZLES & TRIVIA

ACROSS

- 1. Defensible (11)
- 9. Valuable thing (5)
- 10. And not (3)
- 11. The lion who rules over Narnia (5)
- 12. Staggers (5)
- 13. Fortress in Paris (8)
- 16. Choosing from various sources (8)
- 18. Devout (5)
- 21. Push back (5)
- 22. Unit of time (abbrev) (3)
- 23. Breed of dog (5)
- 24. Property professional (6,5)

DOWN

- 2. Serving no purpose (7)
- 3. Pass across or through (7)
- 4. Involving financial matters (6)
- 5. Later (5)
- 6. ___ Armstrong: famous cyclist (5)
- 7. Astound (11)
- 8. Radically (11)
- 14. North Atlantic food fish (7)
- 15. Idealistic (7)
- 17. Unrefined (6)



- 19. Deducts (5)
- 20. Woody-stemmed plant (5)

DID YOU KNOW

- ▶ The tongue is the strongest muscle in the body.
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- ▶ Humans shed about 600,000 particles of skin every hour.
- ▶ Human teeth are just as strong as shark teeth.

SUDOKU

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

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Weddings

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TALKING TRAVEL

by Janette Bell of The Travel Boutique, Billericay



Marriage à la continental mode – Our European wedding portfolio

From Castles to Cloisters, Tavernas to Temples, and with a few pretty blissful beaches thrown in, there isn't much Europe can't bring to the table when it comes to wedding venues, and with nice short flights having a ceremony closer to home means you can celebrate with family and friends, too. Here's just a taster of what's on offer to our brides and grooms.

The Castle Wedding

There's a pervasive air of vintage glamour across the Italian Lakes, but few venues can compete with Malcesine Castle for sheer wow factor. The sixth-century fortification sits on a cliff overlooking Lake Garda, above a maze of cobbled streets leading to the water's edge. Views over the town are framed by Monte Baldo, the highest peak in the area. Ceremonies, which are performed by a local registrar in Italian and translated, can take place in rooms in the castle – one holds 40, the other, in the tower, 70. But the most popular option is on the terrace, which seats 70 and has exquisite panoramic views. We offer two wedding packages that cover the legal and administrative procedures and costs, Classic package £2,151, Deluxe package £2,344 and you can add on extras from photography to flowers.



Malcesine Castle, Lake Garda



The Beach Wedding

Picture-perfect beaches aren't just the preserve of the Caribbean or Indian Ocean. Europe can hold its own when it comes to stunning shorelines, and there are few more iconic than Halkidiki in Northern Greece, and just over three hours from the UK. The water is turquoise, the sand is white, and the backdrop is of a dramatic nature reserve – a protected area of outstanding beauty, ceremonies are performed for up to 60 guests by a local registrar on a gorgeous stretch of beach, in the Marina or on Sani Hill which overlooks the exquisite resort. Wedding packages start from £2,559 plus an administration fee of £295, and include licence and certificate, ceremony and decoration, bouquet and buttonhole, cake and sparkling wine for eight people. Cyprus is where you will find Aphrodite who is the Greek goddess of love, beauty, pleasure and procreation – so who better to oversee a marriage Legend has it that she rose from the waves at the dramatic rock formations just offshore near Paphos, Cyprus. Our team can organise weddings on the beach by Aphrodite's Rock, performed by a local registrar, from £1,895 including legal fees and venue hire. The beach is pebbly but with the rocks and crashing waves it's a theatrical spot to say 'I do'.



Aphrodite's Rock, Cyprus

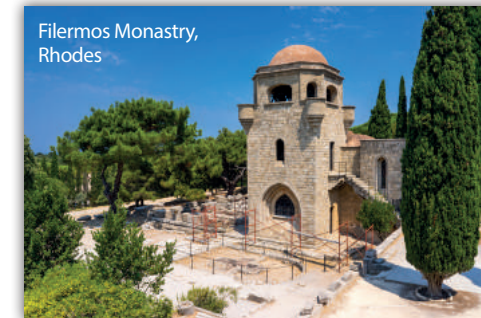


The Spiritual Wedding

Whether you have faith or not, there's something about a wedding venue with a bit of spirituality. Perhaps that's why the San Francesco Monastery Cloisters in Sorrento, Italy, is so popular. Or maybe it's due to their medieval good looks, with ceremonies taking place among the vine-draped archways of the flower-filled cloisters. Packages start from £899 including ceremony, licence and certificate, bouquet and buttonhole, and a wedding coordinator. Extras can include arriving by horse and carriage. The early 14th-century monastery of Filerimos is set high in the mountains in Rhodes. surrounded by woodlands and wildlife, with views of the sea, it's an incredibly peaceful spot to wed. The Travel Boutique can organise ceremonies in front of the magnificent stone cross monument from £120, with an administration fee of £295, plus any extras such as cakes, flowers, decoration, photography and transport on top.



San Francesco Monastery, Sorrento



Filerimos Monastery, Rhodes

For more Information on our Wedding Portfolio which includes a huge selection of options which also include cruise and yacht weddings, weddings in the snow and city weddings including New York and The Empire State Building. If you would like to know more on how and where to get married abroad, contact us at weddings@thetravelboutique.co.uk. With over 20 years wedding planning experience, our dedicated and qualified destination wedding planner will assist you to plan your perfect wedding abroad and hold your hand every step of the way!

Janette Bell Owner of *The Travel Boutique*, Billericay

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PARKOUR

De Jour

Derived from the French word *parcours* meaning 'route' or 'course', Parkour was originally termed *Art Du Deplacement* when it was created in the 1980s by a group of nine young Frenchmen. Since that time, Parkour has made its way around the Western world and in January the UK became the first country in the world to officially recognise it as a sport. Co-founder and newly instated President of Parkour UK, Sebastian Foucan, says this country was the first to truly embrace the unusual hobby.

Parkour involves the negotiating of any environment through the use of natural body strength – running, jumping and climbing. As well as functional strength and fitness, Parkour relies on balance, spatial awareness, agility, coordination and precision.

The sport has gained recognition across the globe from the prevalence of showcase videos on sites like YouTube and its acceptance by Hollywood.

Some of the films shining a spotlight on the practice of Parkour include 2010's *Prince of Persia: The Sands*

of Time and 2006's Bond flick *Casino Royale*, where Sebastian Foucan himself featured in the opening scenes during a chase across the rooftops of Madagascar.

Now that Parkour has been officially recognised as a sport, it is eligible for government grants and National Lottery funding. Recognition also means it could be practised in schools, with the Association for Physical Education describing it as an 'exciting and motivating' activity.

Despite some controversy over the health and safety aspects of the sport – with one incident in 2013 leading to Cambridge University condemning a 22-year-old student who filmed himself practising among the institute's ancient buildings – it appears that the sport of Parkour is set to make more leaps and bounds in years to come.



SPORT



Golden BOOTS

They come in all colours of the rainbow, and without them Ronaldo, Messi et al would be powerless. But what is the history of this humble football footwear, and how did we get from steel-toed shoes to the aerodynamic aesthetics and scientific specs of the modern boot?

ROYAL ROOTS

The first recorded instance of football boots – or ‘cleats’ as they were known then – was a design fit for a king... literally. Serial spouse-beheader Henry VIII commissioned a pair from personal shoemaker Cornelius Johnson in 1525 at a cost of four shillings, or the equivalent of around £100 in modern money. All that is known of these royal boots is that they were ankle-high and much heavier than their 21st century counterparts.

SIBLING RIVALRY

In 1948, Adolf ‘Adi’ Dassler founded Adidas after a family argument that saw his brother Rudolf start up his own company, Puma, and began a rivalry that would form the cornerstone of boot making for decades to come.

ALL WHITE ON THE NIGHT

In a 1970 Charity Shield match, Everton midfielder Alan Ball wore the first pair of white boots. He had seen an advert from Danish manufacturer Hummel offering £2,000 to any player who would debut their creations, but later said the boots were like cardboard so he ended

up getting an apprentice to paint his Adidas boots with white paint.

PREDATORY INSTINCT

The 1990s saw former Middlesbrough and Liverpool player Craig Johnston design the prototype of the Adidas Predator. Upon its release, this revolutionary boot was worn by many of the world’s most elite footballers, including Zinedine Zidane, David Beckham and Xavi.

LACELESS LATEST

Last year, Arsenal playmaker Mesut Ozil made history by being the first ever footballer to wear laceless boots in a competitive game. After revealing to Adidas in 2014 that he had problems with boot laces interfering with his control of the ball, the company specially designed the sleek Ace 16+, later described by Barcelona midfielder Ivan Rakitic as the best boots he had ever worn.



SHOULD HAVE GONE TO...

In 2013, after teenager Cassie McCord was tragically killed by an 87-year-old driver who had failed a police eyesight test just days earlier, a law was introduced to implement more stringent rules about road users who had failed eyesight tests. As a result, 609 drivers had their licenses revoked. However, there have been fresh calls to look again at how much importance the DVLA places on examining new and current driver’s eyesight.

The current rules for the UK driving test mean that the examinee must read a clean number plate made after September 2001 from 20 metres. But when the driving test was first implemented in 1937 the minimum requirement was a distance of 23 metres. Drivers in the UK are not required to renew their license until 70 and even at that point they aren’t expected to pass another eyesight examination.

The latest government data showed that 64 people were killed or seriously injured by drivers with defective eyesight in 2015, and over a third of

drivers have not undergone a vision test in the past two years.

And yet, researchers at the University of Swansea recently found that motorists over 70 are no more likely to cause a crash, and around four times less likely to have an accident than drivers aged between 17 and 21.

In July 2016 the Older Drivers Task Force recommended regular eye tests from age 60, but that licence renewal should be pushed back until 75. With people spending large portions of their day looking at computer screens, the eyesight issue may well start affecting drivers of an earlier age.

If you work with computers for long periods of the day, there’s a very simple way to protect your eyesight, regardless of whether or not you’re venturing out onto our roads. Simply make sure to follow the ‘20-20-20’ rule – looking at something 20 feet away for 20 seconds after every 20-minute interval. It’s a small thing that can delay the onset of future sight problems.



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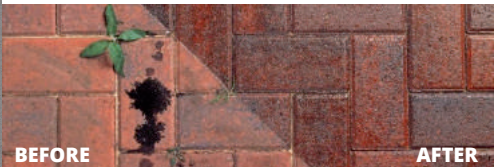
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The Gleaming Glass Co



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I took out a 12 month advert in **VISION** Brentwood and so far in 3 months I've had a lot of work from it. I've used leaflets in the past but never got much out of it but this magazine has really worked well me raising my profile in the area.

Neil (The Gleaming Glass Co)

”

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Since promoting my business in **VISION** Brentwood I have had a lot more jobs in the area, I believe the quality of the magazine helps this as it has a mix of topics every month that would appeal to anyone in the household to read.

Dizzy castles - Ryan Holmes

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