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*potted history*

A RIGHT  
ROYAL  
RETIREMENT  
AS DUKE  
STEPS DOWN

*Da we believe*  
**FAKE NEWS?**

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# JOHNNY DEPP

Quirky actor causing a stir again



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# Editor's notes...



Nik Allen, Editor

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

We are celebrating our first birthday! What a year it has been seeing the magazine grow in size and go from strength to

strength, featuring more local businesses every month, whilst always adding interesting and current editorial and most importantly having a big focus on what's happening locally in Brentwood.

In local news, a man has been cleared of involvement in what police believe to be the UK's biggest conspiracy to grow cannabis.

Elsewhere, a Brentwood primary school has been rated outstanding by Ofsted just a few years after it was graded inadequate, and a planning application to develop one of the most recognisable local buildings has been submitted.

If you have any stories to bring to our attention, email [editorial@visionmag.co.uk](mailto:editorial@visionmag.co.uk)

I would like to also take this opportunity to thank all our advertisers over the last year and local readers for making it a great first year in Brentwood and looking to make the next 12 months even better.

Please do get in touch if you are interested in advertising your business with us or if you have any local news stories, local charities or events then please get in touch with us at [brentwood@visionmag.co.uk](mailto:brentwood@visionmag.co.uk)

Hope you enjoy reading this month's issue.

*Nik*



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# PRINCE PHILIP

## *retires at 96*



The Duke of Edinburgh has been the backbone of the British Royal Family for the last 70 years.

He has steered it through the good times and the bad times including the divorces of three of his children, the death of Princess Diana and the Windsor Castle fire.

Throughout it all, Prince Philip, who is 96 this month, has been the Queen's loyal rock.

Now he announced last month that he is to retire this summer. But he is expected to continue working behind the scenes as advisor to Her Majesty and the younger royals while giving up full time royal duties.

He is revered at Buckingham Palace not only by the Royal Family but also by the staff.

Philip has also been at the centre of helping to modernise the institution dragging it firmly into the 21st century.

Apart from being at the Queen's side Philip has carried out 22,191 solo engagements, made 5,493 speeches and carried out 637 foreign visits to 143 countries.

Despite a few health problems in recent years he remains sprightly and still has the sharp wit and waspish tongue, which is one of his trademark traits.

Books have been written on his so-called gaffes but the duke is spectacularly un-PC and his comments have rarely offended the targets of his comments. He mainly makes the comments as ice-breakers but he also makes no bones about it if he finds someone who is irritating him, or he wants to move away from a boring conversation.

Even an hour after his retirement announcement

,Philip was by the side of the Queen at a Royal Garter Lunch when one guest shook his hand and said it was sad he was standing down.

Quick as a flash, Philip smiled and told him: "I can't stand up much longer!"

He has an impeccable royal pedigree linked to many of the former royal houses of Europe.

Philip is the great, great, grandson of Queen Victoria and his cousin Grand Duke Dmitri Pavlovich of Russia was one of the assassins of Grigori Rasputin, a favourite of the Tsar Nicholas and his wife Tsarina Alexandra.

The inhabitants of some villages on the island of Tanna in Vanuatu worship Prince Philip as a God. The villagers have portraits of the prince and hold feasts on his birthday.

In November he and the Queen will celebrate 70 years of marriage.

Just how big a rock Philip has been is clear from the Queen's words about him.

In a 1997 speech at London's Guildhall, she said: "He is someone who doesn't take easily to compliments.

"He has quite simply been my strength and stay all these years and I, and his whole family, and this and many other countries owe him a debt greater than he would ever claim or we shall ever know."

The duke is expected to spend his retirement, carriage driving, painting, reading and surfing the web.

But he is also expected to make selective appearances by the Queen's side and will continue offering his brand of advice to his charities and family- whether they want it or not.

# PRINCE WILLIAM

## quits as helicopter pilot

Major changes are under way in the life of Prince William, his wife Kate and their children Prince George and Princess Charlotte.

He has announced he will quit his job as an air ambulance pilot by the summer to concentrate on taking on more official royal duties.

His wife, the Duchess of Cambridge, will also increase the number of official duties she carries out.

The couple will move back to London in September to make Kensington Palace their main residence, although they will still keep on Amner Hall in Norfolk.

Young Prince George, three, will begin school in September at the £6,100-a-term Thomas's School, Battersea, which is close to Kensington Place.

His sister Charlotte, two, will go to nursery and is expected to follow George there when she is old enough.

Plans for the Duke and Duchess of Cambridge to increase their royal duties have been on the cards for some months, and they have already taken on more following the Queen's decision to cut down on her patronages.

But the fact that William's grandfather, Prince Philip, has announced his retirement means it is even more important for the younger royals, including Prince Harry to step in.

Last year, William spent 80 days on official engagements, while Kate, 35, had visits and meetings on 63 days. Prince Harry carried out 86 royal engagements.

In comparison, Prince Philip, 96, carried out official meetings and visits on 110 days of the year, while Prince Charles spent 139 days on public engagements.

The Queen undertook official engagements on 80 days of the year, while Princess Anne had the busiest calendar with 179 days of engagements.

William responded to criticism last April by insisting that he takes his royal duties "very seriously", adding that he would be the "first person" to accept more responsibilities when the Queen decided it was time.

He began his job as a part-time pilot for the East Anglian Air Ambulance Service (EAAA) in 2015 and has spoken of his enjoyment of the role.

Kensington Palace said that the former RAF search and rescue helicopter pilot donated his paid salary in full to charity.

The duke said in the statement: "It has been a huge privilege to fly with the EAAA.

"Following on from my time in the military, I have had experiences in this job I will carry with me for the rest of my life, and that will add a valuable perspective to my royal work for decades to come.

"I would especially like to thank all of my colleagues at EAAA, Babcock and Cambridge airport for their friendship and support.

"I have loved being part of a team of professional, talented people that save lives every day. My admiration for our country's medical and emergency services community could not be any stronger."

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# FABULOUSLY FLOORED



How to turn your home's original floorboards into a fantastic feature.

If you've got carpets that are looking worse for wear, rather than splash the cash and replace them, why not do away with them entirely? Underneath every stinking and stained shag is a robust wooden floor just waiting to have its moment, and restoring those tired floorboards into something wonderful is easier than you may think.

The good news is that if a floor has been laid for some time it is unlikely to warp, meaning once the carpet is gone you will find a perfectly blank canvas. Inspect your floor carefully for loose nails, squeaks and rot – the former two are easily fixed while the latter will need replacing. Then repair any deep scratches and holes with sandpaper and wood filler – or in the case of uneven boards, an electric sander – before deciding on your fabulous finish.

For the classic au naturel look, you will simply

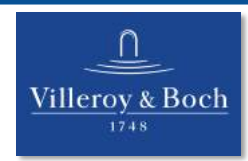
need a good varnish. Choose your shade, whether pale ash or oak, and apply. Bear in mind that the varnish will darken with every coat you add, so consider buying a clear varnish as well to strengthen your finish.

For something Scandi-inspired, why not soap your floors for a subtle whitewashed sheen? Firstly, apply wood lye to your sanded boards, which will lighten them and remove warm tones, then after further sanding apply a white-tinted wood soap, which has an oily finish and acts as a protective sealant. Or for a cleaner finish, simply invest in a specialist floor paint in white to instantly brighten and modernise your space.

Naturally, white is prone to flaws and will need regular touch-ups, so for something less demanding consider an elegant grey or even black. Bear in mind that wooden floors still require weekly vacuuming and mopping with a specialist wood-floor cleaner, but at least you can ditch the Shake 'n' Vac.



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HOME & DIY

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# INTERIOR ICON

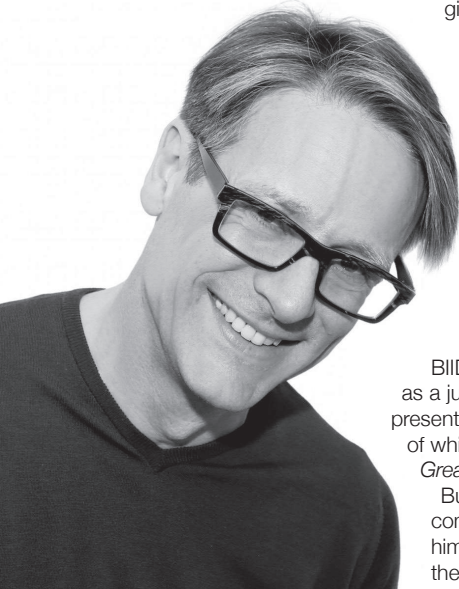
He's the president of the British Institute of Interior Design (BIID), and has lent his considerable expertise to Channel 4's *Britain's Best Homes* and BBC Two's *The Great Interior Design Challenge* – but who is Daniel Hopwood, and how did he get to his current position at the pinnacle of British design?

Daniel Hopwood may now be one of the biggest names in British interior design, but his formative years were spent learning the multi-faceted crafts of stone and wood carving, gilding and restoration before settling on a prospective career in architecture. Then, after finishing his degree, Hopwood couldn't resist the lure of interior design and eventually formed his own company, Studio Hopwood, at the age of 30.

Studio Hopwood now serves a vast roster of commercial and residential clients and prides itself on being one of the few design companies that creates unique schemes that involve everything from the structural work to the interior furnishing. Hopwood's prestigious position as president of the British Institute of Interior Design – not to mention his decades-long career at the cutting edge of that profession – means he is well placed to call upon a plethora of talented minds with whom he has previously worked.

Outside of the studio, and his continuing work as head of the BIID, Hopwood has made a move into the world of television, first as a judge on Channel 4's *Britain's Best Homes* and most recently as presenter of BBC Two's *The Great Interior Design Challenge* – the latter of which he hopes will have a similar effect on interior design that the *Great British Bake Off* had on home baking.

But despite his media profile and hectic schedule, he remains committed to keeping Studio Hopwood on a small scale, allowing him to get involved at a hands-on level when it comes to achieving the exciting interior visions of his exacting clientele.



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# CLOCKING ON

The humble wall clock is often vilified for its vital role in reminding us that we are constantly behind schedule – but as an aesthetic choice it is a timeless interior addition that alludes to a tradition of sophistication and style.

In this fast-paced world where so many of us are late for something at any given time of the day, the wall clock often sits smugly in the household faithfully ticking away the seconds ad infinitum. But its riling raison d'être aside, there was a time when large clocks were considered emblems of opulence; and although the clamour for small and sleeper accessories has relegated the wall clock to an afterthought, there's a case for arguing this timeless timepiece can add an eye-catching allure to any contemporary space.

Of course, these days most of us turn to our phones and laptops to check the time – and that modern move has changed the wall clock's primary feature from time-keeping to a purely

stylistic one. Now, the placement of a wall clock in the perfect spot isn't about keeping an eye on the time, it's a fashionable way to draw together a room and provide visual symmetry.

Even if you're hoping to emulate uber-minimalist interiors, an elegant or oversized wall clock can offer a break from potential monotony while still appearing a natural extension of its surroundings and theme. Designers now treat their creations as art pieces – ditching the rounded constraints or traditional elements to drag the wall clock into the present.

But it's not just new-fangled timepieces that make the cut. The most traditional form remains the stately grandfather, and these classic chronometers can fill a niche or space that is too small or awkward for other furniture to fit. With its inherent grandeur and sophisticated heritage, there is certainly still a place for the grandfather in the modern home.



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# Guiding Light



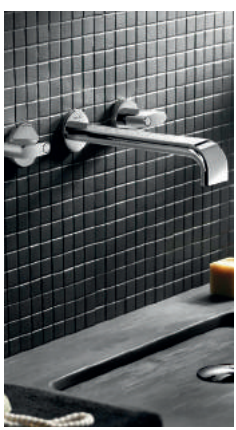
With summer almost here, it's worth investing in some garden lights to see you through the season. Naturally we don't mean the kind used to deter burglars, or the kind you'd find

lighting up Wembley Stadium. No, we're talking those that look like fireflies dancing on your rose bushes, or glowing lamps that mimic the dying embers of the barbecue as the warm night stretches out before you, glass of rosé in hand.

Fairy lights are an obvious and easy choice to brighten up your outdoor space; just make sure they are the waterproof kind purchased from a garden centre, not leftovers from last year's Christmas tree. To create a fairy-tale ambience there is only one rule: the more the magical. Solar-powered designs are affordable and available in an array of colours and styles from dragonflies to lanterns and teardrops, and are ideal to adorn arches, fences and trees.

To light up paths and flowerbeds, solar-powered stake lights are best. Available white or multi-coloured, these unassuming beauties dig into the dirt, are almost invisible as they charge during the day, and then transform into glimmering jewels at night.

If you're the kind of person who opts for a fire pit over a fancy gas barbecue, there's a good chance you'll want your outdoor decorations to be equally primal. Lanterns are a fantastic way to instantly add a touch of class, whether Scandinavian-style tin or mosaic Moroccan glass. Outdoor candles in buckets are a budget option and in citronella scent will also deter bugs. And for a festival feel, you can't beat bamboo Tiki torches that are lit using oil. Because sometimes, only fire will do.



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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.’

So, if your windows are steamed up, broken or damaged give Chris a call for a free quotation on **0800 61 21 118** and he’ll be happy to help!

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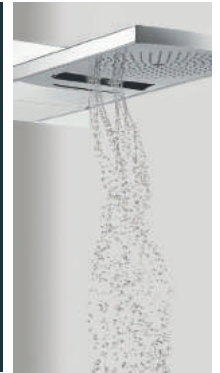
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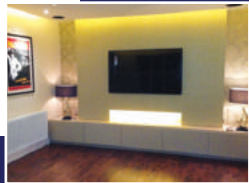
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# LOCAL NEWS

from your neighbourhood



LOCAL NEWS



## Local cyclists gearing up for 100-mile charity ride

A group of friends including a man from Brentwood will take part in the Prudential Ride London to Surrey 100 along with 25,000 others on July 30 to raise money for a local hospice.

Lee Rhodes, 33, from Brentwood, will ride along with Aaron Stewart, 33, from Hornchurch, and Daniel Thevathason, 34, from Romford.

They will be taking part in the ride to help raise money for Saint Francis Hospice.

The ride starts at The Queen Elizabeth Olympic Park in Stratford and finishes at the Mall in Central London after going through the Surrey countryside.

Lee Rhodes and his wife Becci have supported the hospice for many years with fundraising events.

Lee said: "We all have a personal connection with the hospice in one way or another, as we have known people that have used the hospice and its services.

"It's also a local charity that any of us could need to use in the future.

"I think we are all looking forward to the challenge of riding the distance and the Olympic course, but also a bit apprehensive as we have not ridden that distance before and it's a new challenge for us all."

Aaron Stewart said: "Saint Francis Hospice is a charity that is very close to all of us as it has supported our family and friends."

The group will be well prepared for the challenge as they have already completed the 54mile Ride It challenge and have a 68-mile cycle lined up for July 9.

They are also going on holiday in Italy where they hope to keep their training going.

The Saint Francis Hospice is a charity that employs over 150 nurses, doctors and specialist healthcare staff backed up by 800 volunteers.

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## School orienteers take East Anglican title



Pupils of Brentwood School finished the orienteering season in style by scooping a haul of medals to win the East Anglican Schools' orienteering championship.

Rachel Barnwell, head of orienteering, praised the young team, and highlighted the efforts of everyone who took part.

She said: "Even if you didn't win a medal, each and every one of you contributed a huge amount to getting the team the winner's podium."

Headmaster Ian Davies said he was very proud.

The event was held at Hornchurch Country Park, where 12 teams competed, in the final event of the 2016-2017 SWELL (South & West Essex Local League) season. Final results were:

Year 7/8 Girls' Individual (Yellow course): gold medal: Kate Bowie-Britton, silver medal: Sarah Prior, bronze Medal: Janie Horton.

Year 7/8 team: gold medal: Kate Bowie-Britton, Sarah Prior and Janie Horton

Year 9/10 Girls' Individual (Orange course): gold medal: Emma Bowie-Britton, silver medal: Jessica Mills.

Year 11 and above, Boys' Individual (Light Green course): gold medal: Luke Cooper

Overall school team champions, winning gold medals and silver plate: Kate Bowie-Britton, Emma Bowie-Britton, Sarah Prior/Jessica Mills and Luke Cooper.

## Who will be your Public Hero 2017?

People in Brentwood are being asked to nominate a police officer who has gone above and beyond the call of duty.

Essex Police are holding their annual awards ceremony in October and are again giving members of the public the chance to decide the winner of the

Public Hero award.

**VISION**Brentwood readers are being asked to nominate police officers, members of police staff, specials or volunteers who deserve recognition for dedication to the community they serve, for bravery or for going that extra mile.

Chief Constable Stephen Kavanagh said: "Daily, I am proud to hear of examples of the bravery, values, great decision-making and sheer hard work which make Essex Police such a great force to be with.

"But I also know there are plenty more 'unsung' heroes among our officers, police staff, Specials and volunteers whose actions aren't widely talked about but who have had a profound effect on the people and communities with whom they come into contact."

To make a nomination, go to [www.essex.police.uk/news/news-and-features/2017/05may/who-will-be-your-public-hero-2017/](http://www.essex.police.uk/news/news-and-features/2017/05may/who-will-be-your-public-hero-2017/)

The closing date for nominations is 5pm on Sunday, June 11.

## Runners and riders announced in General Election race



With the General Election fast approaching, voters in Brentwood have a choice of six candidates to elect as the town's MP.

Alex Burghart, representing the Conservative Party, will be hoping to follow in Eric Pickles' footsteps and be elected as the town's new MP.

Gareth Barrett is contesting the seat for the Conservative Party, Karen Chilvers is the Liberal Democrat candidate. Paul Jeater is the Green Party candidate and Michael McGough will fight the site for UKIP. Finally Luca Kousoulou is standing as an independent candidate.



# Minicab driver fined after refusing to take woman with hearing dog

A woman with hearing impairments said she was extremely upset and embarrassed after a minicab driver refused to take her assistance dog Rusty to a wedding reception unless she paid an extra £45.

Sophie Biebuyck from Brentwood refused to pay the extra charge and arrived late to the reception.

At the City of London Magistrates Court recently, 65-year-old Ali Ates of Clapton was found guilty in his absence of refusing to carry a passenger who wished to be accompanied by an assistance dog, fined £500 and ordered to pay £988 in costs.

By law, private hire drivers must not refuse to carry a passenger because they want to travel with an assistance dog and operators are unable to charge extra on their fare.

Sophie said she is very dependent on Rusty.

She commented: "Being denied access to the minicab on the day of my friend's wedding

was extremely upsetting and embarrassing. My hearing dog Rusty is not just a loyal companion; he's my ears, alerting me to important sounds and sirens. Without Rusty by my side I would not be as independent as I am today. I am delighted with the result and would like to thank both Transport for London and Hearing Dogs for supporting me and ensuring that those with hearing impairments, such as myself, can continue to travel around London freely."

Angie Platten, Hearing Dog's head of partnerships, said Hearing dogs allow deaf people greater independence, confidence and companionship.

She added: "To be refused access to travel using a minicab can be a highly frustrating and distressing position for a deaf person. They often struggle with communication and can feel abandoned with no ability to contact the minicab provider to explain or rebook due to their inability to hear on the phone."

# Log fire closes road

Fire engines rushed to a road in Brentwood last month after 40 tonnes of logs caught fire.

Two fire engines from Basildon were called to Little Warley Hall Lane just before 7am on May 8.

Witnesses said the fire was still raging over three and a half hours later.

Emergency services and the landowner, who had a mechanical digger, worked together to move the logs that were not on fire and the road was closed to traffic.



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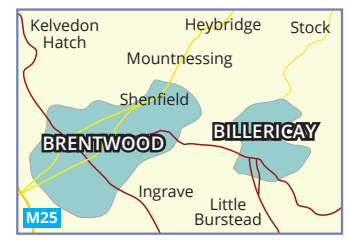
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## Teenagers jailed after robbery



A student from Brentwood and a boy have been sentenced to a total of five years in a youth offenders' institute after robbing a home in Hutton and threatening a boy with a knife.

Joseph Okello, 18, of Boleyn Gardens, Brentwood, and a 16-year-old boy from Hutton, who cannot be named for legal reasons, appeared at Basildon Crown Court recently.

Okello was given 45 months for robbery, three months for perverting the course of justice and 18 months for possession of a knife to run concurrently. He admitted all the charges at Basildon Crown Court.

The 16-year-old was sentenced to 12 months for possession of a knife and robbery after admitting the charges at Basildon Crown Court.

At around 2.30pm on Wednesday, November 2, 2016, Okello and the 16-year-old knocked at a house in Hutton Village.

A 17-year-old boy opened the door to Okello, who demanded cash and held a knife to his back.

He was handed a three-figure sum of cash before the victim ran to a neighbour's house. Okello and his accomplice were arrested within 24 hours.

DC Paul Burnett, the investigating officer, said: "Okello and the 16-year-old boy went to the address armed with a knife, knocked at a home in the middle of the day and then robbed a teenager at knifepoint. "The victim was put through a terrifying ordeal and

was marched around his own home at knifepoint before making his escape.

"Both suspects have shown no remorse for their actions and will now have time to think about their actions in a youth offenders' institute."

## Caring printers in line for county award

A printer in Brentwood has been nominated for a prestigious award.

Brentwood Community Print is in the printing business to make money – it's what they do with the money that makes the company different.

The community interest company exists to help people who are in recovery from mental illness. All the profit from sales is reinvested into the service to provide a safe and caring working environment to assist people in their recovery.

Now they have been nominated for a Voluntary Community Service Award in the Who Will Care? Awards run by Essex County Council. The awards celebrate the mobilisation of vibrant communities and individuals that are supporting each other and to recognise and stimulate volunteering in Essex.

The company website gives more information on what it is trying to achieve.

It reads: "We believe that structured work and training helps people move back into the community and gain self-worth and confidence, all vital components for better mental health. It is easy to feel for someone with their arm in a sling or who has a life-threatening illness. But there is a stigma that comes with a mental illness. There shouldn't be. It is real and could affect anybody. One person in four will suffer with some form of poor mental health at some time in their lives."w

The winners are due to be announced on May 24.



Photo credit: Tonkin Liu

## Plans submitted for historic town building

A planning application to develop one of the most recognisable buildings in Brentwood has been submitted to the borough council.

Architects Tonkin Liu say the proposal, for 12 new spacious one bedroom apartments, will "form a close knit community adding valuable, high quality housing stock within this prominent site in Brentwood's town centre."

The application goes on to say that the principle objective of the development is "to take the existing poor condition of the Old House, refurbish it to its previous splendour and enhance its position as a truly valuable historic asset within Brentwood's

town centre."

If granted, the application will also see the storage building at the rear of the Old House demolished and the rear gardens restored within a courtyard, enclosed by a new-build extension, creating a new setting that embraces the existing building.

The scheme will also see community use maintained in the building and Tonkin Liu say they are aware of how highly the building is regarded.

The application reads: "It is clear the Old House building is a valued piece of architecture held in high value by the residents of Brentwood."

## Man cleared of involvement in biggest ever UK conspiracy to cultivate cannabis

A man from Brentwood has been found not guilty of being involved in what police believe is the UK's biggest conspiracy to cultivate cannabis.

Gary McIntyre, 36, of Alfred Road, was found not guilty of three counts of conspiring to produce cannabis and three counts of abstracting electricity.

The case saw 15 people convicted after police found cannabis factories at numerous locations across Kent and Norfolk between 2013 and 2015. Police estimate that the group produced cannabis with an annual yield of over £25million.

Each location was set up in an almost identical manner – purpose-built, two-storey wooden constructions that had been created inside industrial units. The layout and equipment used

was also identical.

A total of 16,428 cannabis plants were seized across the locations.

Detective Inspector James Derham, from the Kent and Essex Serious Crime Directorate, said: "This was a highly organised and prolific conspiracy to produce and sell cannabis on an industrial scale.

"We estimate the annual street value of these plants was in excess of £26 million – a significant amount of money that could have been used to fund further criminal activity.

"This case was a significant undertaking by the investigation team due to the level of sophistication and analytical work."





## Street Pastors are flourishing



Street Pastors continues to flourish as a voluntary group across Essex. Brentwood and Billericay groups give approximately 240 hours of voluntary service a month, giving out water, lollies and flip flops and help anyone in need by caring, listening and helping. We also deliver low level first aid in appropriate circumstances.

We also have other similar projects that we are launching this year including response, rail and schools Pastors. Response means to send a group of trained SPs to a community that has had a sudden major crisis e.g. murder, assault, suicide. Rail means to support the commuting network including BTP, Network Rail and Samaritans in trying to prevent harm to anyone. Schools means to assist in pastoral care for all students and staff before, during and after school and offering support in a variety of ways.

If you are over 18, attend a local Christian Church and are available for training then why not get involved. Email [Billericay@Streetpastors.org.uk](mailto:Billericay@Streetpastors.org.uk) for more information or follow us on Facebook or Twitter to gather more information.

## County council elections see town seats split

There are two new faces representing Brentwood at County Hall after the county council elections last month.

Conservatives Louise McKinlay and Lesley Wagland replaced Roger Hirst and Ann Naylor in the Brentwood Hutton and Brentwood Rural seats.

Elsewhere Liberal Democrat Barry Aspinell was reelected in Brentwood North. Fellow Lib Dem David Kendall was elected in Brentwood South.

## Banksy show in town

Fans of Banksy can see some of the enigmatic artist's work on display at a gallery in Brentwood this month.

The exhibition is the biggest ever exhibition of Record Sleeves designed by the artist known as Banksy. Included in the show will be artworks from £400 to £175,000.

When Banksy first came to London, he was given free space in a design studio owned by EMI in exchange for designing some record covers for them.

The first ones he hand stamped or stencilled are very-sought after and two are on display at Chandler Galleries in Coptfold Road, along with a number of others.

John Brandler, of Brandler Galleries, said he's looking forward to the exhibition.

He said: "In the show in Rome, a client lent his entire collection of about 50 records & CDs. It is interesting that whereas four years ago, they were considered records in a sleeve, now they are considered art by Banksy, with a museum in Amsterdam exhibiting them and selling them as art. Numerous artists have created record covers. Damien Hirst, Andy Warhol, Peter Blake, Salvador Dali and Banksy are probably the most famous five."

The show will be open from 10am to 5pm on Tuesday, Wednesday, Friday and Saturdays throughout June.



## Town primary school is top of the class

The headteacher of a Brentwood primary school said he is extremely proud after an Ofsted report was published last month grading the school as outstanding just a few years after it was graded as inadequate.

Ryan Duff, headteacher of Larchwood Primary School, said the report was an amazing achievement for everyone at the school. It was the first inspection since Larchwood converted to an academy in June 2014.

In a letter to parents, Mr Duff said Larchwood was among only a handful of schools who had made the jump from the lowest to the highest grading.

He wrote: "When I joined the school in January 2013, I had my hands full. There was plenty of work to be done. So began a robust and rigorous school improvement plan, which has resulted in Larchwood now being graded outstanding. However, this is not something we take for granted. Far from it. Maintaining this high standard will now

take just as much time and effort."

In the letter, he also stressed that no one in the school will be resting on their laurels.

He wrote: "I believe that Ofsted inspections provide opportunity for reflection - any areas for development will be addressed, but, just as importantly, areas that have not been highlighted will be closely monitored ensuring that we maintain a consistently high standard. The inspection was a challenging two days and the emotional rollercoaster involved is a ride I don't want to buy a ticket for too often.

"I have to say though, it is not all about Ofsted and I regularly tell the staff this. It is about the children, and always will be. Don't get me wrong, am I pleased with the outstanding judgement? Of course I am ecstatic. However, the way we operate as a school will not change. We have high expectations of all stakeholders and this will remain the case."

## Brute who attacked baby loses appeal

A brute who inflicted "awful injuries" on an 18-month-old baby has failed to persuade top judges that his five-year jail term was too harsh.

Billy Robert Horst, 21, left the helpless youngster with "injuries from his forehead to his feet" after attacking him with a lit cigarette, biting and beating him.

Horst, of Pilgrims Hatch, Brentwood, was jailed for five years at Snaresbrook Crown Court in December last year.

He had been convicted of three counts of assault occasioning actual bodily harm.

Today he asked Lord Justice Davis, sitting at London's Criminal Appeal Court, to reduce his jail term, claiming it was too long.

The judge, sitting with Mr Justice Stuart-Smith and Judge Clement Goldstone QC, said that Horst, after his arrest, had not displayed any sign that he was sorry and had denied his guilt.

He showed a "regrettable lack of remorse or insight" even after his conviction by the jury, he added.

The judge also slammed the "awful injuries" inflicted and the "extreme callousness" shown by Horst "towards an utterly defenceless child."

"You burned him with lighted cigarettes," the judge said. "You bit him, including on the face. You beat him."

"He effectively had injuries from his forehead to his feet," added the judge, rejecting the appeal.





LOCAL NEWS

## Parkour and dance in Hutton for over 55s



A unique course for older people that fuses parkour and dance for fitness and wellbeing started near Brentwood last month but it's not too late to join.

Sessions run every Tuesday from 2.30pm until 4pm at Hutton Community Centre, Hutton and will continue until July 18.

The aim is to bring together local people over the age of 55 to explore, create and learn movement in a safe and structured outdoor environment led by qualified professionals. With a focus on play, connecting and adapting to our surroundings, community and self-expression is at the heart of the course.

This is a functional movement course that blends creative dance, adaptive parkour and mindfulness for the purposes of health, fitness and wellbeing. Each week you will be guided to help increase your physical fitness, prevent injury and promote good health in a friendly, sociable and supportive environment.

The first session is free, with following sessions £2 per person. To book please call Jade on 07859 062306 or alternatively email jade@parkourdance.co.uk. Please let organisers know when booking if you will need any assistance with transport as help may be available.

## Town festival returns next month

Thousands of people are expected to flock to The Brentwood Centre next month as The Brentwood Festival returns.

Held in aid of charity each year, the Brentwood Festival features headliners such as Jocelyn Brown and Status Quo. This year's official charity is the British Heart Festival. Volunteers will be on site

at the festival teaching lifesaving CPR, organising fun games for the children, and running a pop up charity clothing stall.

There are also real ales from the Brentwood Brewing Company, street food, festival market, VIP area, free children's activities, and a funfair. There is plenty of free parking all weekend. Overnight camping for tents and caravans/motorhomes is available for a small upgrade.

Adult tickets start from £25 and children under 10 attend free all weekend.

The Brentwood Festival is being held over the weekend of July 14 to 16.

To find out more visit [www.brentwoodfestival.co.uk](http://www.brentwoodfestival.co.uk)

## U15s are play-off winners



A youth football team was celebrating after it won a prestigious competition last month.

Brentwood Town Under-15s have been crowned overall champions of the Eastern Junior Alliance.

They won their Essex U15 division, losing just one of their 14 league matches played, and thus qualified for the play-off matches against the winners of the other divisions.

They defeated Maldon & Tiptree 2-1 in the play-off semi-final on Sunday, May 7, and then overcame Cockfosters 3-2 in the final on May 14.

## Cricket club starts new season with a draw

Brentwood Cricket Club 1st XI got the new Essex League Premier Division season under way with a draw against Colchester last month.

Aaron West hit a century to ensure that the visitors left with a share of the spoils and a stand of 64 between West and Kieran Emmanuel meant they left Castle Park with 10 bonus points. At one stage, Brentwood were 46-3.

West hit 111 from 148 balls while Emmanuel notched 37 as Brentwood closed on 261-8.



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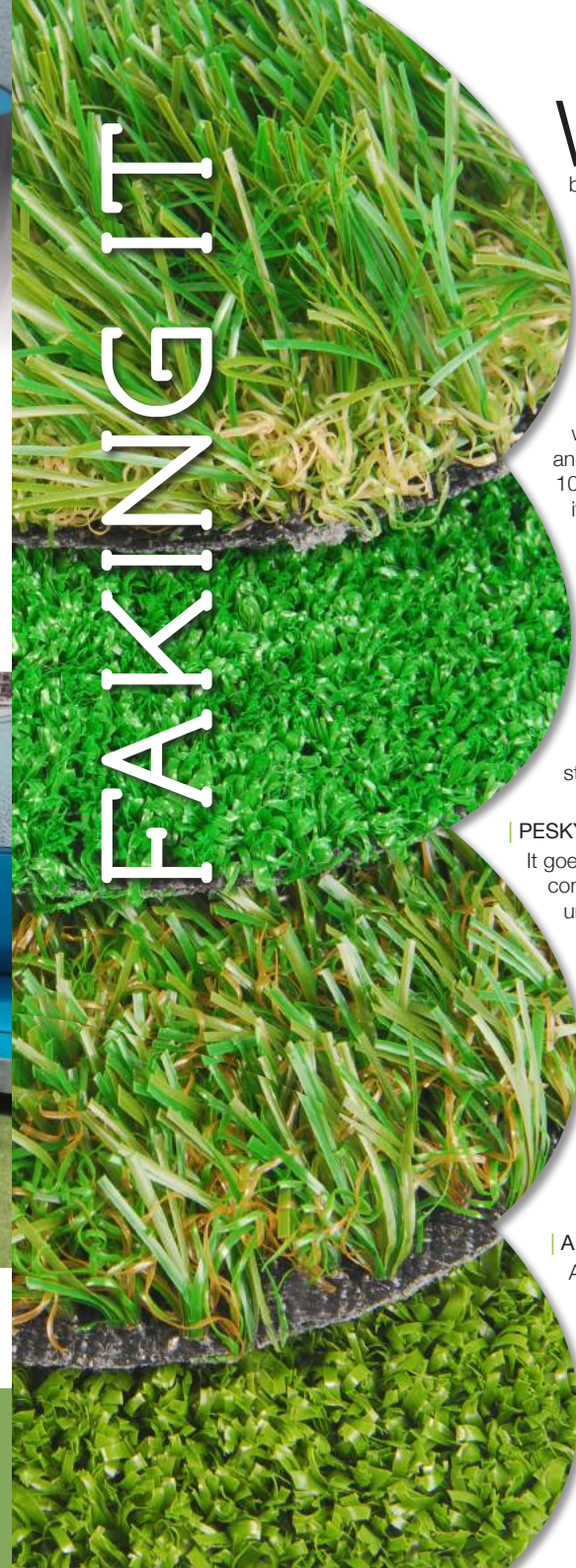
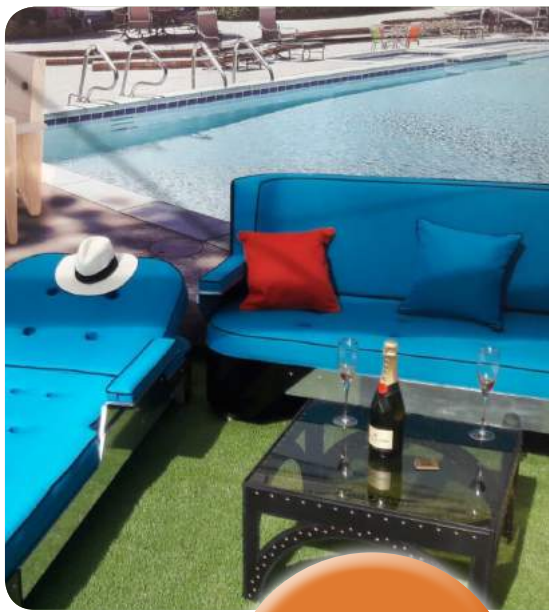
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FAKING IT

When it comes to your garden, sometimes it's better to fake it 'til you make it. As the use of artificial grass is becoming more prevalent across the UK, we look at the advantages and disadvantages of replacing your live lawn with synthetic sward.

### THE PROS

#### | WATER WAY TO SAVE

One of the key advantages of replacing your lush lawn with artificial turf is that you will save on both time spent on maintenance and, of course, water. Of course, synthetic grass isn't 100 per cent up keep-free, but all it takes to keep it clean is an occasional rake or rinse with a small sprinkling of water.

#### | PERMANENT PERFECTION

Banish muddy patches, yellowing grass and other unsightly garden blemishes with an artificial lawn that looks great all of the time. The synthetic stuff has come a long way since AstroTurf – the first thing most people think of when considering a plastic lawn – and can now come in a variety of styles that copy real grass exactly.

#### | PESKY FOR PESTS

It goes without saying that artificial grass is not a natural construct – and that means it's an unwelcoming, unattractive host for ticks, fleas and other kinds of bacteria.

### THE CONS

#### | GREEN FOR GREEN

All in, including installation and the like, the average homeowner will spend a few thousand pounds on a large-scale artificial lawn. But bear in mind that this is a long-lasting investment after all, and you'll save in the long run on sprinklers, fertilisers, pesticides and a lawn mower.

#### | ADDED EXTRAS

Artificial lawns in residential areas usually require an anti-shock layer, a material that is placed right underneath the 'turf'. This layer gives the lawn a natural feel and is recommended for people with children and/or pets. Infill is another extra to consider, used to stabilise the turf and increase the efficiency of its draining capabilities. Infill also helps keep artificial grass looking lush and perky – but obviously any added extras require added investment.



GARDENING

# PEST CONTROL

Nobody wants their garden to be invaded by insects or ruined by pests, but sometimes the modern means of disposing of these troublesome tourists can seem a little harsh. However, there are a host of natural ways to put pests off for life, and keep your green spaces chemical-free.

### NATURAL BARRIERS

The best way to prevent snails and slugs is to create barriers that they cannot cross over to get to your plants. Any type of copper can be used to make a wall that electrically shocks their body and deters them, and wood ashes or crushed egg shells also work to put those meddling molluscs off their lunch.

### SPICY SPRAY

Garlic and chilli may be a culinary staple, but they hold a secret power for gardeners looking to dispose of invaders in a natural manner. Combine crushed garlic and chilli (powdered chilli will do if you don't have fresh) with one tablespoon of vegetable oil and a small amount of dishwashing liquid or soap flakes. Leave to soak overnight in a jar,

then strain and spray on plants. The spray is very effective towards aphids and caterpillars – but keep away from kids, avoid contact with your skin and eyes and use within a fortnight.

### KNOW YOUR FRIENDS

Not all bugs and beasties are bad news – and you can help to encourage the helpful critters into your garden to assist in your war against the garden pest. Plant mint, fennel, dill, yarrow, sunflowers and dandelions to attract ladybirds, hoverflies and lacewings – all of which will happily feast on your aphids. Birds and hedgehogs eat slugs and snails, beetles and insects, as do frogs and toads.

### TRY A TRAP

Earwigs can devastate seedlings. If they do pose a problem in your garden, try filling a few plastic flowerpots with straw and balancing them upside down on sticks to attract the pests. The earwigs crawl up the poles and take shelter in the pots at night and you can empty them and humanely dispose of the pests in the morning.





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# PLUMBING NEW DEPPS

From pin-up to pirate to pariah: the eternal enigma, Johnny Depp.

There is a point for all those actors who have reached a certain level of success whereby it becomes difficult to discern the man from the myth. This is true especially of someone like Johnny Depp, who is so unpredictable in the roles he takes and embodies every character so fully that you lose sight of the person within. From the mysterious and awkward Edward Scissorhands to his most famous role as swashbuckling pirate Captain Jack Sparrow in the *Pirates of the Caribbean* franchise, the characters he has created are almost as bold and beloved as Depp himself.

Starting out as a baby-faced pin-up with his huge brown eyes and magnificent cheek bones, the promising star was often cast as handsome, but ultimately dispensable eye candy: one of Freddy Krueger's helpless victims in *A Nightmare on Elm Street* for example, or as a leather-clad gang leader in musical comedy *Cry-Baby*. It was only when he embraced his inner weirdness and began his long-standing collaboration with director Tim Burton in *Edward Scissorhands* that audiences and Hollywood executives finally understood the true talent of the Kentucky native.

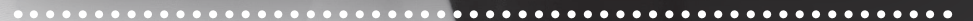
"I think I will always see myself as an outsider," says Depp. "I also have a need to feel like I've protected my individuality and identity as an actor. I see myself as a cross between Edward Scissorhands and Jack Sparrow. When I played Edward I deeply connected with his purity and innocence and during the years I've

been playing Captain Jack I've been drawn to his irreverence and desire to run against the current."

Even now, at the age of 53 Depp still insists on being a rebel. In 2015, he found himself in the centre of a row over his two Yorkshire terriers, Pistol and Boo, who were allegedly smuggled into Australia while he filmed there, and he is often outspoken on political and social matters. But despite the controversy, he has always managed to remain mysterious; his living legend status acting a kind of Teflon to trouble, until now...

It began when his wife of 15 months, Amber Heard, filed for divorce from the star in May last year. A restraining order against the actor soon followed, with rumours of abuse and violence within their relationship. Hollywood leapt to Depp's defence – even his teenage daughter Lily Rose spoke out to state the absurdity of the claims – but the negativity lingers around the star, much like the smell of rum clings to Jack Sparrow. His recent flurry of failed films hasn't helped either. *Alice Through the Looking Glass* was a box office flop, and his part as gangster Whitey Bulger in *Black Mass* didn't fare much better.

And yet, for all the rumours, rants and dubious film choices, he is still Johnny Depp: the man who inked his arm with 'Winona Forever' – for Winona Rider – only to change it to 'Wino Forever' once they split. He has always been fabulously flawed, and as he reprises his most beloved role in *Pirates of the Caribbean: Dead Men Tell No Tales*, we will gaze once more in wonder at this magnificent misanthrope.



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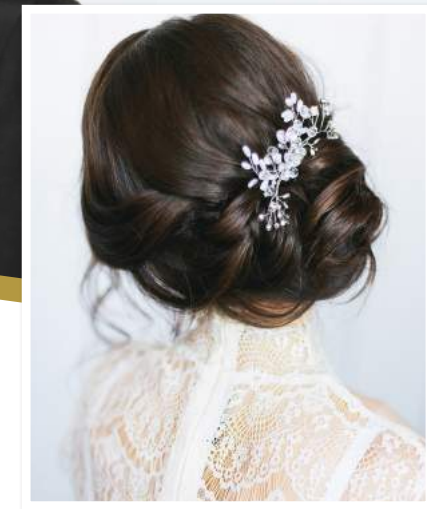
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BEAUTY

# KING OF STYLE

The classic chignon up-do



With wedding season upon us, Nicky Clarke is the go-to man for wedding hair inspiration.

When it comes to celebrity hairdressers, you don't get much more iconic, or more rock and roll, than Nicky Clarke. As famous for his outlandish antics and mane of golden hair as he is for his styling skills, the 58-year-old has been teasing and taming celebrity barnets for almost four decades. He also has a string of eponymous salons along with his own line of hair products, and in 2008 was awarded the OBE for 30 years of service to styling.

Naturally, during his impressive career, Clarke has created a fair number of bridal looks, and knows how vital it is that a girl looks her very best on her big day. And though a session with the man himself will set you back around a grand – that's after you join the lengthy waiting list – it is easy to create a gorgeous wedding-worthy do by following his top tips.

"Aim for hair that is generally away from the face," he begins. "You can still have a soft side fringe. Think about the wedding dress, your face shape and how it can easily work for evening too.

"So if your hair is short, consider a blow-dry set with a little hairspray. If it's long, then why not try a classic chignon up-do?"

### HAIR STYLING IN ACTION

Arguably one of the quickest and most elegant hairstyles to achieve: start by brushing hair back into two low ponytails and begin to twist them. Once twisted to your satisfaction, secure them together with an elastic.

Next, take your (now one) ponytail and flip your hair over the elastic and through the hole your ponytails have formed. Continue to do this until you make a big bun at the nape of your neck. Secure with bobby pins and hairspray, and off you go.



BEAUTY

# Kitchen spa



Why spend a fortune on fancy beauty products when you can raid the kitchen cupboards to make salon-quality treatments at home?



### Brown sugar buzz body scrub

Mix brown sugar, leftover coffee grounds, olive oil and a drizzle of honey. Rub generously onto body and shower off. Benefits: Olive oil moisturises, sugar exfoliates, honey is healing and ground coffee has been shown to reduce cellulite over time.



### Papaya punch face mask

Blend half a ripe papaya with fresh lemon juice and honey. Apply to face for 15 minutes, then wash off. Benefits: Papaya is packed with vitamins A, C and E, and also contains alpha hydroxy acids which exfoliate and brighten, while honey moisturises.



### Brunch bunch hair mask

Mash half an avocado with two egg yolks, apply to wet or dry hair and leave for 20 minutes before shampooing thoroughly. Benefits: Egg is pure protein, which is key to rebuilding and restoring hair, while avocado is full of vitamins and fats that will help hair shine.



### Coconut massage bars

Give coconut oil a quick blast in the microwave, then add your favourite essential oils – grapefruit and bergamot to invigorate; cinnamon, sweet orange and vanilla to relax – pour into silicone moulds to set, then rub over body post-shower (while wet) for super-soft skin. Benefits: Coconut oil moisturises while fragrant essential oils help you to relax.



### Brilliant bath bombs

Mix one cup of baking soda, half a cup of citric acid and half a cup of Epsom salts then separately mix three teaspoons of olive oil, two teaspoons of essential oil, one teaspoon of water and food colouring. Add wet mixture slowly to dry until you have a sandy texture you can pack into moulds, then leave to dry before using in the bath. Benefits: Epsom salts soften skin, oils relax and baths generally make your day better!

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## From Barrow Boy to MasterChef

Despite his ardour for 'buttery biscuit bases', *MasterChef* judge Gregg Wallace's humble roots are actually in fruit and veg.

On BBC's *MasterChef* he is the bubbly joker with a soft-spot for decadent puds and meaty main courses, but despite his affable 'everyman' persona, Gregg Wallace is a serious foodie who has decades of experience in the food industry.

Born in Elephant and Castle, the 52-year-old started out working as a greengrocer and after running a successful vegetable stand at Covent Garden, founded George Allan's Greengrocers in 1989, which built up an eventual turnover of £7.5 million. A successful businessman then, Wallace would have happily continued building his food empire were it not for a fortuitous interview in a trade magazine with a journalist who also worked for Radio 4's *Food Programme*. Wallace's combination of charm, barrow boy swagger and extensive culinary knowledge led to him hosting Veg Talk on the station, with fellow greengrocer Charlie Hicks.

The epicurious Londoner worked on the show for seven years, then moved onto *Saturday Kitchen* from 2002 and has now clocked up 12 years on *MasterChef*, *Celebrity MasterChef* and *MasterChef: The Professionals*. He has also worked on various other TV projects such as *Eat Well for Less*, *Harvest*, *Supermarket Secrets* and *Strictly Come Dancing*.

Perhaps an unlikely lothario, Wallace is currently on his fourth wife, Italian-born Anne-Marie Sterpini, who is 17 years his junior. The couple live in Whitstable, Kent, with Wallace's two grown-up children from his second marriage. The chef has expressed a desire to work less and have more children with his new bride, but he also craves security and having experienced poverty says he will always work hard to avoid going back there. Given the enormous success of his recently wrapped 12th series of *MasterChef*, it seems highly unlikely Wallace will ever see those salad days again.



Photo Credit: BBC

## From Doctor to MasterChef

A doctor from Watford has become the *MasterChef* 2017 Champion after beating 63 other contestants.

Saliha Mahmood-Ahmed, 25, won the gruelling culinary competition last month after beating fellow finalists Steve Kietly, 40, and Giovanna Ryan, 29.

On her win, Saliha says: "I'm a scientist, I'm not an artist, and this is pure creativity. To be the *MasterChef* Champion is fantastic and wonderful."

Judges John Torode and Gregg Wallace congratulated Saliha on her win.

John said: "She's walked in here and taken her food culture apart and put it back together in a modern and very exciting way. She always does something a little bit extra - something which always surprises us."

Speaking about the final and Saliha's journey, Gregg says: "Saliha's flavours were always outstanding, but when she translated those flavours into modern presentation there was no stopping her."

In a punishing final week, Saliha cooked for the American Ambassador under one of Britain's best chefs, Paul Ainsworth; embark on a culinary

adventure to South Africa and take on exceptional challenges.

The mother-of-one started cooking at a young age, influenced by her family.

She explains: "I'm from a big Pakistani family and we use food as a way of bringing everyone together. I had very passionate grandmothers who cooked traditional Pakistani food and my mum is also an excellent cook. We love to feed people - it runs in our genes."

Saliha is a junior doctor, training to specialise in gastroenterology. On balancing her job with her time on *MasterChef*, she explains: "I have a lot of support from my wonderful husband and family, who gave me the strength and encouragement to go through this incredible experience. I have great work colleagues, who swapped on-call shifts with me so I could attend the filming days. I feel like winning *MasterChef* was a team effort for us."

On her future plans, Saliha says: "My dream is to continue working as a doctor - and also to combine it with my other passion - food. I'm specialising in gastroenterology and to be able to help patients through medicine and my food knowledge would be incredible."



FOOD & DRINK

# DIRTY DONE GOOD

You could say it started back in 2002 when American, Andre Blais, had a dream to bring the taste, style and soul of his hometown Kansas City's barbecue to the UK, and subsequently opened Bodean's BBQ in Soho. Or perhaps it was with the explosion of gourmet street food, when fat, meat patties dripping with bacon and cheese melted into brioche buns, replaced processed sausages and stale rolls as market and festival staples.



Either way, the food that has been delighting Americans for years, now doesn't just rank in London as 'popular'. Oh no, it is 'gourmet' fare.

One of the biggest success stories is MEATliquor, which started out life in the confines of a modest food van. Founded by Yianni Papoutsis and Scott Collins, the MEATwagon – a van that pulled up in pub south London car parks – served the kind of culinary delights that would make even the surliest Texan blush. Now a meat empire with restaurants as far as Bristol and Brighton, you will find hipsters, businessmen and families sat side by side, tucking into mounds of fries slathered in cheese sauce, authentic buffalo wings with blue cheese dip and, of course, debauched burgers – napkins are replaced by rolls of paper towel to wipe smiling, sticky mouths.

Naturally, some of London's coolest pubs are also in on the act, and as the weather warms up, barbecues in beer gardens all over the capital will be sparking up to roast entire hogs, smoke mounds of pulled pork, and sear sumptuous steaks.

It may seem like a carnivorous and calorific affair, but most places offer healthy sides such as grilled corn on the cob, fresh coleslaw and salads to offset the grease, and unlike fast food joints, the meat is of a decent quality and largely unprocessed. So, unbuckle your seatbelt, don your bib and tuck in.



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Hay Fever - Don't suffer this Summer.

June 2017

**The hay fever season is upon us and we are seeing many patients with symptoms. Now is the time to get on top of these before you get too uncomfortable.**

Hay fever is a condition affecting 1 in 5 people in the UK and is more common in those who also have eczema or asthma. It is caused by an allergic reaction to pollen. The frequent symptoms of hay fever are runny or blocked nose, sneezing, itchy and watery eyes, itchy nose and throat. The symptoms get worse the more pollen there is in the air. This is often referred to on the weather forecast as the pollen count and a high count is above 50.

Simple measures to avoid your exposure to pollen include staying indoors, showering after being outside, wearing wrap-around sunglasses and buying a pollen filter for air vents in your car.

Several medications are available for treating hay fever. Nasal irrigation with isotonic saline spray can be effective in washing away pollen from the nose. Antihistamine tablets ease most symptoms; they include Loratadine and Cetirizine, both of which are available over the counter. Antihistamine nasal sprays such as Azelastine can help with symptoms of runny and itchy nose. Steroid nasal sprays are good for treating all nasal symptoms and Betametasone and Fluticasone can be purchased from the pharmacy. Steroid nasal sprays usually take two weeks to become fully effective. Eye drops can be good for treating itchy and watery eyes; Sodium Cromoglicate eye drops are recommended.

If you find over the counter medication is not working for you, we would be happy to discuss stronger medications such as prescription only antihistamines and steroid nasal sprays. In the most severe cases we sometimes give a short course of steroid tablets and if required, onward referral for preventative treatment with Immunotherapy can be discussed.



All these treatment options are available at Essex Private Doctors where we offer comprehensive allergy consultations.

If you are struggling to control your hay fever symptoms please do call to book an appointment so that we can discuss the full range of treatment options with you.

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# Tips to DITCH THE DAD BOD



# BUM DEAL



**W**hen you become a parent it's easy to neglect your own health while you focus on the welfare of your brood, but with summer on the way it may be time to swap that six-pack of beer for an actual six-pack, because big guns impress mums.

### EAT PROTEIN FOR BREAKFAST

If you've become so busy that the first meal of the day consists of a black coffee on the run, you're doing your body a massive disservice. Eating breakfast jump-starts your metabolism and keeps your energy high all day. Go for something high-calorie like eggs. High in metabolism-boosting protein, they're also the best dietary source of choline, a B vitamin that helps prevent the accumulation of belly fat.



### DO INTERVAL TRAINING

Starved for time? Interval training not only fits into your life, it's also incredibly effective – helping you to shed pounds, increase your metabolism, improve your cholesterol profile and improve insulin sensitivity. Try a HIIT class (High Intensity Interval Training) at the gym, or turn your favourite aerobic exercise (running, biking, even walking) into an interval workout by adding periods of intense speed (start with 30 to 60 seconds) followed by periods of rest (normal speed) for the same amount of time.



### GET THE GOOD FATS

Paradoxically, to burn more fat you need to eat more of it, but only the good kind. So eschew white carbs like pasta and bread and fill your belly with healthy fats like real butter, coconut oil, nuts and avocado.



### LIFT HEAVY WEIGHTS

If your weight training consists of lifting little Timmy in and out of his pushchair, you should know that lifting heavy weights can actually boost your metabolism and speed up weight loss. Compound lifts like squats and deadlifts burn the most post-workout calories, but any heavy weight training will have a positive effect.



### SQUATS

If you've got a big summer holiday planned and want to look your best in a bikini, then follow this quick and easy workout. Begin with a gentle warm-up, run through each exercise twice (each leg twice where applicable) and finish with a gentle stretch. For visible progress do at least three times a week – no ifs, buts or maybes!

#### Squats

Stand with your feet shoulder-width apart, feet facing forwards and hands stretched out in front. Lower yourself by bending your knees as if you were preparing to sit on a chair. Go down as far as feels comfortable, aiming to get your thighs parallel to the floor. Slowly rise up to the starting position and repeat eight to 10 times.



### LUNGES

#### Lunges

Standing with your feet together, take a step forward with your right leg. Slowly bend the knees until both legs are nearly at right angles. Your right knee should not extend over your toes and your left knee should not touch the floor. Push back up to the starting position. Repeat eight to 10 times before switching legs.



### KICKS

#### One-leg kickbacks

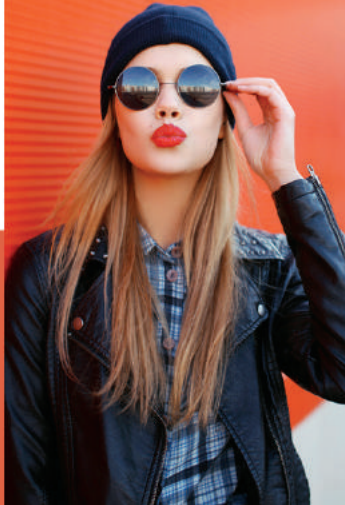
Place yourself on your hands and knees, with your knees under your hips and your hands under your shoulders. Keeping your right leg bent at 90 degrees, raise your knee as high as you can by squeezing your buttocks. Lower to the starting position and repeat eight to 10 times with each leg.



### BRIDGES

#### Bridges

Lie on your back with your knees bent and heels close to your bottom. Your feet should be shoulder-width apart and flat on the floor. Raise your hips to create a straight line from your knees to your shoulders. As you come up, tighten your abdominals and buttocks. Lower yourself gently to the starting position and repeat eight to 10 times.



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FASHION

# Summer Shades

The weather may be hard to predict this British summertime, but with this colour forecast straight from the spring/summer catwalk you'll be looking hot till Halloween.

yellow mini or simply accessorise with an oversized tote bag or summery sandals.

**Kale** – Get your five-a-day with this glorious green shade. Very close to khaki, kale is the ideal colour for those who prefer a subtler look, but still want to embrace the season. Think silk shirts, sheer beach cover-ups and shorts.

**Aqua blue** – For those who have been harbouring ambitions to become an actual mermaid, aqua swimwear is set to be a big trend. Think shimmering metallic cozzies or even a floaty chiffon dress to take you from the pool to the party. Poseidon himself will be (sea)green with envy.

**Flame orange red** – Feeling hot, hot, hot? Be bold with a fiery red maxi-dress. Channel your inner geisha with a floral kimono-style gown, or be a sassy señorita with an off-shoulder frock.

**Rainrose yellow** – No sunshine, no problem. Bring your own rays in this brilliant banana hue. Show off tanned legs in a cute

**Silver** – Shine bright like a diamond with some space-age embellishments. Subtle starlets can simply embellish with chunky silver jewellery or metallic trainers or wedges. Intergalactic warriors can be bold with silver pleated skirts, and even painted leather jackets. If in doubt, shine on.

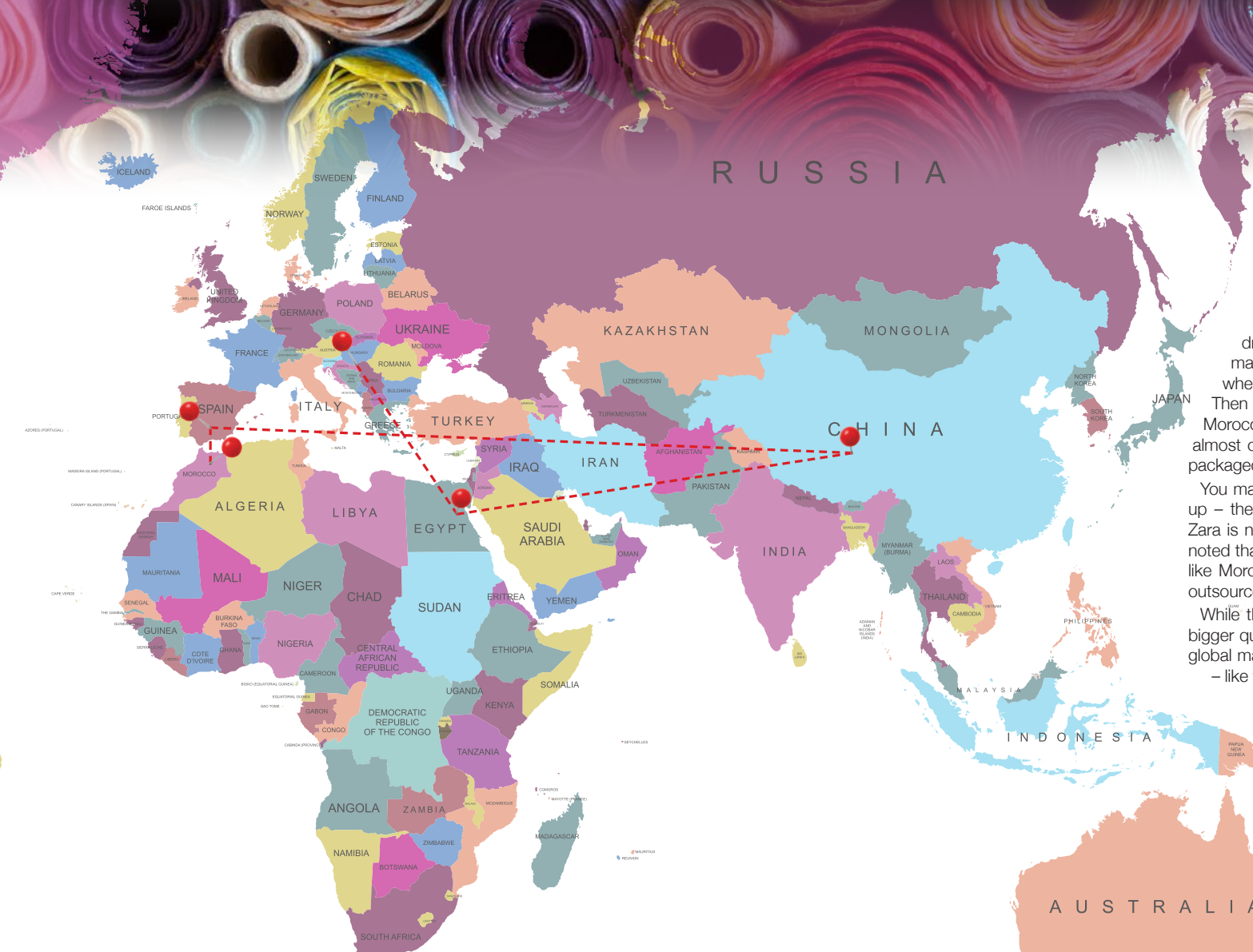




# FASHION AIR MILES

## Just how far have the clothes you're wearing travelled to get to you?

ENLAND (DENMARK)



You might not think about your clothes too deeply, but sometimes there's a lot more than meets the eye. For example, when a Zara dress hit the headlines recently, it wasn't for its fashion flair, though arguably the pink tunic is very pretty, but for the number of countries it had travelled to before reaching the consumer.

Made from lyocell – a sustainable alternative to cotton – the dress began its life somewhere in Europe, where the trees to make this fibre are grown. From there it was shipped to Egypt where it was spun into yarn, then China to be woven into fabric. Then it was sent to Spain and dyed its vibrant hue, then onto Morocco to be cut and sewn into an actual garment. Its journey almost over, the dress was then set to a warehouse in Spain to be packaged, before eventually finding its way into one of Zara's shops.

You may be surprised at the air miles this humble frock has racked up – the label simply says the dress was “Made in Morocco”, and Zara is not alone in this process. In fact, the BBC report in question noted that many Zara garments are created in neighbouring countries like Morocco and Portugal, whereas many other high street brands outsource to factories much further away, like Bangladesh and China.

While there is nothing illegal or immoral with this practice, it raises bigger questions on how little we know about the things we buy. In a global market, so much is outsourced that when things do go wrong – like the 2013 Rana Plaza disaster where more than 1,100 people were killed and 2,500 injured when the Bangladesh garment factory collapsed – the chain is so long and tenuous it's difficult to know who to hold responsible.

There is no easy solution, but we can push to know more about products so you can be sure that your dress hasn't been to more countries than you.

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# WHAT'S ON in your area



WHAT'S ON

### Brentwood Art Trail

Brentwood Town Centre, Brentwood, Essex, CM15

June 15 – 30



The 2017 Brentwood Art Trail is part of Essex's ninth Summer of Art, which showcases artists from across the county.

The Brentwood Art Trail has been running since 2009 and is a great way to enjoy the artwork of the Borough's many talented artists. Visitors can see a variety of work that will be displayed in participating shops and businesses throughout Brentwood.

### The Close Up Show

Brentwood Theatre, 15 Shenfield Road, Brentwood, CM15 8AG

Friday, June 16



Close-up magic is one of the most popular and impressive forms of the art and this event showcases some of the best exponents direct from sell out shows at The Magic Circle.

Audiences get to meet the performers and experience the magic in an intimate setting, often taking part themselves. An amazing collection of close-up magicians presenting superlative magic right before your very eyes. Seeing is believing.

### Summer Evening Jazz at Ingatestone

Hall Lane, Ingatestone, Essex, CM4 9NR

Saturday, July 1



Now in its 21st year, the Rotary Club of Ingatestone is holding this popular Open Air Jazz Concert in the gardens of Ingatestone Hall. Gates open at 5.45 pm and concert begins at 6.15 pm. In aid of Farleigh and Saint Francis Hospices and other local Rotary causes. Featuring Frog Island Jazz Band and The Salty Town Six.

Tickets £14 in advance from ticket outlets or £15 at gate, if available. Accompanied children under 17 admitted free.

Make up a party – bring your own picnic, table and chairs. Food and drinks will be available and there will also be coffee, tea and ice cream

To book your tickets online or for full details of events, go to [www.summereveningjazz.co.uk](http://www.summereveningjazz.co.uk) or call 01277 350800.

### Wildlife Footprints Trail Thorndon Country Park

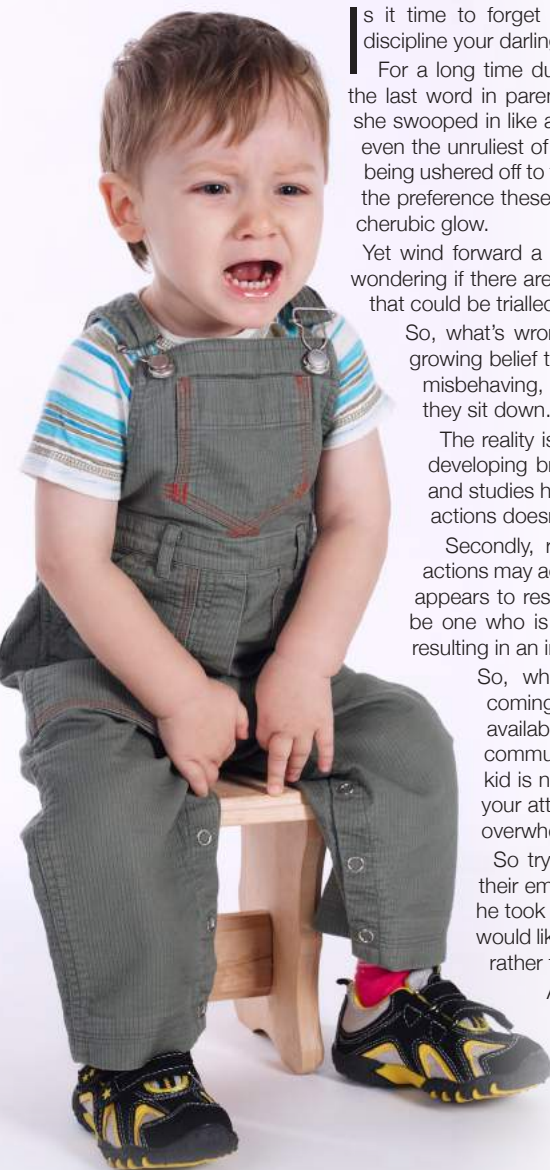
The Avenue, Brentwood, Essex, CM13 3RZ

Saturday, July 22 – Sunday, September 3

Gather your family and set off on a self-guided adventure walk through the park. Spot animal footprint markers, collect clues and solve puzzles as you fill in your trail guide, ready to return to the Pavilion Cafe to collect your well done gift. No need to book, just turn up.



# NAUGHTY ~~STEP~~ STOP!



Is it time to forget the naughty step and find alternative ways to discipline your darling little terrors?

For a long time during the noughties, *Supernanny*, Jo Frost, was the last word in parenting. Mums and dads everywhere marvelled as she swooped in like a modern-day Mary Poppins, determined to calm even the unruliest of toddlers. Often this would result in the little ones being ushered off to the naughty step (or time-out step as seems to be the preference these days), only to return minutes later with a serene, cherubic glow.

Yet wind forward a few years and many parenting experts are now wondering if there are far kinder and more effective discipline methods that could be trialled.

So, what's wrong with the time-out step? Well firstly, there's a growing belief that many children don't understand that they are misbehaving, and therefore, the concept is lost no sooner do they sit down.

The reality is that 'acting up' may simply be a symptom of a developing brain that is yet to learn how to control impulses, and studies have shown that empathy and the ability to control actions doesn't kick in until around the age of seven.

Secondly, removing a child to sit alone and ponder their actions may actually be damaging at such a young age, as what appears to result in a quiet, more subdued child could actually be one who is being conditioned to internalise their emotions, resulting in an inability to express themselves later on.

So, what's the solution? Well, it seems experts are coming back around to using a familiar tool that's freely available throughout both childhood and adulthood-communication. It's important to understand that your kid is not having a tantrum simply to wind you up or get your attention, and that these episodes are very often an overwhelming and scary experience for them too.

So try going down to their level and talk calmly. Give their emotions feelings, like "it made you feel angry when he took your toy, didn't it?" and encourage behaviour you would like from them. For instance: "We use gentle hands" rather than "don't hit."

And of course, preventing tantrums in the first place is the best solution of all. For instance, give your child three different outfit options in the morning to help them feel in control rather than being dictated to or forced into one decision.

# tales from the BUSINESS GHOST



## ONE OF LIFE'S NATURAL remedies

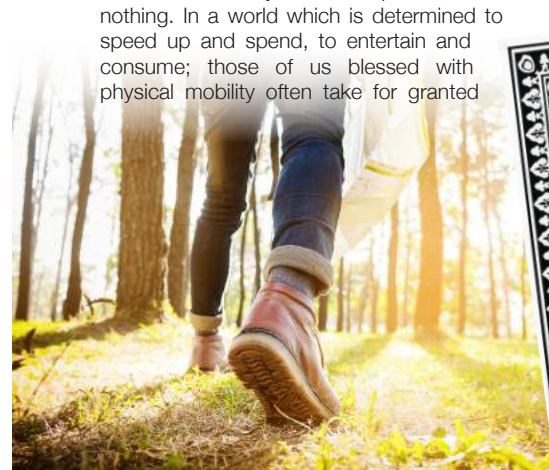
Walking inspires me. It is as though the world has slowed down and invited me to come in and have a closer look at its best bits. From a simple stroll along the canal beside my home, to a planned hike through the peaks and valleys of some distant land, beautified by horizons and blossom-filled sideshows...I love to walk.

In those measured moments, those precious pauses for reflective thought, I find that all things come back into focus. Every other person you meet complains that life is too busy, or there is too much to do. I wonder how many of them have forgotten the secret of the time-slowing walk? For me it is one of the most valuable indulgences that life can afford and yet, in its simplest form, it costs nothing. In a world which is determined to speed up and spend, to entertain and consume; those of us blessed with physical mobility often take for granted

the ability to exist in a moment, unwind for a while and simply walk.

I thank God that I can walk and while the strength remains in my legs, I will. I want to enjoy the heat of the sun, the chill of the breeze; the shocking blue of a kingfisher's dive and the green, grey curve of the mountainous path. I love to walk.

The very essence of creation can be captured in a moment of time. But if we never stop to look, if we never pause to engage with its beauty, we are in danger of overlooking the simple, richest pleasures of the world we live in and the fact that God gave us legs for a reason.



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BUSINESS  
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# THE £300 BUSINESS

Why setting up on your own these days equals minimal expense and maximum potential.

Investors, loans, crowdfunding and more – they're all terms associated with big money and big business launches. But in 2017, getting a product or service to market needn't require knocking on the door of a wealthy magnate.

In fact, all you need do is turn on your computer, because it's never been easier for people with energy, optimism and ambition to create an income for themselves, and much of that is down to the internet. A registered company name, a website (consider WordPress for site creation and GoDaddy for hosting) and perhaps some promotional stationery can all be sorted online, with email, search engine optimisation and an existing phone contract enabling your idea to find its audience quickly and effectively.

But what idea? Well, they say the best businesses are those that have their base in something the owner is passionate about. Not only will that see you work later into the night when otherwise you may recline on the sofa or head down the pub, but your energy and enthusiasm will come across to everyone you're pitching to. So whether that be dog walking, window cleaning, freelance design, journalism, computer programming, music lessons, garden

maintenance, event planning or stripping lead off the roof of the local church (perhaps not), with a snappy name, confident marketing and a drive to succeed, your business can be launched and active in no time at all, and at minimal cost.

Once done, consider online and local advertising (**VISION** magazine being a perfect place to start), promote through word of mouth, and link up with other local groups and businesses to help your idea capitalise on the momentum and contacts of others.

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# PUZZLES & TRIVIA

PUZZLES

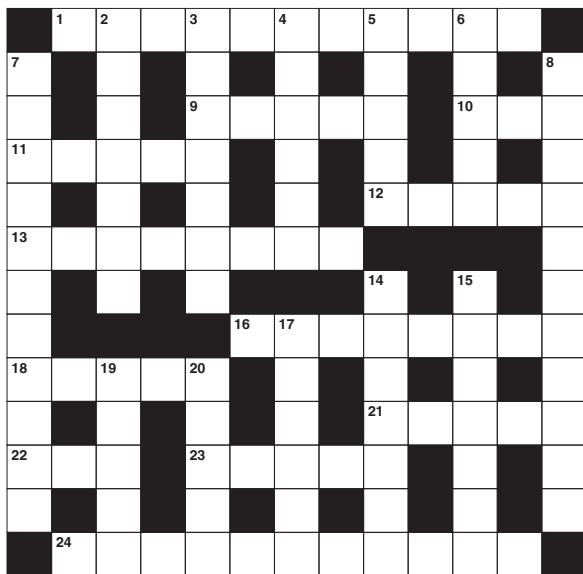
Answers can be found on the Contents Page 4

### ACROSS

- 1. Philosophical doctrine (11)
- 9. Gold block (5)
- 10. Draw (3)
- 11. Knocks into (5)
- 12. Captivates (5)
- 13. Deluge (8)
- 16. Inducing sleep (8)
- 18. Nonsense (5)
- 21. One of the United Arab Emirates (5)
- 22. Untruth (3)
- 23. Mock-up (5)
- 24. Poorly behaved; impolite (3-8)

### DOWN

- 2. Inspire with love (7)
- 3. One event in a sequence (7)
- 4. Item that attracts iron (6)
- 5. Indentation (5)
- 6. Fight (3-2)
- 7. Book lover (11)
- 8. Lucidity (11)
- 14. Painkilling drug or medicine (7)
- 15. Light beard (7)
- 17. Servant in a royal household (6)
- 19. Ring (5)
- 20. Device used to connect to the internet (5)



### DID YOU KNOW

- ▶ It would take less than six months to get to the moon by car at 60mph
- ▶ Up to 19 girls can be crammed into a smart car
- ▶ 92 per cent of all new sold cars in Brazil use ethanol as fuel, which is produced from sugar cane
- ▶ There are more cars than people in LA
- ▶ It is a criminal offence to drive around in a dirty car in Russia
- ▶ The inventor of the cruise control was blind
- ▶ 75% of cars that Rolls-Royce has ever produced are still on the road today
- ▶ In 1941, Henry Ford made a car out of soybeans
- ▶ Most new cars fake engine noises through speakers. They are quite silent otherwise

### SUDOKU

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



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by Janette Bell of The Travel Boutique, Billericay



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*Janette Bell* Owner of The Travel Boutique, Billericay

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# CONQUERING CORNWALL

Whether you've devoted your life to chasing waves, or are just a *Point Break* fan hoping to start your journey in the world of aquatic extreme sports, there's a plethora of places around the globe for a surf-happy traveller to indulge in some ocean-going excitement. But while Sri Lanka and Australia vie for the top spot when it comes to worldwide wave-riding, British boarders can take solace in the fact that our little island nation boasts a secret surfing gem in the shape of Cornwall's coast.

This south-west swell promises all-year-round excitement. While spring and summer showcase smaller waves with more sun, braving the winter conditions can give the more intrepid surfer the chance to pit their wits against huge and almost continuous waves coming in from the North Atlantic. If you're a serious shredder, September and October offer the best of both worlds, with the

water still retaining some summer warmth while the first decent offshore waves roll in.

Cornwall is also ideal for inexperienced or intermediate wave-riders looking to hone their craft. There are plenty of sheltered beaches to hide away on, and most spots off the coast don't attract the sort of waves you might see in a disaster movie.

However, if you are looking to ride the biggest beasts the ocean has to offer, you can head to some of the offshore reefs. The most famous of these is at Porthleven on the south coast, but if the conditions are just so, a lucky Newquay-bound surfer could find themselves faced with a monster off the Towen Headland. It's here that an annual event at The Cribbar reef creates a terrifying 30-foot break that cements Cornwall's place on the global list of surprising and satisfying surfers' paradises.



# THE RISE OF FAKE NEWS

During last year's race to the White House, did you see the news story about Denzel Washington endorsing Donald Trump's campaign? Or the continued insistence from Trump's administration that his inauguration was attended by a record-breaking number of people (contrary to photographic evidence)?

The problem of 'fake news' – or the startling amount of misinformation that has come to light in the media over the last year – has dogged Donald Trump's campaign from

the beginning. It has been both a watchword from the media to highlight discrepancies in the President's view compared to reality, or as a tool used liberally by Trump on his Twitter page: "the FAKE NEWS media".

Now it seems the term is being used with wild abandon – and as a result the truth is even harder to get to. Here are some expert tips on how to recognise when a news source is being less than truthful, to protect you from misinformation and lies.

- Read beyond the headline before sharing. It sounds almost too basic, but huge numbers of people never get past the headline before sending it to others.
- Research the name of the supposed news site.
- Read the story comments.
- On Twitter, look at the number of the source's previous posts. A social media handle with fewer than 100 posts may be someone who only reads posts and does not engage with others or if the handle has more than 100,000 posts, it could be a bot handle that automatically posts hundreds of links to news stories.
- Look for "about" or "contact us" information. If it doesn't exist on the originating site, or looks suspicious in any way, that's a danger sign.

# Conte's CHAMPIONS

Since his arrival last year – as Chelsea looked back on a season beset with troubles – Antonio Conte has turned the Blues into a formidable team, using trusted tactics, unexpected arrangements and his idiosyncratic Italian passion to clinch the coveted Premier League title in his first season in England.

There's no doubt that last season gave many Chelsea fans a fright. After all, their team transitioned from reigning champions to a 10th-place finish and José Mourinho departed acrimoniously among a flurry of speculation about supposed dressing room discontent.

After veteran Dutchman Guus Hiddink steadied the ship following Mourinho's sacking, oligarchical owner Roman Abramovich turned to Italy's Antonio Conte to bring his club back to the top of the table. Conte had led Juventus to a record-equalling five consecutive Serie A titles in his home nation, as well as taking charge of an Italy side at Euro 2016 that was knocked out on penalties in the quarter-finals. He has since transformed the Blues back into a force to be feared – and has joined a list of esteemed men who have managed to win the Premier League title in their first season on these shores.

## (WING) BACK TO WINNING WAYS

Things didn't start that well for Conte's future champions, however. In September, a 3-0 loss to Arsenal left the Blues in eighth place – but paved the way for a tactical change that paid dividends. By moving to a 3-4-3 formation (similar to that which he had used

to great success in Turin and with the Italian national side), Conte became somewhat of an anomaly in the Premier League, where four-man defence set-ups are much more the norm.

Summer signing Marcos Alonso (formerly of Bolton Wanderers and Sunderland) surprised the doubters to flourish in the left wingback role, while Victor Moses – a squad misfit since joining from Wigan in 2012 – found his eventual calling on the right-hand side. Conte's tactical switch also paved the way for his fellow managers to try out a three-man defence, with 17 of 20 teams using the formation this season.

## EDEN SHOULDERS ABOVE THE REST

Mourinho's sacking was the end result of a title-winning team sinking to 10th place in the most impulsive of manners, but even then one player's problems particularly stood out. Eden Hazard has long been considered one of the best in the league, but last season he managed a paltry four league goals and three assists. Under Conte, however, the Belgian has roared back into form, hitting 15 goals and contributing five assists.

## SQUAD GOALS

Chelsea may not have matched the spending of, say, their Manchester rivals this season, but an argument could be made that they have the best squad depth in the league. After all, when injuries and fatigue took their toll, Conte was able to call upon attacking superstars like Cesc Fàbregas, Willian and £33 million signing Michy Batshuayi to shore up the team and turn a game on its head.



# RORYING *back*

He joined the elite of the golfing world by virtue of his four major victories before the age of 30. Now, after a period of relative quiet, a newly-married Rory McIlroy is setting his sights on becoming the best the sport has ever seen.

At the same point in their careers, only golfing legends Jack Nicklaus, Tiger Woods and Bobby Jones could boast a greater haul of majors to their name than Rory McIlroy as he nears his 30th birthday. The Northern Ireland-born star – and 2014 PGA Player of the Year – won four major championships between 2011 and 2014, and along the way has secured a number of huge endorsement deals, including a Nike contract rumoured to be worth around £200million and a spot as the face of EA Sports' PGA Tour game (replacing former incumbent Tiger Woods).

Since coming fourth at the 2015 Masters – his best finish there – things have slowed down somewhat when it comes to McIlroy's march into the golfing history books. He came second in a

hotly-contested match against Patrick Reed in last year's Ryder Cup, but did manage to secure the FedEx Cup – and its sizeable \$10million prize money – for the very first time.

Perhaps the reason for his slowdown on the course is because the last two years have seen big developments in McIlroy's life away from the fairway. After a brief engagement to Danish tennis ace Caroline Wozniacki – which McIlroy apparently ended over the phone – he has finally found lasting happiness with Erica Stoll, who became Mrs McIlroy earlier this year.

But if history is anything to go by, McIlroy should be back adding to his trophy haul sooner rather than later. After all, when golfing great Woods got hitched aged 28, the same age that McIlroy did, that wedded buzz saw him scoop six majors in the immediate years that followed. And with 'Rors' wrapping up his nuptials, he'll be setting his sights firmly on July's Open at Royal Birkdale.

# Driving Economy



MOTORING

Between buying a car, fuelling it, getting insurance, road tax and the rest, getting from place to place is certainly a costly business. Here are some top tips on how to cut costs with minimum fuss whenever you hit the road.

## Drive sensibly

Speeding, rapid acceleration and hard braking are the quickest ways to waste petrol. Such aggressive driving can lower your gas mileage by 33 per cent at motorway speeds and by 5 per cent around town. The perfect way to travel, in theory – though admittedly rarely possible for most UK drivers – is at a constant speed (ideally around 50mph) and in the highest gear (five or six). So if you're a patient driver, you'll have lower fuel bills – it's as simple as that.

## Stop idling

If you're parked and waiting, turn the engine off. Idling can use a quarter to a half-gallon of fuel per hour; restarting your vehicle, by contrast, only takes around 10 seconds' worth of fuel.

## Go slow at first

Most manufacturers also recommend driving your car slowly 30 seconds after starting it. Cars are at their least efficient when they are cold. If you drive quickly straight from start-up, you are redoubling the wasted fuel and also wearing out the engine more quickly in the process.

## Embrace the heat

Try setting the air conditioning for a higher temperature or, if you're really bold, go without it. Running the air conditioning can reduce a vehicle's fuel economy by more than 25 per cent.

## Keep your tyres inflated

Making sure you've got proper pressure can improve your petrol mileage. Do not go by the maximum pressure level printed on the tyre's sidewall. Experts say you can usually find the correct pressure level for your car printed on a sticker in the glove box or in the owner's manual.

## Rotate your own tyres

Front tyres wear more quickly than rear tyres. By switching them, you help ensure both sets wear evenly and that you won't have to prematurely replace them. To know when to switch them, look in your owner's manual.



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