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Vision Magazine Essex

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Editor's notes...



Nik Allen, Editor

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

The World Cup kicks off in Russia on June 14 and as a big football fan, I'm really looking forward to it.

I've grown up around football and have supported Everton all my life. That's right, Everton. I have my dad to blame for that.

Usually when the world's best football nations come together I'm filled with a sense of optimism and hope for our national team - but as any England fan knows, it's the hope that kills us.

This year I don't have any anticipation we'll do well. And that's a feeling I've picked up chatting with readers and advertisers.

The level of expectation for England's squad seems lower than I can ever remember.

But who knows, Gareth Southgate and his young Lions might just surprise us all that hope is creeping in again. I'll be supporting them, no matter what.

Whatever happens, I'd like to wish England fans travelling to Russia an enjoyable and safe trip.

Closer to home, in local news this month, a violent offender is jailed for 14 years, a student is presented with a prestigious award and a law firm names its charity of the year.

I hope you enjoy this month's edition of the magazine.

Nik



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LOVE peace PRIDE

Soon, events all over the UK will be celebrating the LGBT community – but even with a growing movement to add a Pride Month to our country's annual calendar of festivities, there's a lot to be desired when it comes to acceptance in the wider Commonwealth and world beyond.

Shortly after winning his fourth Commonwealth Games gold medal, British diving sensation Tom Daley used his platform to draw attention to the fact that 37 of the competing nations at the tournament criminalised homosexuality and LGBT people in some manner.

Describing his impulse to shine a light on this discrimination, Daley highlighted discussions with LGBT activists who had been persecuted while “trying to organise a Pride event and getting thrown into prison for it, as well as being beaten up in the streets”.

He continued: “I was sitting there with a gold medal at the Commonwealth Games and I thought: ‘How lucky am I, to be sitting here with my husband after just winning a competition and not being worried about any ramifications?’”

“It struck me in such a way that I was mortified by it, and I just literally crafted a little sentence on my Instagram post – that was exactly what I was feeling in that moment.”

The UK's steadfast commitment to tolerance, respect and acceptance will be best shown later in the year when the multitudinous Pride events begin to take place around the country, most in the peak of summer. They follow some brilliant celebrations marking February's LGBT History Month. In addition, there is hope our cities and towns will follow our transatlantic fellows in observing a Pride Month, in June. With a sitting president for whom gay rights are not top of the agenda, the need for another time to reflect on the prejudices still faced by the LGBT community – even in so-called ‘progressive’ nations – are profound.

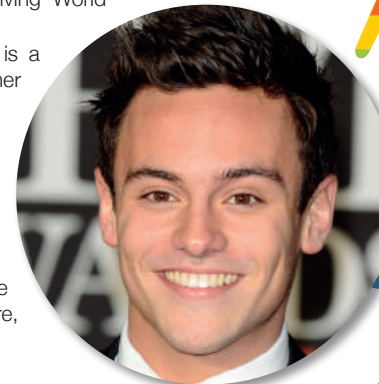
In the UK alone LGBT people are up to seven times more likely to be homeless, while gay couples are still unable to marry in Northern Ireland – the ruling party of whom, the DUP, are currently in coalition with Theresa May's Conservatives. And in the wider UN, homosexuality remains a crime in 40 per cent of countries.

Most pertinently, perhaps, is the treatment of the LGBT community right on Europe's doorstep, in Russia. President Vladimir Putin has enforced stringed anti-homosexual legislation, including new laws that punish anybody disseminating propaganda aimed at the formation of misperceptions of traditional and non-traditional sexual relations. It has also failed to comply with the 2010 judgment at the European Court of Human Rights that requires it to allow gay pride events.

Russia's anti-gay agenda will be a primary focus when they host this year's World Cup, but also the prestigious diving World Series in which Daley will be competing.

“For me, going there and competing is a message,” he said. “I want to urge other LGBT people to compete in Russia.”

Tom Daley alone won't change Russia's views, nor those of others still prejudiced towards what accounts for over three million people in the UK – or, put another way, the equivalent of the population of Wales – but perception is shifting, and ambassadors for fairness and acceptance are being heard louder than ever before, and for that we must be glad.





COURAGE

under fire

Johnson Beharry made military history in 2005 when he became the first recipient of the Victoria Cross in over 30 years. But recently the Lance Corporal has revealed his shady past as a London drug dealer, how the army saved his life, and how he's looking to help more youngsters affected by crime rates in the capital.

Saving over 30 of his fellow soldiers' lives in Iraq on two separate occasions while coming under heavy enemy fire and sustaining life-threatening wounds himself: this is why Johnson Beharry of the Princess of Wales' Royal Regiment became the first recipient of Britain's highest medal for bravery.

But while his name will now be forever interred with some of the military's bravest men, Johnson has recently revealed that in his youth he was a London drug dealer who used to carry a semi-automatic weapon in the boot of his car.

"I was earning lots and would go out partying," he said.

"That's how I fell into a gang, it provided a family-like base. I had a bit of cash so, initially, I'd buy £300 of marijuana and deal it on a small level.

"Then it was £1,000 worth, and then it became a business. I got introduced to people who could sort large quantities of cocaine and speed. It spiralled out of control."

Since being medically discharged from service after suffering massive head injuries in the course of saving his fellow fighters' lives, he has set up the JBVC Foundation, which aims to keep young people aged between 15 and 25 off the streets after they are released from detention.

And at a time when gang violence has claimed over 50 lives in the capital alone since the turn of the year, this work has never been more important.

"We see young gang members in prisons three months before they are released," he said. "We try to give them direction, sort their CVs out, some form of ID, get them job placements, and give them support.

"Hopefully, I can help save others from gangs. I'm proof you can turn your life around."

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Bonkers for Colour



SOPHIE ROBINSON



Sophie Robinson is a British interior stylist who has over 20 years' experience in the design industry and was previously a judge on BBC 2's *The Great Interior Design Challenge*, which you can now watch on Netflix. She is passionate about inspiring the British public to get creative in their homes. Let's take a closer look at how she ticks.

Embrace experimentation

Sophie studied 3D design at Brighton University with aspirations to be a furniture designer; she became adept in woodwork, ceramics, metalwork and jewellery-making which she continues to be passionate about today. She loves to support new artists through nurturing their creativity and encouraging them to experiment with all types of design.

Understand the power of colour

"I'm Sophie Robinson and I'm bonkers for colour," states the designer herself on her website. So much so that she runs a series of events and workshops specifically designed to help people understand

colour combinations and the psychology behind colour. For the record this year's hot colour is ultraviolet.

Inspiring creativity

Through her blog and Instagram page Sophie has become an influencer focusing not only on interior design but on all aspects of your lifestyle; writing about everything from fashion to food, beauty to travel and of course DIY and interiors. Her approachable nature shines through her writing and her optimistic view on life makes her blogs fun and engaging to read.

Her personal life

Married to Tom, also a creative but in the building industry, and mum to five-year-old Arthur and their mini bull terrier Lucy, Sophie lives in the sunny seaside town of Brighton and relishes her role as a homemaker almost as much as her love of interior design.

Visit her website www.sophierobinson.co.uk or follow her on Instagram @sophierobinsoninteriors



Flair Room



Five ideas to turn your spare room into the most exciting place in your home

HOME GYM
High-tech gear can transform your life... well, at least more than just a rack of dusty dumbbells will. A suspension trainer like the TRX takes up zero space and is an affordable, versatile workout tool. If you're feeling flush, invest in a spin bike, or perhaps a rowing machine with inbuilt programmes. And make the space feel professional with foam flooring, wall-to-wall mirrors and a decent sound system. You'll be fit in no time.

MAN CAVE
Yes, it's kind of a cliché, but who can resist the primal pleasures of a man cave? All you need is a comfy sofa, beer fridge, giant TV and a darts board for a veritable fortress of solitude. Perhaps also install a lock to keep out unwanted visitors.

MEDITATION SPACE
If you're prone to screaming into your pillow with frustration, a meditation space may be just what you need to take the edge off life. Yoga mats, mood

lighting and a few well-placed crystals will create peace and serenity, and if you're trained in massage or any other alternative therapy, you could use it as a therapy room too.

GAMES ROOM
Forget the sorts of pub games your dad used to play, why not build the games room of your dreams? Gamers can install a huge TV and several consoles, while those who desire a more retro feel can pick up a vintage arcade or pinball machine... or, if you have the space for it, a pool table. Stick up a few old movie posters and you have your childhood fantasy in your modern home.

B&B
Want to make a little cash from your spare room? Then list it on an online B&B website. To draw maximum appeal, consider neutral colours, soft, warm lighting and the addition of extra gadgets that will appeal to travellers such as a digital radio with charging dock or a smart TV with internet access.



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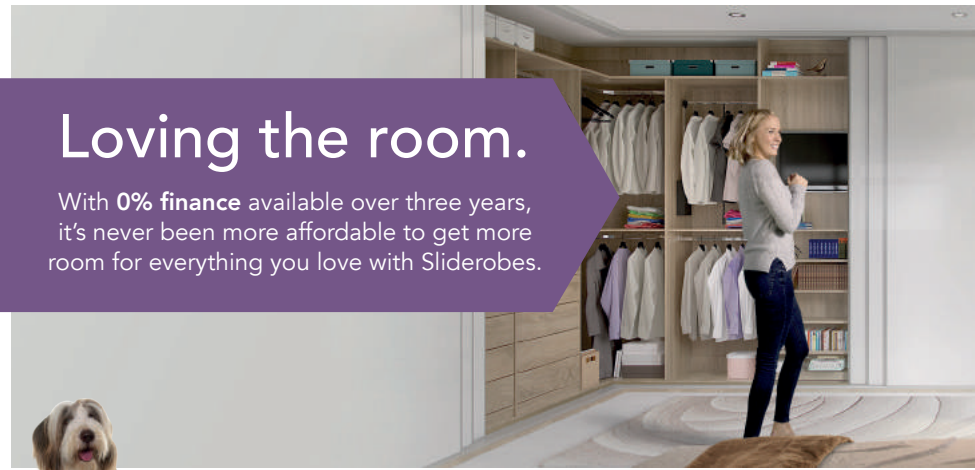
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HOME & DIY

Don't be a DIY dummy this summer. Instead, why not start learning how to fix the problems you think are hard but are actually easy solved?

No hot water

If you wake up one morning to find you have no hot water or central heating, the first thing you need to do is check the pressure gauge on your combi boiler. This is the big dial on your system, and if it reads lower than 1.5 bar, there's a good chance that lack of pressure is preventing your boiler from firing up. To fix it, look underneath the boiler and locate the two taps on the filling loop. Fully open one of these taps, then carefully open the other, watching the pressure rise until it's over 1.5. Once pressure is achieved, close both taps.



Turn these taps

A washing machine that won't drain

Before you call out a plumber, always check your machine's filter. This is usually located at the front of your machine towards the bottom and is concealed by a small door which needs to be gently eased open. Place a bowl and some towels underneath and gently unscrew the filter. Rinse out any debris or muck under a tap and place back in machine.



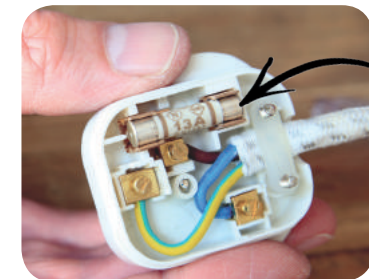
Empty the filter here



Check mechanism here

A broken Fridge light

First find the mechanism in your appliance that triggers the light when you open and close the door. If this pushes in and out easily and there is still no light, it's likely just the bulb that needs changing, so simply locate, turn off your fridge and change it.



Replace with correct fuse

A blown Fuse in a plug

Some plugs have a fuse holder you can gently prise open, otherwise unscrew your plug with a slot-head screwdriver and work out the fuse before replacing with one of the right amperage for the appliance



MOOD Chart

Instead of following colour trends, match the décor in your home to your personality and never be blue again (unless you're a creative soul).

Sensual

Passionate and fiery crimson shades are perfect for those who love a little spice in their lives, though if red feels overwhelming for the home, you could also choose from the rich purple palette.

Anxious

If the outside world stresses you out, you want your home to have a calming and restorative feel, which is why muted greys and dusky blues are a great way to wind down at the end of a busy day.

Artistic

It's hard to believe that certain colours can actually boost creativity, but studies have shown that blues and greens - shades which are abundant in nature - do just that.

Dramatic

You're a brooding and thoughtful individual who wishes to sanctify your abode with that same foreboding flair. And you shall, with the equally dramatic tones of cobalt and charcoal.

Playful

Add a touch of whimsy and fun to your manor with flourishes of pink and peach. Not too much mind you, or risk your home becoming a little too saccharine, so stick to borders, upholstery and lampshades.

Adventurous

You have a lust for life and want to feel vibrant and energised at all times, which is why orange is the ideal colour to boost your va va voom.

Happy go lucky

What could be more joyous than the colour yellow as you bring a little sunshine in from the outside. As vibrant or as delicate as you like, yellow is always upbeat.

Chaotic

Your mind is a hive of activity, meaning you crave space and light. Don't overcomplicate things with colour, instead stick to a neutral white base with touches of natural wood, to create a grounding effect.



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS

Student presented with prestigious award

Brentwood School pupil and keen orienteer, Kate Bowie-Britton, has been presented with a prestigious award recognising her determination and triumph over adversity.

Thirteen-year-old Kate, who suffers from a joint disorder, received the Jack Petchey Foundation Achievement Award at a glittering ceremony in Colchester's Mercury Theatre.

Kate, who is a member of both the Brentwood School Orienteering Team and Essex Stragglers Orienteering Society, has hypermobility syndrome with tibial torsion and femoral anteversion, which means that her legs do not point forwards. This means Kate often suffers from falls and has several problems with her muscles.

Due to her condition, Kate is not a fast walker, however, she has found her niche in orienteering which requires competitors to also be quick thinkers. Over the years, Kate has greatly developed both her map reading skills and muscle strength and recently won the 2017 East Anglia Schools' Orienteering Championships for her age group.

Kate was nominated for the award by her sister Emma, who also attends Brentwood School.

Emma said: "Kate is a very dedicated and determined person who wants to succeed at whatever she does despite the limitations of her body."

Kate has decided to spend her £250 Jack Petchey Achievement Award grant on a trip to the Essex Outdoors Centre for her and her fellow orienteers.

In total, 78 young people from schools/clubs were invited to the presentation evening which honoured Achievement Award winners who received medallions to go with their framed certificate and £250 cheque.

Mayor of Colchester councillor Gerard Oxford said: "All the young people and their parents should be very proud. Their families should be excited about their future potentials."



District Commander, Chief Inspector Shaun Kane, said: "It has been a privilege to be part of this celebration of young people's achievement and success."

Sir Jack Petchey CBE founded the Jack Petchey Foundation in 1999 to recognise the positive contributions young people make to society and to support them in achieving their potential.

Since then it has provided support to a wide range of 2,000 initiatives supporting young people across London and Essex and has invested over £118million.

Sir Jack, aged 92, said: "I am passionate about our awards scheme which enables young people to be recognised, valued and rewarded for their achievements and positive contributions to society."



Builders and timber merchants team completes 7km Mud Run

A Team from PGR Builders and Timber Merchants participated in the 7km Nuclear Mud Run Race in Brentwood on May 20. They raised funds for their chosen charity, Havens Hospices.

Marketing manager Lauren Peppiatt said: "Here at PGR we are proud to have offered high levels of stock and service for over 36 years to our customers and continue to provide a first-class experience.

"The race was tough, but we worked as a team to climb the 50+ obstacle courses and made it hand in

hand over the finish line.

"We've almost beaten our target of £2,000 and look forward to donating to our chosen charity, Havens Hospices."

Havens Hospices is an incredibly important charity based in Essex which helps family's loved one's illnesses by controlling pain and medication, supporting families, offering short breaks and caring for adults, babies, children and teenagers at the end of their lives.

Introducing the new Mayor of Brentwood



Brentwood Borough Council has elected councillor Sheila Murphy as the Mayor of Brentwood for 2018/19; she will take over the role of ambassador and first citizen for the coming year.

Cllr Murphy, who is Brentwood's 27th Mayor, was born in East London. She has lived in the borough for 33 years.

Cllr Murphy said: "I am proud to be representing Brentwood as Mayor and to have been chosen to do this. I'm ready to go out there and shout about how great Brentwood is and I hope to be able to carry out all my duties with dignity, grace and a smile.

"During my Mayoral year I will be highlighting and fundraising for three charities which reflect three areas that are very important to me – the community, young people and older members of the community. I have always been community minded, that's where my heart lies, which is a running theme through all the charities I have chosen."

Her chosen charities are: West Horndon Village Hall, The Brentwood and District Scouts and Brentwood Division Girlguiding and Wendy's Kitchen.

Sheila also intends to work with and alongside cllr William Russell's new Community Trust Fund of Brentwood on fundraising events this coming year.

Cllr Keith Parker, ward member for Brizes and Doddinghurst, was appointed Deputy Mayor for 2018/19. His wife Frances is the Deputy Mayoress.

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Young violent offender jailed for 14 years

A violent offender from Brentwood has been jailed for 14 years.

William Casey and another unidentified man broke into a house in Gloucester Road, Brentwood, and threatened a 46-year-old woman who had been asleep at the time.

The burglars, who were armed with a crowbar and a screwdriver, demanded money and jewellery and destroyed her mobile phone when she attempted to call police.

They left with a necklace and earrings worth hundreds of pounds.

A few weeks later, a 32-year-old woman arrived home with her toddler son in her car and saw three men coming out of her garden in Hook End.

They forced her into the house, threatened her and demanded she open a safe.

One of the men hit her head with the blunt side of an axe, which had been taken from the house.

They left with a four-figure sum of cash and jewellery. The distressed victim then got her son from the car and called for help.

During the investigation into the two incidents, forensic examinations linked Casey to being at the scene of both crimes.

The 21-year-old was arrested and subsequently charged with aggravated burglary and robbery.

He pleaded guilty to the robbery at Basildon Crown



Photo credit: Essex Police

LOCAL NEWS

Court on March 14 and admitted the aggravated burglary on April 26.

Casey was sentenced to seven years and four months for robbery and six years and eight months for the aggravated burglary, to run consecutively.

Speaking after the hearing, Detective Sergeant David Wilkinson of Brentwood CID said: "These were violent and frightening incidents that left the victims very shaken. No one should feel unsafe in their own home.

"Casey has now been taken off the streets for a significant amount of time and I hope this will give the victims some comfort."

The other suspects involved in both incidents have not been identified and are still sought by officers.

Anyone with information is asked to call Brentwood CID on 101. Alternatively, contact Crimestoppers anonymously on 0800 555 111 or use the online form at Crimestoppers-uk.org

Students celebrate royal wedding



Brentwood Preparatory School pupils celebrated the royal wedding recently.

The children were asked to add a splash of royal colour to their school uniform on May 18, joining the nation in celebrating the wedding of Prince Harry and Meghan Markle.

Pupils also held a royal cake sale in support of Kids Inspire, a charity that helps to support disadvantaged young people across Essex.

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Photo credit: Lora Nash-Legnys



Law firm names its Charity of the Year

Pinney Talfourd has named its Charity of the Year for 2018/19.

The law firm in Havering and Brentwood were delighted to announce their chosen charity Tapestry.

Tapestry is looking to raise around £90,000 to create a Sensory Garden at HOPWA House and improve the services within the borough for individuals living with dementia.

These services will include the first sensory rooms for people living with dementia in the borough.

Tapestry aims to provide services for its clients that enable them to remain integrated in society and take part in activities in an enjoyable, supportive and safe environment.

The charity will also be launching new respite opportunities for carers that offer support and advice, whilst at the same time, provide opportunities for interaction with their peers.

Catherine Loadman, partner at Pinney Talfourd, said:

“Pinney Talfourd is very pleased to be working with Tapestry as our Charity of the Year for 2018/19.

“Tapestry offers vital services to elderly people in the community and many of our clients enjoy the benefits of their services.

“We look forward to building our relationship with Tapestry and to fundraising throughout the year. We have lots of events planned already and we are also very excited about volunteering where required so that we can be a part of their team.”

Tony Lowe, CEO at Tapestry, added: “Tapestry is delighted to have been chosen as Charity of the Year. Both our organisations have a long history of providing quality services to the people of Essex and London.

“Their support for the development of our work, providing care and support to older people, those living with dementia and their carers, will make a significant difference to the lives of people across Havering and beyond.”

Orienteers back in action

After a sabbatical, Brentwood School's orienteers were back in action recently. After two cancelled events, the team braved the cold conditions, the inquisitive cows and the leg-achingly steep gradients to produce some note-worthy results.

Emma Bowie-Britton finished in sixth spot on the 3.36km Light Green course in a time of 60.33. Heather Trevelyan took runners-up honours on the 2.83km Orange run in a time of 50.46, Jessica Mills was third in 51.31 and Kate Bowie-Britton fifth in 55.01.

Brentwood had six finishers on the 2.2km Yellow course with Janie Horton securing second place in 37.34, Matthew Trevelyan was third in 41.21, Adnan Yaqub eighth in 53.35, Evie Jarman ninth in 59.18, Pranita Arun Prasadh 10th in 62.04 and Salman Yaqub finished in 56.45 having missed a control.

Jake Horton beat the third place competitor by just one second to finish the 1.7km White course as runner-up in a time of 19.25, with Lucy Trevelyan ninth in 29.56.





Dogs to star in village fete

Dogs trained at the Essex Dog Training Centre in Brentwood will be the stars of the Shenley Fete next month.

In the central arena at the fete being held on July 1, the main attraction will be The Essex Dog Show.

With 10 breeds of dogs and their handlers, the team carry out two 30-minute shows.

The many different exercises demonstrated show they are not just a dog agility team.

Britain's longest established and leading dog display

team leave nothing to chance when it comes to giving the audience an outstanding display with a truly unique and fascinating commentary.

All the dogs in the display team are trained at the Essex Dog Training Centre which was voted by the public The Best Dog Training Facility in the UK.

The fete, at Harris Lane Playing Fields in Shenley, will start from noon.

Entry is £1 for adults and 50p for children. For more information visit www.shenleyvillagefete.org

The Cheeky Greek's cooking up a storm

A family run pop-up shop is wanting to bring something different to Brentwood High Street.

The Cheeky Greek, which is family run, was set up by locals Athena and Petros.

They have a real passion for good food, especially Greek food.

The Cheeky Greek is open every Saturday in Brentwood High Street outside Marks and Spencer.

They sell traditional Greek bread, homemade tzatziki, sliced tomatoes, red onion and parsley served with either pork, chicken or halloumi. A vegan option is also available.


The Cheeky Greek is proud to be a part of TuckIN, which promotes healthy eating.

Athena said: "We are grateful for the local support. The High Street has been very welcoming.

"We are happy to be sharing one of our favourite snacks with you all."







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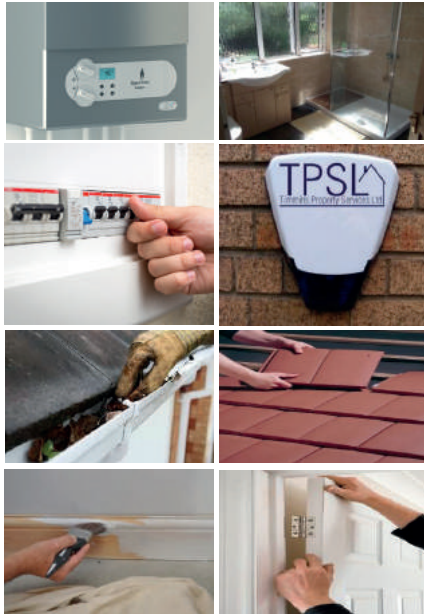
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Alex Burghart MP for Brentwood and Ongar



LOCAL NEWS



A child's first trip to the hairdresser or barber can be a stressful experience. It's not just the problem of keeping a lively child still while sharp scissors are wielded near their face, but also the new and loud experience of a salon filled with hairdryers, new people and odd chemical smells.

For children and young adults on the autistic spectrum the sensory overload is too much, and haircuts just don't happen. Until now.

Ian Marshall runs Spargo Hairdressing, High Street, Brentwood. When a young relative was diagnosed with autism, Ian decided to expand his hairdressing skills and create a place where children with disabilities and autism could access a good haircut.

Spargoland is a sensory room with disabled access at the back of the Spargo premises. The lights are low, there are toys and games to play with and it's very calm and quiet. Ian tells me he's become adept at cutting hair in the dark while lying on the floor. There's no charge for a haircut, although voluntary

donations are welcomed.

When I visited, a play wall with various wheels and sliders and textures had just been installed, having been donated by SNAP, our excellent local charity.

The cooperation between charities, and the awareness of the needs of people whose needs are different, is one of the finest things I have discovered about this constituency. We have two schools in Brentwood alone which cater for young people with special educational needs, and sports and arts facilities at the Brentwood Centre and Brentwood Theatre which include those who sometimes find themselves on the fringes of society. The Brentwood Centre's recent production of *Joseph and the Amazing Technicolor Dreamcoat* was a celebration of cast and audience members of all ages, abilities and disabilities.

We are fortunate to live in a place which is so accepting of everyone as they are - where there are haircuts for all.

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County honours for orienteers



An impressive 17 members of the Brentwood School Orienteering Club represented Essex Juniors in the recent heat of the Yvette Baker Trophy held at Danbury Park.

Although they didn't win their event, the Brentwood team helped Essex secure third spot.

In a closely-fought competition, Suffolk took top honours with 897 points, Hertfordshire were second with 896 points and Essex were pipped to third position with 895 points.

House destroyed following bedroom fire

A house in Brentwood was destroyed after a bedroom fire spread to the roof recently.

Crews were called to the property on Longaford Way on May 14 just after 7pm.

On arrival, firefighters reported that the fire was in a first floor bedroom and had spread to the roof.

Firefighters brought the fire under control by 8.20pm and by 9.50pm the fire had been extinguished.

Watch manager Dan Evison said: "Thankfully the homeowner heard their smoke alarm and quickly left the property and called 999.

"This incident proved a challenge for our crews due to the size, height and age of the property.

"The roof has been completely destroyed and the first floor has suffered around 70 per cent fire damage. The whole house has also suffered extensive water damage."

Following an investigation, the cause of the fire has been recorded as accidental.

Fire investigation officer Lee Palfreyman said: "We believe that the fire started after the sunlight refracted through a window, onto a mirror and back onto curtains or wallpaper.

"This is the second incident of this nature we've

seen this year, and they show how powerful the sun can be.

"To avoid this kind of incident keep mirrors and crystal or glass objects away from windows and direct sunlight."

Older residents get their dancing shoes on

Residents were in the mood for dancing at the start of a new course in the borough recently.

Green Candle Dance company, which brings dance experiences to those with the least access to it, has launched the new sessions in Brentwood Borough Council's three sheltered housing schemes at Chichester House, Victoria Court and Danbury House.

The dance company is working in partnership with Brentwood Borough Council, Essex County Council and the Brentwood Health and Wellbeing Board to deliver the dance workshops for older people in Brentwood.

The weekly dance workshops support older people to: keep active both in body and mind; improve balance, coordination and strength; reduce social isolation; and build individuals' self-confidence and self-esteem.

The sessions coincided with Mental Health Awareness Week between May 14 and May 20 and were focused on increasing the wellbeing of residents in sheltered housing schemes. The scheme will run for six weeks, with a further six sessions planned after the summer.

Brentwood Borough Council's Chairman of the health and wellbeing board, Councillor Olivia Sanders, said: "Dance can increase the emotional and physical wellbeing for those with limited mobility. We wanted to run these sessions to coincide with Mental Health Awareness Week this week and to provide a fun activity for our residents in sheltered housing. The first session was a success and the residents loved it."

For more information and applications forms, visit www.brentwoodchambers.co.uk/business-awards



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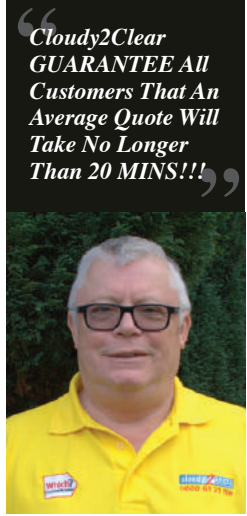
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ON PATROL WITH... THE PASTORS



Our Night Time Economy patrols continue in Brentwood and Billericay and we are halfway through our yearly training regime. We have nine new trainees and they are hopeful to be finished in time for our Essex Celebration at Chelmsford Skylark Church on July 18. Why not come along at 7.30pm?

Our new project, Rail Pastors, continues along the Greater Anglia route and already we can see that our efforts are not in vain.

The training and planning for School Pastors is

going well and we hope to launch in Essex schools in September.

We recently came across a group of rough sleepers who needed help. They had got themselves in a bad position and felt very worried. We spent time with them and provided hot drink and food, some clothing and sleeping bags.

We always encourage them to link in with the council on a Monday morning as we want them to think about their future and what they can achieve. One guy expressed his upset as he was trying to get his life back together but he had lost all his new documents, including NI number, NHS card and passport which he had been waiting for a while so he could get back into employment. He had left it securely in a bag in an area which unfortunately was subject to a routine council clear-up and he lost everything. This can be so disheartening for rough sleepers who find it hard to get off the merry-go-round. We gave him some advice and comfort and hopefully he will try to renew his documents again.

RiZE Festival announces more acts

RiZE Festival is set to be a huge weekend of music after more acts have been announced.

The festival, on August 17 and 18, will take place at Hylands Park in Chelmsford.

Sean Paul has announced that he will be joining the line-up.

Performing on the Saturday, this dancehall legend, Grammy Award winner and much-loved hit maker extraordinaire is a remarkable addition to the line-up.

His performance at RiZE Festival will be one of his only UK appearances this year, guaranteeing a show that's not to be missed.

RiZE Festival has also confirmed that additional artists joining this already incredible line-up across four stages are; Ash, BILK, Alma, Black Honey, Sam Henshaw, Jake Shears, Belly, Call Me Loop, Bad Sounds, Nick J.D Hodgson, Kawala, Danny Howard, Sam Divine, Icarus, Mele, Kideko, Cliq, Punctual, Mista Jam, Tom Zanetti, Majestic, Riton & Kah-Lo, Jaguar Skills, DJ Target, Nathan Dawe, Conducta, Louis

Berry, Gerry Cinnamon, Catherine McGrath, Cloves, Feet, Kara Marni, Into The Ark, Samantha Harvey, Alice, Spring King, Ten Tonnes, Sheafs, Taya, Mullaly, Kyko, Apre, Over Atlantic, Folly Rae and Bobii Lewis.

RiZE Festival brings together an exciting mix of the very best music from classic indie, pop, urban, dance and new upcoming talent across four stages.

Hylands Park has a history of hosting world class events and this new local festival promises to bring an incredible weekend of live music plus a huge hub of the best food and drink on the festival circuit.

Tickets are priced from just £59.50+booking fee and on sale now. Visit www.rizefestival.co.uk for official outlets.



LOCAL NEWS



Mums help to empower women with networking group

Two mums have become the Essex Affiliate to Mums in Business Association (MIBA) and the group has gone from strength to strength.

Ellie Hill and Loren Knight became the Essex Affiliate to MIBA in April and have since managed to set up and sell out six networking events plus a summer event open to 100 businesses.

They have also grown their business group, Essex MIBA, to just under 500 followers in one month.

Ellie runs Ellie's Intimate Waxing and is running a successful business from her home beauty salon.

Loren runs her own very successful business

supporting people using Cambridge Weight Plan across Essex.

Ellie and Loren said: "We aim to empower women in business all over Essex and show them what the power of joining together can do.

"We gained around 500 followers in one month and we feel this really shows the commitment we have for all the business women in Essex.

"We would love to show everyone that the stigma of jealousy in women can be broken by the majority of us and instead we should all have each other's backs. Team work makes the dream work."

Soldiers polish up their skills for life

It's been another busy month for reservists based at the Army Reserve Centre in Warley, Essex.

The soldiers from 124 Transport Squadron have been polishing up their driving skills.

As a driver in the Royal Logistic Corps (RLC) it is important to know how to maintain and service your vehicle.

These skills are taught as trade training which soldiers complete soon after obtaining their Large Goods Vehicle licences (LGV). But not all training is carried out in the classroom or workshop.

RLC drivers need to be able to operate a wide range of vehicles on and off the road.

Over the last month the reservists have deployed on exercise, where they carried out cross-country driving across different types of terrain.

Next month a team from the Squadron will be travelling to Kenya taking up the opportunity to do some adventure training in Africa.

To find out more about the opportunities open to all within the Army Reserves, visit Army Jobs online or contact the Squadron on 01277 268960.

Photo credit: 124 Transport Squadron RLC undergoing trade training and Cross Country Driving



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Since becoming working mums and having 6 kids under 4 between them, co-owners and friends for over a decade Sarah Williams and Lee Bishop fully understand the importance of spending your time wisely - whether it be with family, friends, being organised at work, being mindful in your outlook – or a combination of just everything!

By launching their online lifestyle brand, YOLO for short, they plan on rocking the stationery and gift world releasing on-trend designs meeting on-pointe requirements, uniting the needs of busy everyday living with creations you won't want to leave the house without. You too can be organised and look good doing it!

Sarah, a local mum of triplets from Ingatestone, is a stationery obsessed organiser and fed up of never finding the perfect paper based product to keep her crazy life ordered joined forces with Lee to bring it to life and help others in the same boat along the way.

With a Planner, Notebook, Bedside Book and the 2019 range of Organisers soon to be launched, and plenty more in the pipeline, visit yourownlifeorganised.com to join their mailing list and pre-order service.

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*Duke & Duchess
of Sussex*
Saturday, May 19, 2018



If anyone still has any thoughts that the ancient institution of British Monarchy is still dry and dusty then you are very wrong.

Two very different worlds came together – Hollywood and the Royals – and fused perfectly as the world watched Prince Harry marry the girl of his dreams, actress Meghan Markle.

But it showed more than anything that Prince Harry and his new mrs, along with his brother Prince William and his wife Catherine are more in tune than most in the melting pot of the 21st century

The backdrop was very much tradition – Windsor Castle and St George’s Chapel.

But when you sprinkle that Hollywood and showbiz glamour of the Clooneys, The Beckhams, Tom Hardy, Sir Elton John and Oprah Winfrey, you have more than a little magic.

And not forgetting the fabulous Kingdom Choir, whose version of *Stand By Me* brought the house down and had the 150,000 people who packed the streets of Windsor singing along.

Not forgetting firebrand American cleric Bishop Michael Curry from Chicago and head of the Episcopal Church in the US.

He used sensational facial expressions to get his Power of Love message across.

But there was a worry that his flaying arms would send the candles flying.

And clearly he did not get the memo, which would have told him that the Queen only likes sermons

l a s t i n g
t w o

minutes and seven minutes.

Despite that, he electrified the wedding guests quoting Martin Luther King.

One quote summed it up: “Two young people fell in love and we all showed up.”

His machine gun delivery brought a mixture of smiles and disbelief.

He also reminded people that this was about race too: a biracial woman from America marrying into the world’s most famous white family.

The day would have been trumped if only the Royal Family had stood up, waved their hands above their heads and shouted “Hallelujah”.

A global audience of around two BILLION watched this thoroughly modern royal wedding.

Meghan, who appeared in the top rated *Suits*, has everything going for her and the epitome of a modern woman. She is mixed race, a divorcee, a feminist and at 36 just three years older than Harry. She like her new husband cares passionately for those less well off and tries to help them.

Everything had been planned to perfection, just as you would expect from Britain on the big occasions.

There was added stress for Meghan as her father Thomas Markle could not make the wedding on health grounds and her half siblings continuing to snipe at her from outside the castle.

But in the end they did not matter. Her dignified mother Doria Ragland accompanied her daughter to the chapel and Prince Charles walked the bride part of the way down the aisle.

And there were tributes to his late mother Princess Diana. Flowers picked from her garden were in the bride’s bouquet. The opening hymn at the wedding was played at her funeral. Sir Elton John who played at her funeral was specifically asked by Harry to play at the afternoon reception.

And as the couple headed off to the evening reception, Meghan was seen wearing Diana’s aquamarine ring, given to her as a wedding present from Harry.

“Two young people fell in love and we all showed up”

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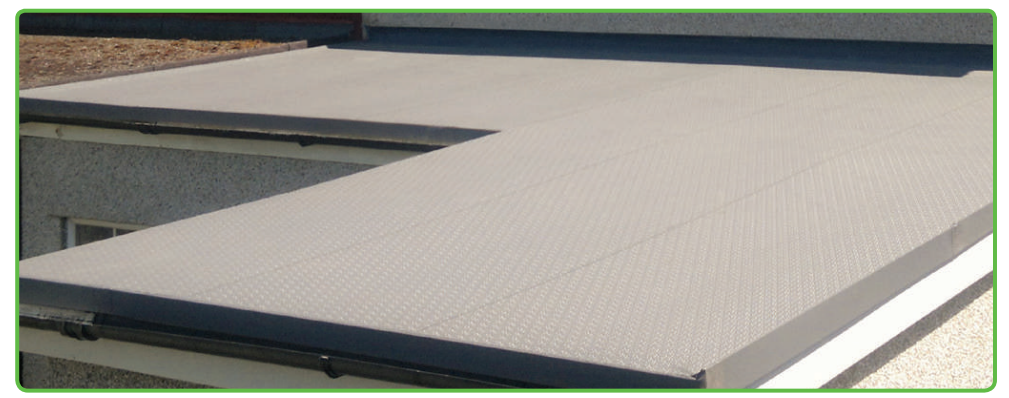
If it is a flat roof only you require please call us, all our work is carried out as to Part L Building Regulations that the homeowner and the contractor must comply with. **Please call for free information regarding the Part L Law.** The home-owner should also be made aware that insurance companies will no longer accept any liability for any external or internal damage caused by a leaking flat roof which is over 10 years old.



Before



After



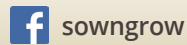
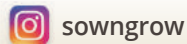


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flower POWER

Tired of spending a fortune on flowers only to watch them wither in days? Here are our top tips to make your bouquet last longer.

one

Sear the stems: If your flowers have been out of water for a while they may be starting to wilt, so rejuvenate them by searing the stems. Simply pour an inch or two of boiling water in a bowl and plunge the ends in for about 10 seconds (be sure to protect the buds from steam if they are near the water).

two

Add a penny: Make your vase a wishing well by throwing in a penny. The copper acts as an acidifier, fighting the bacteria growth in your arrangement.

three

Place them in lemon and sugar water: Strangely, this common pancake topping also keeps your flowers looking healthy. So, add two teaspoons of lemon juice (apple cider vinegar works too) and a teaspoon of sugar to your vase water. This makes a natural plant food, but you could also add half a teaspoon of bleach to prevent mould.

four

Give them a rest: Flowers picked from your garden need to be rested before becoming a bouquet, so place them in a bucket of cold water in a cool place overnight.

five

Keep away from direct sunlight and fruit: Warmth will make them wilt, so keep your beautiful blooms in the shade and away from fruit (ripening fruits release ethylene gas which can compromise your flowers). If you have the space, you could also put them in the fridge overnight.

six

Freshen and feed: The key to longevity is keeping flowers fed and their environment clean. So, every few days it's worth rinsing out the vase and providing fresh water with plant food (either homemade or bought). Making sure there are no leaves below the water line will also help prevent bacteria growth, meaning your bouquet can brighten up the home for weeks and days, not hours and minutes.



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June 5 - 11 2018



Young children can be a handful and as a parent or grandparent you know it is near impossible to keep an eye on them 24/7, and that is why it is so important that you ensure both your home and garden are kept safe and secure.

Keep any toxic substances locked away

Cleaning products, medicines, fertilisers and e-cigarettes should all be out of reach from young children and ideally kept in a locked drawer. Even products with a safety cap should not be left out as many three to four-year-olds can open these in a matter of seconds.

Prevent burns & scalds

Hot drinks are the main cause of scalds in under fives. Always ensure that you keep your tea/coffee out of reach and put down your baby somewhere safe if you want to drink a hot drink. Hair straighteners, saucepans and bath water all have the possibility to burn your child, so be aware of these.

Avoid choking & suffocation

Blind cords can easily strangle your child. It can take a mere 20 seconds for a toddler to die from strangulation so make sure that all cords are tied securely to the wall and if possible avoid using these in your child's bedroom. To avoid choking, cut up food into smaller pieces for very young children. Grapes and other round foods should be cut in half length ways.

Be vigilant with water

With summer fast approaching, paddling pools are popping up in gardens across the country; but be aware that babies can drown in as little as 5cm of water and it only takes a moment for this to happen. Always supervise babies and toddlers when playing in water and remember to empty the pool after use.



EAT LIKE an Egyptian



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Consultant ENT Surgeon
Mr George Fayad

Considering vision correction or cataract surgery?

Tuesday 19 June, 6.30pm

Consultant Ophthalmic Surgeon
Mr Simon Ruben

Let's talk hips and knees.

Wednesday 20 June, 6.30pm

Consultant Orthopaedic Surgeon
Mr Ravindran Ranjith

Considering weight loss surgery?

Thursday 21 June, 6.30pm

Consultant Bariatric Surgeon
Mr Sanjay Agarwal

Understanding arthritis.

Wednesday 27 June, 6.30pm

Consultant Rheumatologist
Dr Anurag Bharadwaj

Let's talk varicose veins.

Thursday 5th July, 6.45pm

Consultant Vascular Surgeon
Mr Sabu Jacob

For more information or to book your place visit nuffieldhealth.com/book or please call **01277 886 984**

Nuffield Health Brentwood Hospital
Shenfield Road, Brentwood, Essex CM15 8EH

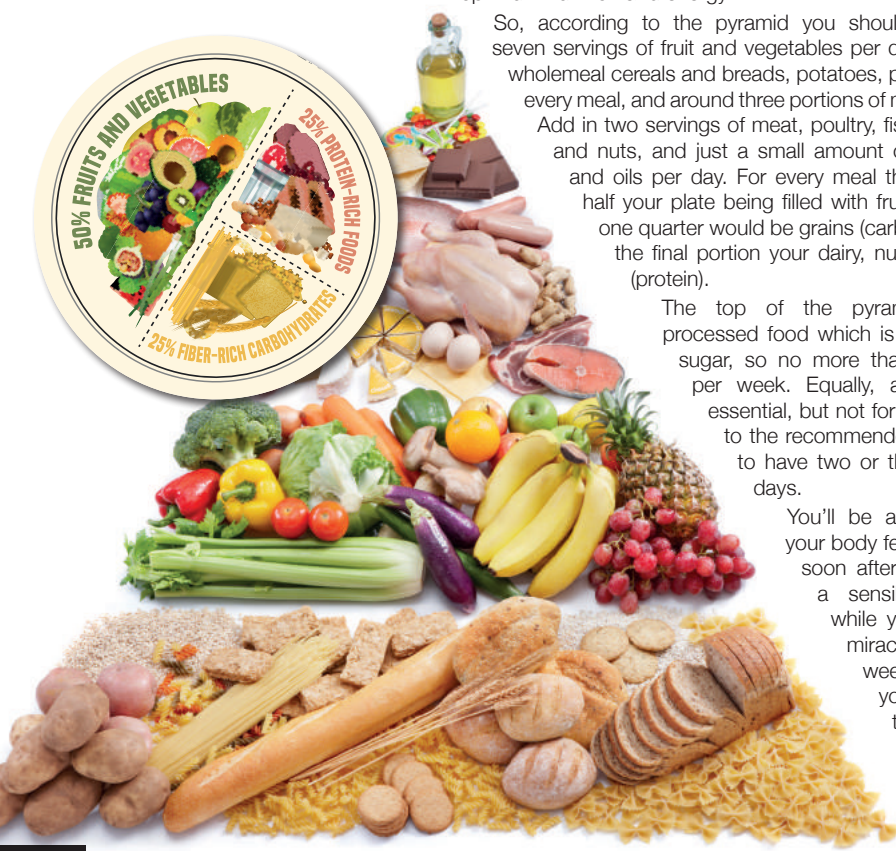
Forget diets, follow the healthy eating pyramid for sensible but effective weight loss. Diets don't work. You know it, I know it and your favourite pair of jeans knows it. And yet, the idea of losing X amount of weight in X number of weeks sure is tempting, particularly as we enter beach season. But before you embark on six weeks of nothing but cabbage soup, consider how much more you would enjoy your summer if you embarked on a healthy, sustainable and delicious eating plan that would not only help you lose weight over time, but also give you glowing skin and an abundance of energy. Welcome to the Pyramid Plan.

The best part about the Pyramid Plan is that it doesn't require you to count calories or restrict beyond what is sensible. Instead, it breaks down foods into categories and then tells how much you should aim to eat for optimum nutrition and energy.

So, according to the pyramid you should have five to seven servings of fruit and vegetables per day, a serving of wholemeal cereals and breads, potatoes, pasta and rice at every meal, and around three portions of milk and cheese. Add in two servings of meat, poultry, fish, eggs, beans and nuts, and just a small amount of fats, spreads and oils per day. For every meal this translates to half your plate being filled with fruit or veg (fibre), one quarter would be grains (carbohydrates) and the final portion your dairy, nuts, meat or fish (protein).

The top of the pyramid represents processed food which is high in fat and sugar, so no more than two portions per week. Equally, alcohol is non-essential, but not forbidden, so stick to the recommended units and try to have two or three booze-free days.

You'll be amazed at how your body feels transformed soon after following such a sensible plan, and while you may not be miraculously thin in weeks, at least you won't have to deal with the unpleasant side effects of cabbage soup.





ROCK ON



ACT NOW. REDUCE YOUR RISK OF STROKE

June 2018

It was Action on Stroke Month 1-31 May, here Dr Scott takes a look at Stroke and what you can do to reduce your risk.

Every year there are more than 100,000 strokes in the UK. Whilst it is the 4th leading cause of death in the UK, it is the most common cause of long term disability as people are often left with problems due to their brain injury.

Strokes are most common in people over 65, and new research warns that the number of strokes is set to rise. Figures point to a 44% increase within the next 10 years, because of unhealthy lifestyles and an aging population.

Who is most at risk?

As you get older your arteries naturally become narrower but there are some conditions which can accelerate this process, including: high cholesterol, diabetes, high blood pressure, atrial fibrillation, smoking, being overweight and excessive alcohol intake.

Reduce the risk

There are many things you can do to try and reduce your chances of having a stroke. Ensure your weight is at a healthy level (body mass index 19-25), eat healthily, don't smoke, limit alcohol intake to less than 14 units a week and be active on most days of the week for at least 30 minutes.

Visit our surgery

A physical examination can detect many risk factors, checking your blood pressure and that your pulse is a regular rhythm. Simple investigations such as a heart tracing (ECG) can be used to look for atrial fibrillation, and blood tests can check for diabetes and your cholesterol level.

If you would like to discuss any health concerns raised by this article or arrange a Well Man or Well Woman examination, please call the surgery on 01277 201001 to book your appointment.



Call us now to book your appointment on 01277 201001

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With his dazzling smile and rippling biceps, man-mountain megastar Dwayne Johnson has conquered the worlds of pro-wrestling and Hollywood.

Johnson's life seems utterly envy-inducing to the mere outsider. The 6' 5" gym phenom known as The Rock from his days as the highlight of WWE has, over the past decade, segued effortlessly into silver screen stardom, with roles in the *Fast and Furious* franchise, *Baywatch* and *Jumanji: Welcome to the Jungle* recently leading to Johnson topping the highest paid actor in Hollywood list.

But things weren't always as positive for the California-native, whose pro football career was cut short by injury after showing so much early promise.

"Football had always been my dream and suddenly the dream was over - I was left feeling empty and devastated," the 45-year-old explains. "But I decided to stop feeling sorry for myself and find a new dream."

And Johnson, who recently opened up about his mental health struggles in spite of his alpha male media persona, has developed a reputation for being one of the most dedicated stars in Tinseltown.

"I'm as hungry today for success as I've ever been," he says, "...maybe more so you want to go beyond what you've already accomplished. You keep raising the bar."

"It's just like exercising. There will days where you don't feel like going to the gym, lifting weights or doing cardio, but that's exactly what you need to do. The more effort you put into that the more energy you're going to have the rest of the day."

BUILDING BICEPS LIKE THE ROCK

LOW CABLE CURLS 7 sets x 8-12 reps.

Use the cambered bar (not the straight bar)
Rest 30 seconds between sets

MACHINE PREACHER CURLS 3 sets x 8-12 reps.

Do 4 partial reps at the end of the last 2 sets

FRONT DOUBLE BICEP CURLS 3 sets x 10-15 reps.

Johnson does these on a cable machine using the high pulley, but you can substitute with dumbbells.

PREACHER CURLS 3 sets x 8-12 reps

DIY Hair Masks

For Hair Growth

...TRY THE BERRY BOOSTER

Berries are rich in Vitamin C which feeds hair follicles and encourages blood circulation in your scalp.

HOW TO MAKE:

- > Blend a selection of berries (strawberries, blackberries, blueberries – whatever you have in the fridge) with a tablespoon of olive oil.
- > Massage the mixture into your hair, concentrating on the roots.
- > Rinse and shampoo as normal.
- > Experience shiny hair that is nourished from within.



For Frizzy, Damaged Hair

...TRY THE AVOCADO FRIZZ FIGHTER

Avocados contain essential fatty acids that can naturally help restore your hair's health by hydrating each individual strand and repairing damaged follicles. The additional ingredients of olive oil and coconut milk will help improve the elasticity of your hair and add moisture to your parched locks.

HOW TO MAKE:

- > Mash half an avocado into a bowl.
- > Add half a cup of coconut milk (full fat) and one tablespoon of olive oil and mix thoroughly.
- > Apply the mask to wet hair and massage into your scalp.
- > Leave for 20 minutes and then rinse thoroughly with a natural hair cleanser.
- > Use this mask weekly and have noticeably smoother and frizz-free hair.



With the arrival of summer comes some much-needed sun, lighter and longer evenings spent in the garden sipping Prosecco and the chance to dig out your maxi dresses and matching flip flops. Hurray.

Unfortunately, the heat and humidity can play havoc with your hair, leaving it looking and feeling dry, damaged and flat.

But do not worry, help is at hand with our top picks of DIY hair masks that you can easily whip up in the comfort of your own home. Using a combination of fresh produce that is available in abundance and store cupboard staples, your hair will be transformed from lacklustre to luscious.

For Hair Prone to Split Ends

...TRY THE PROTEIN PROVIDER

Eggs are rich in protein and fatty acids that can help strengthen your hair follicles and treat the problem of split ends. They are also great at reducing tangles and breakages. Olive oil and honey will act as hydrating and smoothing agents which aid the process of achieving strong, healthy hair.

HOW TO MAKE:

- > Whisk a medium egg yolk with 2-3 tablespoons of olive oil and honey.
- > Massage into wet hair and leave for 30 minutes.
- > Rinse with water and shampoo hair as normal.
- > Use weekly for best results.



For Oily Hair

...TRY THE STRAWBERRY SMOOTHIE

Strawberries are rich in Vitamin C which can help regulate your scalp's PH balance and oil production. They are also full of antioxidants which can aid the protection of your hair's cell membranes resulting in stronger, less oily hair.

HOW TO MAKE:

- > Mix 8 mashed strawberries with two tablespoons of mayonnaise until you have a smooth paste.
- > Apply on wet hair and leave for 15 minutes.
- > Rinse with water until hair is clean.
- > Experience smooth hair which is free from oil and smells gorgeous.
- > Use as and when your hair feels oily and flat.



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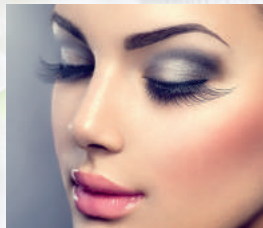
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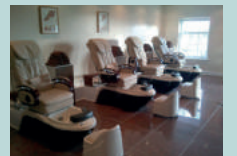
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The Wedding

DOs & DON'Ts

Follow our fashion dos and don'ts for wedding season, and you'll be every bride's favourite guest.

✓ DO embrace the classics

Romantic lace, delicate pastels and dreamy florals are all big in fashion right now, making them a perfect and easy-to-buy option for any fancy shindig.

✗ DON'T be afraid of different lengths

The art of modern wedding attire is to give a nod to the old, while still keeping your look modern and fresh. So, go for that voluminous maxi dress if that's what you want, but equally, cute structured minis and flared-skirt midis are appropriate too.

✓ DO keep it classy

Upstaging the bride is not cool. So avoid white, ostentatious headgear and keep bare flesh to a minimum.

✗ DON'T be afraid to dazzle

You may want to keep it simple with your outfit, but that doesn't mean you can't go all out on your accessories. Flashes of metallic and sparkle, whether on handbag, shoes or around your neck will add that right amount of glitz.

✓ DO texturise

This a huge trend for spring/summer, meaning you can treat yourself to that feather shawl, fur bolero or fringed handbag.

✗ DON'T feel like you have to spend a fortune

It's absolutely acceptable to wear a dress you've worn before, and if you do decide to indulge in an accessory or two, make sure they are pieces you will wear again and again.

✓ DO prepare for bad weather

Everyone prays for good weather on their big day, but even the most organised bride can't prevent freak rain showers or cold snaps. So, take an umbrella, light cardigan or stole as a stylish cover-up.

✗ DON'T wear ridiculous shoes

While it can be tempting to rock those skyscraper heels you bought on sale last week, you could well be setting yourself up for a day of misery, so make sure you wear some comfortable but still stylish heels.



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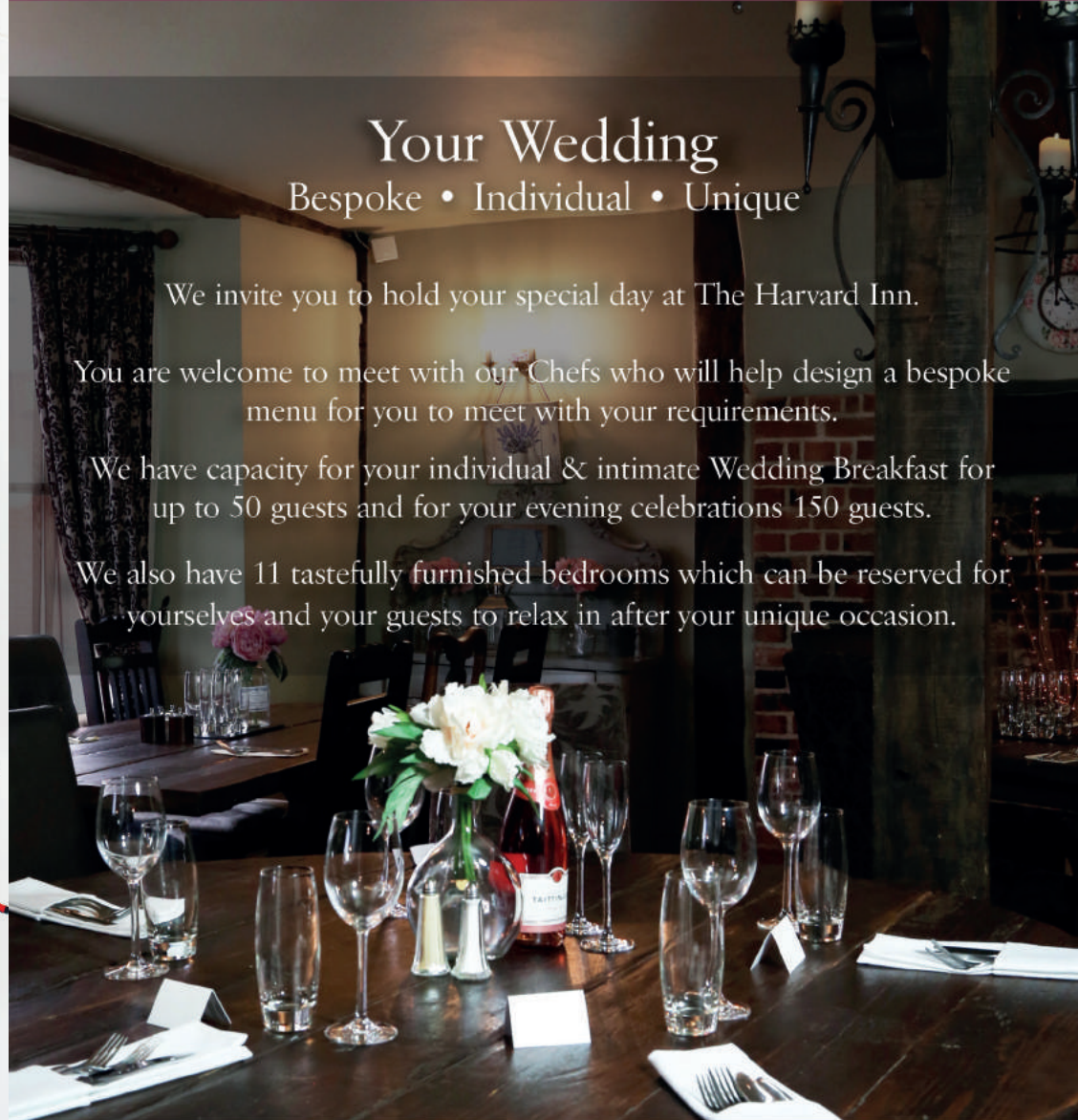
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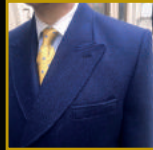
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the odd couple



FOOD & DRINK

It may sound odd, but chocolate and beer make a very good match indeed. To find out how to make the most of this unusual pairing, read on...

Like wine and cheese, tea and sympathy and Laurel and Hardy, beer and chocolate simply belong together. Though quite why this delectable pairing is only becoming common knowledge now is likely down to the boom in recent years of both craft beer and gourmet chocolate, as anyone who has downed a can of Stella and scoffed a Mars bar while waiting for the last train home would hardly declare it a defining culinary experience.

Nor should you pop down to your local small batch brewery and artisan chocolatier and hope for the best. Instead think carefully about what flavours you like in beer and chocolate, from the biscuity to spicy, hoppy to zesty, and how the notes in the other might bring out the magic in the other. Also, pick beers that are as sweet, if not sweeter than your chocolate selection.

For example, any bar of chocolate that is at least 50

per cent cocoa will work beautifully with a blonde ale, as the natural sweetness of the beer counteracts the bitterness of the chocolate, lending both a delightfully smooth flavour. Correspondingly, a rich, caramelly stout balances out the sweet creaminess of milk chocolate.

IPAs are harder to pair as they are rarely sweet and often have bright, hoppy flavours. A bitter IPA and dark chocolate will leave you feeling more bitter than the Grinch, so pick a good quality chocolate that has a hint of sweetness. IPAs also work with chocolate that has flecks of chilli or sea salt in, to give you that glorious sweet/salty kick.

Those wishing for a subtler flavour can use beer in desserts instead, like chocolate mousses, ganache, or the ultimate union: a Guinness chocolate cake.

And if you're still left craving a monster bar of Dairy Milk and a four-pack of Fosters, go for it. When it comes to beer and chocolate, there simply are no rules.



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FOOD & DRINK

WORLD CUP SNACKS

POTATO KNISHES

A cross between a samosa and a calzone; this simple dish which is a firm favourite in Russia is sure to be a rounding success with all your mates come match day.

A combination of mashed potatoes, onions and cheese, this oven baked pastry is the ideal snack to soak up any excess beer and keep you fighting fit for the night ahead.

YOU WILL NEED

- ▶ A bowl of mashed potatoes (made from 6 large potatoes)
- ▶ 1 pound of sautéed onions
- ▶ 2 beaten eggs
- ▶ 2 teaspoons of salt
- ▶ 2 teaspoons of garlic powder

- ▶ 8 ounces of cheddar cheese
- ▶ 1 packet of puff pastry

HOW TO MAKE

- ▶ In a large bowl mix together the mashed potatoes, onions, eggs, salt, garlic and cheese.
- ▶ Heat the oven to 177°C/350°F/gas mark 4.
- ▶ Roll out the pastry to a ¼ inch thickness and then cut into 3-inch squares.
- ▶ Egg wash the individual squares with one beaten egg.
- ▶ Scoop 2 tablespoons of the potato filling into each square and fold in the ends as if folding an envelope.
- ▶ Place the assembled knishes on a lined baking tray and brush with additional egg wash.
- ▶ Bake for 20 minutes until golden brown.

OR IF YOU FANCY SOMETHING A LITTLE LESS EXOTIC WHY NOT TRY...



LOADED POTATO SKINS

Always a winner, these can be topped with whatever takes your fancy; cheese, bacon and sour cream or try a veggie option of sweet potato, veggie chilli and chunky guacamole.



PULLED PORK TOPPED NACHOS

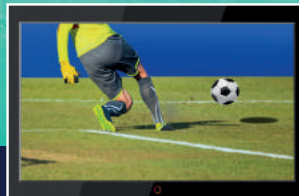
Naughty but oh so nice, nachos are a firm favourite at any sporting event. Simply plate up your tortilla chips and add cheese, BBQ sauce, shredded pulled pork and an optional dollop or two of coleslaw.



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WHAT'S ON *in your area*

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Wednesday, June 6, 1pm – 1.40pm
A lunchtime piano recital to be given by Joanna Smith and Roderick Elms in Brentwood Cathedral.

Free admission and parking available. Refreshments afterwards.

Strawberry Fair
Shenfield Common, Meads Court, 35 Ingrave Rd, Brentwood, CM15 8DF

Saturday, June 16, noon – 6pm
The Strawberry Fair is a traditional, summer community fair.

There are community, craft and gift stalls and plenty of local food and drink, with the ever-popular Pimm's bar, locally brewed beers and plenty of strawberries and cream.

The event is very popular and every year residents look forward to taking their family to the fair for a great, affordable, local day out.

There is plenty for the kids to do, with small fairground rides and bouncy castles, together with other fun activities on offer. The event is free to enter and usually attracts around 5,000 people.

Nuclear Challenge at Kelvedon Hatch Secret Nuclear Bunker

Kelvedon Hatch, Brentwood, CM15 0LA
Sunday, June 24, 11am – 1pm



Photo credit: www.clavidtinkler.com

An exciting once in a lifetime fun event using the Nuclear Race course. Come along and test your skills over obstacles, crawling through mud and other exciting challenges. For those who dare, there is the zip wire and the famous death slide.

Then join us afterwards for a BBQ and refreshments.

The event is being run to raise funds for Ethan Horden-Gray, Harrison O'Neill and Jesse Sims to take part in the World Challenge 2019 travelling to Malaysia and taking part in environmental and community projects.

To buy your tickets visit www.jumblebee.co.uk/worldchallengenuclearevent

Storytelling at Brentwood Theatre – Little Red Riding Hood

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

Tuesday, June 26, 10.30am – noon



Tickets are £6 per child – includes a free tea/coffee. Adults don't require a ticket but must be accompanying a child with a ticket.

www.ticketsource.co.uk/event/243369

Country Music at the Bardswell Social Club

Bardswell Social Club, Weald Road, Brentwood, CM14 4TJ

Saturday, June 30, 7.30pm

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MAIN STAGE

SATURDAY 18 AUGUST

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Saving Face

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They're an internet behemoth beset by the biggest scandal to hit social media – but what did Cambridge Analytica do with the data they harvested from Facebook, and how are CEO Mark Zuckerberg and co. attempting to avoid a far-reaching PR disaster? It's the biggest scandal of the social media age – a spate of 'data harvesting' on an industrial scale that may well have secured Donald Trump the White House, and very certainly went against what many believe to be a central part of Facebook's privacy settings. And when a whistle-blower for a company called Cambridge Analytica revealed the extent of the company's gathering of personal data from the social media giant, it raised serious questions over the safety of any user who had committed private details to the walls and webpages of Mark Zuckerberg's site. Over 87million users – including the CEO himself, it was revealed in his recent Senate hearing – had their personal data mined with the express intent of

companies and political campaigns being able to deliver information, much of it false or intentionally misleading, straight to users in a way that would make it seem acceptable, even factitious. This included building a system that could target US voters with personalised political advertisements based on their psychological profile – a concept used to great success by Donald Trump's winning campaign, which worked closely with Cambridge Analytica. Mark Zuckerberg was duly summoned before a Senate committee to explain how the data breach happened, with revelations that the social media company had received a number of warnings about its data security policies in recent years, and had known about the Cambridge Analytica data breach since 2015 leading to a #DeleteFacebook campaign on fellow social media platform spreading. A commitment to better privacy has been Zuckerberg's reaction, but there's certainly more to come from this seismic shift in how people perceive what they write on Facebook... and who else may be reading it.

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SPORT



MONSIEUR WENGER

After 22 years as manager of Arsenal Football Club, Arsene 'Le Professeur' Wenger has called it a day.

A week is a long time in politics.

And seven days is also a lengthy period in the life of a top-flight football club.

So, when you consider Arsene Wenger has been manager for 22 years you get the sense of what a remarkable achievement the Frenchman can claim.

Some Arsenal fans, no, make that many, will say he went three years or so past his sell-by date.

But even those supporters must recognise the massive impact the club's most successful manager had on the Pride of North London, and indeed his influence on English football.

At his peak he oversaw The Invincibles in 2003/2004 – a side made of driven superstars who went the entire season unbeaten. When you see how good Manchester City have been this season and still managed to taste defeat in two games you get some indicator of how historic that Arsenal team were.

From being a French unknown ridiculed by ignorant sections of the British sports press, Wenger

rose to the top table of managers to have graced the English game.

Along with Sir Alex Ferguson, Jose Mourinho and new boy, Pep Guardiola, Wenger was a manager of the highest order.

But for all his hard work and dedication to Arsenal it still feels like a mission incomplete.

He never tasted European glory and hasn't won the league title since moving to the Emirates Stadium in 2006.

Towards the end of his reign the critics were in the majority. His commitment to a cavalier-playing style which initially and used to win him plaudits was now his Achilles heel.

His ability to develop young talent deserted him, Arsenal's defence and resilience was often found wanting.

But when the history books are read in a few generations time Wenger will be remembered as one of, if not the greatest, Arsenal managers ever.

What next for the Frenchman? A well-earned retirement?

Or even the England job? Surely not, but as one wise old pundit said: "Football, it's a funny old game."

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Pet Friendly Hotel



PETS

BED & BONIS

Fancy a weekend away but don't want to leave your dog at home? Well here are four of the finest hotels in the UK where your four-legged friend is the guest of honour.

HARE AND HOUNDS HOTEL IN TETBURY, COTSWOLDS

With this country house-cum-boutique hotel it's all in the name, offering eight rooms in which your beloved one can rest his or her tired paws. There is also a dedicated doggy menu featuring the likes of braised venison and liver and oat biscuits, plus extensive grounds for you and your fur ball to frolic. From £90 per night + £15 per dog, cotswold-inns-hotels.co.uk

THE GOODWOOD HOTEL IN CHICHESTER, WEST SUSSEX

One visit to this luxurious sporting estate and you'll want to be in the dog house with your pup, as they become members of their very own private members club called The Kennels (owners welcome also). The hotel also offers dog-friendly walking maps, so you and best friend can traverse the countryside before

retiring with a G&T and organic pig's ear respectively. From £110 per night + £35 per dog, goodwood.com

TRIGONY HOUSE HOTEL & GARDEN SPA IN DUMFRIES AND GALLOWAY, SCOTLAND

Named best dog-friendly hotel in the UK at the Best Loved Hotel awards, this charming country house even boasts outdoor canine showers for freshening up post-walk. Dog bowls, bed and towels are provided, along with a welcome box of treats on arrival and a complimentary sausage for breakfast. From £95 per night + £9.50 per dog, trigonyhotel.co.uk

THE ABBEY HOTEL IN BATH, SOMERSET

This stylish hotel in Bath city centre is not to be sniffed at, offering pampered pooches their own beds, bowls and treats. And while dogs are not allowed in the main dining room, owners may take their meal in the lounge which offers the same menu. From £79 per night + £15 per dog, abbeyhotelbath.co.uk

SIX QUESTIONS TO ASK BEFORE CHOOSING A CARE HOME

Sean Watson, director at the family-run St Michaels Homes which runs Howard Lodge and Dudbrook Hall in Brentwood, gives advice on the important things you should consider when deciding on a care home

No one likes to imagine anyone in their family getting older. But it's a fact of life that in older age some people need extra help in their daily lives, or even specialist care as they are unable to look after themselves any more. They can also have the benefit of being in a social environment among people of a similar age. But keep in mind that a move into residential care is not necessarily a permanent one, and a good care home will always reassess resident's needs. The questions you should ask before choosing a care home or care scheme for your family member are:

Should I choose in-home care or residential care?

Basic domiciliary care is less expensive and allows your relative to retain a level of independence. With residential care, staff are always available should anything happen, but it does cost considerably more.

Can mum or dad afford the fees to live here?

Some care home places are funded by the NHS or local authorities. But if the person has capital or savings above £23,250, they have to pay for their own care. Your local council's website will have information on care funding for residents.

What is the home's Care Quality Commission rating?

Check the home's score at cq.org.uk. On top of this you can also ask for the home's staff retention rate.

What kind of care do they specialise in?

Residential homes can offer 24-hour supervision, short-stay and daycare facilities. Some will also offer nursing, respite and specialist dementia care.

Is it the right location and when can I visit?

Good homes should allow you to visit at any time, within reason. You need to consider whether it is in the right location and a peaceful and relaxed environment to live in and visit.

What is the food like?

A good diet is important as it can help protect against a variety of age-related conditions. Ask if the menu varies and whether meals are cooked on-site using fresh ingredients.



Howard Lodge's grounds.

"It was the best decision we ever made"

Helen Rowlan's parents moved into Howard Lodge in February 2015.

My sister and I were caring for our mum and dad at home. Dad had vascular dementia, and Mum has alzheimers and dementia. We were both working full-time, and any emergency situation meant we had to get them into a care home.

We had previously looked at a few places, some nicer than others, but Howard Lodge felt different straight away. After meeting care manager Barbara and looking at the facilities, we knew it was the right place.

My parents had two rooms, a bedroom and a lounge. Dad's health deteriorated and he was taken into hospital, but with the help of Barbara we managed to get him back in the home with mum, and arranged care for him in his last days.

After my dad died, my mum moved into the Poppy Hamlet. The staff are so pro-active and on the ball. If my mum's chest is a bit bad, I know they'll be on to it, and if a doctor has visited they always call me to tell me what happened.

I know that every time I leave mum, I can walk away with total peace of mind, knowing if there is a problem, I'll get a phone call.

For us as a family, it was the best decision we ever made.



Helen Rowlan and Debbie Marshall with their mum Peggy Drummond.



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PUZZLES

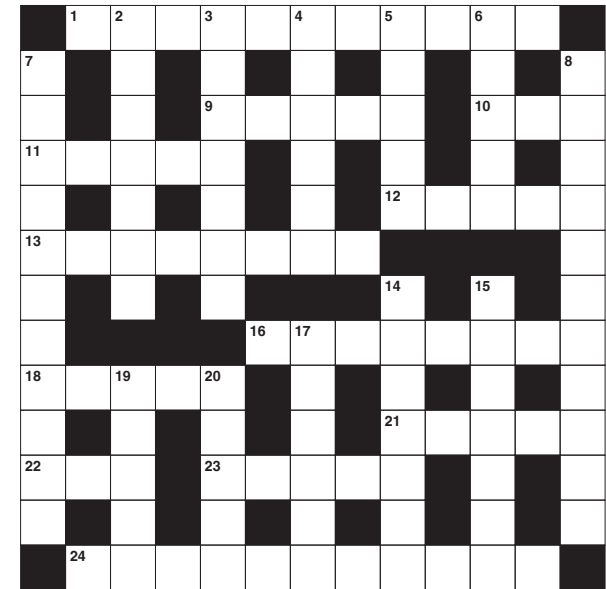
Answers can be found on the Contents Page 4

ACROSS

- Dejected; discouraged (11)
- A written document (5)
- Herb (3)
- Pointed; acute (5)
- Exposes to danger (5)
- Eg physics and biology (8)
- Standards (8)
- Place where something happens (5)
- Flaring stars (5)
- Carry a heavy object (3)
- Chambers (5)
- Study of human history (11)

DOWN

- Derived from living matter (7)
- Biting sharply (7)
- Extensive domain (6)
- Less common (5)
- Acquires through merit (5)
- Compulsively (11)
- Eg Huw Edwards and Fiona Bruce (11)
- Far away (6)
- Implement (7)
- African country whose capital is Niamey (5)
- Controlling a vehicle (7)
- Our planet (5)



DID YOU KNOW

- A group of pandas is called an embarrassment
- The female lion does 90 per cent of the hunting
- Almost half the pigs in the world are kept by farmers in China
- Bats are the only mammals that can fly
- If you keep a gold fish in a dark room it will become pale
- If you lift a kangaroo's tail off the ground it can't hop
- Cows can sleep standing up, but they can only dream when lying down
- Some male songbirds sing more than 2,000 times a day
- Cats spend over 60 per cent of their life asleep

SUDOKU

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	2				7		1



TRAVEL

(not quite)

DUTY FREE?

ARE THE DAYS OF GENUINE CROSS-BORDER BARGAINS ON THEIR WAY BACK?

The 1980s was the ultimate era of overseas travel; and with that came a whole new set of rules for duty free goods, where huge savings could be made on everything from booze to cosmetics, fragrances to mighty bars of Toblerone.

We didn't know it at the time, but things were good – whether purchasing at the airport, on a flight or even whilst bobbing across the English Channel on a ferry. But things started to turn in 1999 when the European Union swiped away many of the cost-saving bargains that made arriving back in the country all the more palatable. We found ourselves with double price tags on products – one price for those travelling outside the EU, and another for those remaining within its borders. And once people started to calculate the real savings on duty and VAT, they saw that, in many cases, they were just as well-off heading to Tesco.

But then, Brexit happened. Whatever your stance, our stepping away from the European Union means big savings, because when the UK leaves the single market and customs union, it will no longer have to obey Brussels-enforced tax rules, and with the ferries expected to be the first to benefit.

In real terms then, duty adds around £8 to the price of a bottle of spirits, and accounts for almost 75 per cent of the price of a packet of cigarettes. And you can knock another 20 per cent off those prices given that VAT doesn't apply either.

Naturally, the exact position is one of many to be verified by David Davis and his Brexit team, but airline Ryanair is already thought to have contingency plans for the return of duty free. Prepare to find yourself uttering the words 'booze cruise' again in future.



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Evolution meets revolution



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NEW CAR SMELL



MOTORING

Here's how to make your own car air freshener, and what the scent you pick says about you.

If you're tired of spending a fortune on heavily scented car fresheners, then it may be worth making your own. Not only are they far cheaper, but they can also be scented with natural essential oils which saves your lungs from being bombarded with synthetic chemicals.

There are several ways to make your own freshener, and all of them are pretty straightforward. Felt has good absorbency, and if you or your kids are feeling creative it's a great way to add a personal touch to your vehicle. Simply cut out your design, sprinkle with a few drops of scented oil and hang from your mirror as you would a shop-bought air freshener.

If you'd like something more discreet, take an empty spice jar and fill it half full of baking soda and around 20 drops of oil, then store either under a seat or in a cup holder. Or, simply take a wooden clothes peg sprinkled with scent and clip it onto the AC vent.

WHAT YOUR SCENT SAYS ABOUT YOU:

Citrus (bergamot, grapefruit, lemon and orange): You are full of energy and raring to go, much like your motor's twin-turbo V-8 engine.

Floral (camomile, geranium, jasmine and lavender): The kids are driving you crazy and you need to chill, so breathe in deep and navigate your Chelsea tractor through the afternoon traffic.

Spicy (aniseed, black pepper, cardamom, cinnamon and nutmeg): You're a sensual being, and you need a car scent to complement your aftershave as you cruise round in your Subaru Impreza trying to impress the opposite sex.

Woody (cedarwood, cypress, juniper berry and pine): Hey adventurer - you love the outdoors so much you want your indoors to smell like it too. So buckle up in your Land Rover Discovery, breathe in those woody notes and head for the hills.



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