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How the day came to be

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DANI DYER

Shooting to fame after Love Island



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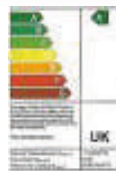
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March 2019

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Editor's notes...



Nik Allen, Editor

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

ThankFully spring is just around the corner and I'll be looking forward to the lighter mornings and longer days.

One of the things I like about this time of year is that it feels like we all get out and about a bit more.

During the winter months it's easy to sit down by the fire watching TV. But come spring time there seems much more to do in the community. More events, opportunities to socialise and from a magazine point of view, more to publicise.

One of the best things about running this magazine is the role I get to play in promoting things that are happening in the community. Be that a school fete, charity event or outdoor concert. And of course, in our local news section we get to highlight all sorts of people doing great things in the community from charity fundraisers to local businesses scooping awards. We thrive off the news and stories you share with us - it's what makes the local aspect of our **VISION** magazines so popular.

So, if you have any news you want to share with us please don't hesitate to drop me an email.

I can't guarantee it'll go in the magazine, but I can guarantee everything that we receive is considered and greatly appreciated.

Thanks for reading and playing a part in our magazine's continued success.

Nik

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“The charity’s work stretches well beyond putting a lump of foam on the end of your nozzle”

Photo credit: Jonathan Hordle/REX/Shutterstock

£1 BILLION

RAISED OVER THE LAST 30 YEARS

You think you nose quite a lot about Red Nose Day? Here’s a potted history of a modern fundraising institution.

The 1980s were a dark, crusty, sometimes snuffly period where noses were concerned. Despite being accompanied by the radiant Princess Diana, Prince Charles’s hooter was seemingly on the front of every newspaper, Barbara Streisand’s snorter was helping her to the top of the charts, and even the striking coal miners found themselves at the septum of nostril-led nastiness... ‘What do you do if the government gets up your nose?’ Picket.’

But then, in 1988, something changed. Richard Curtis – for so long sticking his finger up the schnozzle of the establishment courtesy of his iconic *Blackadder* character – paired up with occasional funnyman Lenny Henry to start a new fundraising concept that had comedy at its heart.

It was called Comic Relief. It invited celebrities to challenge, entertain and host; it offered schoolkids and community leaders the chance to get their creative juices flowing; it implored TV watchers to dig deep for the less fortunate in society; and rallied around TV editors to free up screen time and resources for a total tee-hee takeover.

It’s now a project that runs every two years, with merchandise, one-off specials (such as *Comic Relief does The Apprentice*) and outward-bound pursuits (notably this year it’s a wealth of celebrities, including Jade Thirlwall and Leigh-Anne Pinnock from Little Mix, *Strictly* judge Shirley Ballas, former MP Ed Balls, and TV presenters Dan Walker, Anita Rani and Alexander Armstrong, climbing the 19,000ft peak of Mount Kilimanjaro). There’s also a showpiece event at Wembley Arena, with 2019 welcoming heavyweights from the comedy world: Jimmy Carr, Rob Beckett, John Bishop, Romesh Ranganathan, Alan Carr and others.

And let’s not forget the noses themselves – 11 new stonkers such as Sir Schnoz III, The Abominable Snoseman and Hairy Nostroll, all of which can be brought to life with augmented reality on your smartphone through the Red Nose Day app.

Since Red Nose Day 2017, nearly 15 million people across the UK and some of the world’s poorest communities have been helped, and an estimated two-and-a-half million of those are children and vulnerable adults.

While the project uses Red Nose Day as its centrepiece – and in the past 30 years has raised over £1billion for charitable causes – the charity’s work stretches well beyond putting a lump of foam on the end of your nozzle. Right now, the organisers are reaching out to anyone who wants to get involved ahead of the big day on March 15. A mobile phone Red Nose Day giving page is a simple and hassle-free platform for raising funds – past that it’s just a case of how far your imagination will take you in dressing up, performing, baking, physical challenges, parties, apple-bobbing... anything goes for the red nose.

From raising £15million in its first year, to a record high of £108million in 2011, the growth in Red Nose Day’s popularity has been Pinocchio-esque. Can it reach new heights – or is it lengths – this year?

With your help, perhaps.

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NO MORE THE



A look at the history of April fools, and how to get one over on your friends or family.

April 1 – April Fool's Day. It's one date on the calendar the practical jokers all come out in force for, and avoiding the traps can be tricky.

The provenance of April Fool's Day – it's not really a day as you only have until noon to construct your web of deceit – is sketchy to say the least, but some believe it originates in 16th Century France. Previously, the 'New Year' began on April 1, but once the Gregorian calendar was introduced, that annual event went back to January 1.

This calendar change was met with some resistance, leading those who took up the change to mock and play tricks on people who didn't, thus referring to them as 'April Fools'.

The first recorded reference to the day was in 1686 when the writer John Aubrey called it 'Fooles Holy Day'; and 12 years later, newsletter printer Ihabod Dawks wrote: "Yesterday being the first of April, several persons were sent to the tower ditch to see the lions washed."

That particular prank continued into the 18th and 19th centuries where those easily-led were invited to view this supposed annual ceremony... only to find that they been sent on a fool's errand.

Since the invention of the TV, the BBC have tested out a number of 'ideas' on the nation, including their famous spaghetti plants – which was so successful, viewers wanted to know where they could obtain one of their own – and 'Smell-o-Vision', where smells were to be broadcast alongside programmes!

For a simple prank of your own this year, buy a packet of a sandwich biscuits, such as Oreos or custard creams, and replace the filling with toothpaste. Offer them around your friends, family, or even work colleagues and wait for their reaction.



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Trendy TILES

HOME & DIY



From kitchen flooring to bathroom walling, tiles can transform a room from dull to decadent. And this year sees the emergence of tiles featuring in every room in the house; from being used as a feature wall, to a chimney breast, even as a headboard in the bedroom.

Let's check out this year's top trends.



Patterned Tiles

Moving away from last year's preference for monochrome and neutral greys, 2019 sees bright and bold patterned tiles dominating the showrooms. Tribal patterns are bang on trend and work well in primal shapes and rich, earthy colours.

As well as individual patterned tiles, creating your own patterns using a selection of tiles will also be popular and allows homeowners to put their own stamp on their interiors.



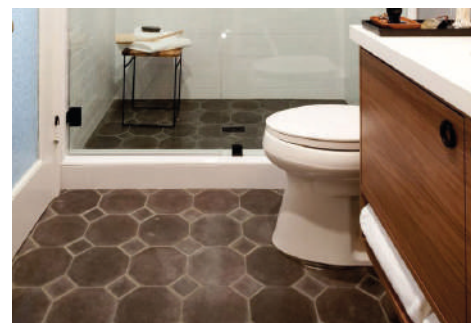
Artisan Tiles

Homemade style tiles are ideal for use in period properties or for those wanting to create more character in a modern home. Use this trend in your kitchen to create a more rustic feel or in the bedroom for a relaxed, sensual vibe. Vintage patterns are a popular choice and are ideal for lovers of all things retro.



Geometric Tiles

By introducing different shaped tiles into your home, you can maximise or minimise space depending what you want from a particular room. Geometric tiles can be used in a small bathroom to make the space appear bigger and hexagonal tiles work brilliantly on the floor to create a unique focal point.



Textured Tiles

3D tiles are set to be massive this year, especially with those wanting a more futuristic feeling in their home. Use sparingly as a feature in the chosen room and team with a neutral décor to avoid overcomplicating the overall look. Alternatively, sculpted surface or embossed tiles can completely transform a space.



HOME & DIY

PANTONE COLOUR OF THE YEAR

Living Coral



Living Coral has been chosen as the Pantone Colour of 2019; but how can this cheery tone be incorporated into the home, and what mood does it create?

So, it's that time of the year when one team of boffins, situated in the otherwise nondescript town Carlstadt, New Jersey, begin a global influencing campaign that affects our lives more than we might imagine.

Yes, the Pantone Colour Institute has chosen Living Coral (16-1546) as shade tone to represent 2019. It's said it conveys a calm feeling of warmth, with its marine qualities offering freshness, invigoration and femininity.

Executive director at the institute, Leatrice Eiseman, had this to say about the panel's selection: "Colour is an equalising lens through which we experience our natural and digital realities, and this is particularly true for Living Coral.

"With consumers craving human interaction and social connection, the humanising and heartening qualities displayed by the convivial Living Coral hit a responsive chord."

With our oceans and wildlife under constant threat of pollution, and a hot topic of discussion that will play itself out across the year, it is perhaps fitting that this colour has been chosen.

And in terms of how this choice will influence our daily lives? Consider everything from interior furnishings, phone designs, wallpapers, nail varnishes and, especially, the fashion market, whose job it is to be continually responsive to emerging trends.

And for those who think this year's tone is perhaps a bit, well, pink, consider Pantone's final observation: "Living Coral is evocative of how coral reefs provide shelter to a diverse kaleidoscope of colour."

So, basically, if you don't like it, just use it as a base for other colours.

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Colourful KITCHENS



The kitchen is the heart of the family home, and yet because it is an entirely practical space, cabinets and counters often have a uniform feel, leaving little room for embellishments or personal touches. But that doesn't mean you can't brighten up your kitchen, you just need to know how.

ADD A SPLASH OF COLOUR

Turn something mundane – such as a row of hanging utensils – into a feature by painting the wall behind them, or simply choose a statement wall to paint in your favourite hue.

CHOOSE BRIGHT ACCESSORIES

A bright red kettle or mint green fridge is a great way to perk up your cooking space, particularly if you're mired in a sea of oak.

AS ABOVE, SO BELOW

Kill two birds with one stone and cover up those chilly kitchen tiles with a vibrant rug (select one with durable fibre to sustain spills), or if that's not your style, paint the ceiling instead.

LIGHT IT UP

Get yourself a gorgeous pendant light, or vintage lamps with coloured cords and exposed bulbs; or even just some colour-changing fairy lights.

GET EDGY

Sideboards, door frames and windowsills are the perfect way to add colour when your choices are limited.

COLOURFUL CROCKERY

Dishes, serving plates and even cooking utensils are a brilliant way to bring the colour – just try to stick to similar shades to stop it from feeling messy and chaotic.

TILES FOR MILES

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BECOME THE ATTRACTION

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CLUTTERED HOME?

SOLVE IT MARIE KONDO STYLE



TIDYING UP
with MARIE KONDO

Okay, so Chinese stole a march with their adoration for fengshui, but look sharp and get tidying, because Marie Kondo is here to change all that.

Marie Kondo is the clean queen wowing homeowners with a message that is as full-on as it is reserved. Is it her slight frame, her softly-spoken voice, or perhaps just a persona that almost effortlessly pushes homeowners towards minimalist magnificence? However she does it, the impact of her KonMari method – inspired by the spiritual practice of Shintoism and built on the premise of surrounding oneself with things that bring joy and satisfaction fairness... plus a little help from Netflix – represents a genuine cleaning revolution.

"It comes down to making home a warm, joyful place," she says, attempting to crystallise what, for some, is a seething, simmering mass of mental and physical torment, all brought about by a failure to be able to stay on top of housework.

"There are many different strands to what we do,

but to condense it, we represent what is contained in a house in five distinct sections: clothing, books, paper, komono (kitchen, bathroom, garage, miscellaneous) and finally sentimental."

Kondo, 34, who originates from Tokyo but now lives in LA with her husband and two children, asks people to decide if an item sparks joy or not. If it doesn't, it should be thrown away.

She also believes the house has its own part to play. A petite woman with an abundance of energy – the Mary Poppins of cleaning as she has become known in some quarters – will always thank a house for allowing people to exist and flourish in it... that is, before binning its contents in a whirlwind of cleaning expertise.

Subsequently, Kondo has been embraced by an ever-increasing global gathering of home junkies, spreading warmth, homeliness and a joyful Japanese aesthetic across the Western world.

And as for that language barrier... "Let the cleaning do the talking," she says... and it does.



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LOCAL NEWS

from your neighbourhood



Aimee Spencer

Katie Piper presenting the documentary 'The Death of Aimee Spencer'. Photo credit: Hertscode

Documentary follows police probe into woman's death

A documentary explaining the police investigation following the death of a Brentwood woman has been aired on ITV.

The documentary, which aired on February 14, depicts the final hours of Aimee Spencer and the twists and turns of the police investigation.

The documentary also explored the impact it has had on Aimee's family and the heart wrenching decision her parents had to make to allow doctors to turn off her life support machine.

Called *The Death of Aimee Spencer*, the documentary, fronted by Katie Piper, follows the police investigation into the mysterious death of Aimee who fell from the window of a seafront flat in Brighton.

It delves deep inside the investigation, using interviews with detectives trying to solve the case, bodycam footage from officers who were at the scene, and footage of key developments to piece together how Aimee – an adult film star and webcam girl – came to fall to her death from a first-floor window.

The case begins when police arrive at the regency flat in Chichester Terrace in July 2016, and find the owner Daniel Lewis apparently in a state of drug-induced intoxication while Aimee fought for her life on the way to hospital.

Eight days after the fall, Aimee's family take the decision to turn her life support off whilst the police undercover many oddities about the night she fell and the lifestyle she led.

Her mum Jean said: "If she did survive the potential for her to be severely mentally affected and physically affected was high – extremely high.

"Would it have been the same Aimee that we knew and loved? Of course it wouldn't, it would have been a completely different person."

Katie said: "Once you've seen the footage and listened to Aimee's parents and the police, you realise there are twists and turns in the story.

"I think you experience a lot of emotions and you change your mind about a lot of things as the programme unfolds.

"Formally you could say I was the presenter, but I think because it's a documentary and it's a real story that happened to a family, I became something of a listening ear and somebody who was sharing that experience with Aimee's family at a time when they let us into their lives. For me as a mother and a woman myself it was something I became passionate about."

The documentary can be watched online on the ITV Hub app.

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LOCAL NEWS BRENTWOOD



Triple jumper wins two golds in single jump

Brentwood School triple jumper Nicole Harvey became a double gold medallist at the Essex and Eastern Counties Indoor Athletics Championships recently with a single jump.

Eighteen-year-old Nicole won the Under 20s Triple Jump at the Lee Valley Athletics Centre with a jump of 10.79m.

The jump – her new indoor Personal Best – was enough to secure both the Essex and Eastern Counties' titles.

Nicole was representing Basildon Athletics Club where she trains two to three times per week.

The medal-winning jump was even more remarkable because Nicole has suffered with shin splint injuries on and off over the winter and this was the first time she had jumped in five months.

A delighted Nicole said: "I am pleased to be making a full recovery and hope that I continue to be successful in both future competitions and progress with competing for my county."

Restaurants among the best in Britain

Photo credit: www.theskew.co.uk



Restaurants in Brentwood have been shortlisted in the British Kebab Awards.

The Skew, in Rayleigh Road, has been shortlisted in the Best Newcomer Restaurant and Fine Dining Restaurant category and Pivaz Brentwood, in High Street, has been shortlisted in the Fine Dining Restaurant category.

Now in its seventh year, the awards categories include Chef of the Year, Best Value and Best Takeaway.

This year's ceremony will take place on March 18 in London.



Lawyer named Individual of the Year at awards ceremony

A corporate lawyer from a law firm which has an office in Brentwood has been named Individual of the Year.

Edward Garston, senior associate and head of company and commercial at Pinney Talfourd, has been named Individual of the Year 2019 (Outer London) in the Company and Commercial category of the Legal 500 UK Awards 2019.

The awards recognise the very best firms and individuals in the legal industry and delivered one of their coveted trophies to Edward at a glittering ceremony at London Guildhall on February 6.

Edward was given the award for his outstanding results over the course of 2018.

He was recognised for his dedication to assisting businesses with their corporate and commercial legal requirements, which include the acquisition of other

companies and interests, company reorganisations, and providing specialist advice to company shareholders.

Commenting on the award, Pinney Talfourd's managing partner Philip Cockram said: "With such a high entry standard, we are immensely proud of Edward's achievement. His growing team are well known throughout the local area as the 'go-to' company and commercial specialists, and this award recognises his strength in this specialist field."

Edward said: "I was absolutely delighted to receive this award. It is such a huge honour to be recognised for my work helping businesses through some often difficult and strategic business developments. Even though this is an individual award, I'm extremely fortunate to work with an equally talented and professional team."

Person dead after being hit by train

A person has died after being hit by a train, police have confirmed.

Officers were called to Brentwood Station at 12.41pm on February 12 after reports of a casualty on the tracks.

Police and paramedics on the scene pronounced a

person dead.

A spokesperson from the British Transport Police said: "Officers are now working to identify the person and inform their family.

"This incident is not currently being treated as suspicious and a file will be prepared for the coroner."



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Mother hopes to raise profile of daughter's illness

A mother from Brentwood is hoping to raise awareness of her daughter's illness.

Alice Milliken's daughter Sophie became unwell on her fourth birthday after suffering with a cold. She was unable to walk properly, bend down or stand.

Alice explained: "She found walking up stairs hard because her muscles seemed to be asleep.

"After being sent home a couple of times and put on strong medication for a water infection we noticed she wasn't using her left arm.

"With this and the left side still not functioning properly, we were admitted to Basildon Hospital."

The family were at the hospital for just over a week where Sophie underwent tests, scans and X-rays.

Alice continued: "Sophie was diagnosed with

Acute Flaccid Myelitis (AFM) which is hugely rare but becoming more common, which is why my daughter is now being used in a study to research more into the illness."

AFM is a condition that affects the nervous system, specifically the spinal cord.

Alice said: "From some of the other parents I made contact with, we were relatively lucky.

"She continues to have physio and we have been told her left side will always be weak because of the scarring due to the inflammation in the spine.

"My daughter was a healthy three-year-old. She had never been in hospital and rarely to the doctors.

"We just feel lucky at how far she's come, it could have been a lot worse."

Kitchen destroyed following house fire

A kitchen in Brentwood has been destroyed following a fire.

Firefighters were called to reports of a fire at a property on Mount Avenue in Hutton on February 12 at around 4.10pm after a passerby noticed smoke coming from the property.

When they arrived, fire crews entered the property with breathing apparatus to search the property.

They quickly located the source of the fire and confirmed no one was in the house.

The cause of the fire has been recorded as accidental, and is thought to have started after the switch on a kettle was accidentally turned on and became stuck, causing the element to overheat and catch fire.

The kitchen has been completely destroyed.



LOCAL NEWS BRENTWOOD



A stylish pub, for relaxed drinking & dining

Popular pub reopens with stunning new look

The Nag's Head in Brentwood has received a stunning refurbishment, reopening to guests with a new look on February 3.

VISION visited the pub on their open night and were treated to their stunning new menu. With Cocktails and Canapes on arrival it really was a fantastic introduction to the new look of one of Brentwood's most popular restaurants. The Nag's Head has always been a popular location for a catch up with friends for drinks, couples romantic dining or even a Sunday roast dinner with the family, it really does cater to all groups.

The décor is the first thing you can see when you visit the premises as it has had quite a facelift. Previously the Nag's Head was a more rustic, pub style restaurant which was always very fitting for Brentwood's country

style character. But now it has added an urban chic look to this with modern décor you would expect to see in the most lavish of restaurants in the west end of London.

Most notably the staff on the night were fantastic, friendly, chatty and really attentive to our needs and to make sure ultimately our experience was first class.

The menu really has a wide range of choice now, caters to all taste buds and also has many options for vegans and vegetarians.

To sum it up, visiting the Nag's Head's stunning makeover is a must. All I would say is pre-book in advance of your visit to be sure to get a reservation.

Visit www.thenagsheadbrentwood.co.uk or www.facebook.com/TheNagsHeadBrentwoodEssex for more details.

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Student following footballing tradition



Brentwood School has a long and illustrious history of nurturing top footballers and another player is coming through the ranks.

Fourth Year Jacob Knightbridge was selected to play for England in the U15 fixture against Belgium recently.

Fifteen-year-old Jacob, who is part of the West Ham Academy where he has been since the age of seven, joined the squad at St George's Park, the English Football Association's national football centre at Burton upon Trent, to kick off four days of training ahead of the game.

Goalkeeper Jacob, who started playing competitive football when he was five years old, initially played in defence before starting to play in goal two years later. As well as training with the Academy, he also plays for the school U15 team.

Jacob's parents, Simon and Deborah, and his two very proud granddads watched in the stands.

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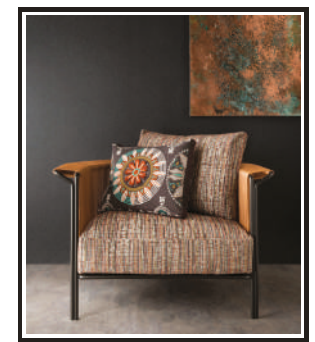
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Nursery holds Frozen fun day

Children from a nursery in Brentwood attended a *Frozen* themed fun day recently. Hopscotch Outdoor Day Nursery in Kelvedon Hatch were surprised when the children arrived at the nursery dressed up as *Else* and *Olaf*. Children aged from a few months to four years enjoyed playing with iced jelly, frozen hands, glitter ice painting and glitter playdough. Karen, deputy manager at the nursery, said: "All the children had a really lovely time. We made fake snow and cloud dough and the children learned how water freezes and turns to ice and then when it warms up it turns back to water again."

"The nursery children and visiting children all dressed up as characters from the Disney film *Frozen* and it was really great timing that it had actually snowed on the day before. "Once the children had changed out of their *Frozen* outfits and put on their outdoor clothes and wellies, we all went out and played in the snow. It was really great fun." The nursery has several events planned, including a visit from a fire engine, a *How to Train Your Dragon* day and an essential first aid for new parents' event. For any further information about Hopscotch Day Nursery, please contact Amanda on 01277 372826.



Nurses reunite after 50 years

Photo credit: BHRUT

Thirteen friends gathered for a celebratory lunch in Brentwood recently. The ladies all began their nursing training together in 1969 at the former Oldchurch Hospital. Two of them, Margo McFarlane and Diane Webber, are still nurses 50 years on. They met at Marygreen Manor Hotel in Brentwood where they caught up on each other's lives and reminisced over old pictures from their early careers. On why she's stayed in nursing for five decades, Diane, from Romford, said: "I love caring for people. I also love the staff, that's why I've stayed at the same

Trust for so long. It's our job to support each other. "I always wanted to be a nurse. A lot has changed over the years, especially the equipment, but continuing to learn new things is good for the brain." Margo, who celebrated her 70th birthday the day before the reunion, added: "I always wanted to be a nurse too, I liked the uniform. It's been a great job. It's very different now, it's busier and the patients are more acutely ill, however the essence of nursing, caring for people and putting our patients first, hasn't changed. "It's been amazing catching up – I haven't seen some of them in years and didn't even recognise them."



BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



LOCAL NEWS BRENTWOOD

I recently had the pleasure of arranging a mock Parliament for local sixth formers. This is a debate held along House of Commons conventions and is an excellent way of introducing young people both to the workings of Parliament and to the processes of formal debate.

This, I feel, is more important than ever. Online platforms have made public argument a far more prominent feature of life than it was in my day. Too often this is conducted through short caustic comments conducted without reference to accurate information. Learning how to make your case in an intelligent, convincing and civilised manner is an essential life skill that more young people should have the opportunity to learn.

In was in this spirit of bringing mature debate into the open, that I hosted the first of what I hope will be a series of mock Parliamentary debates for sixth form politics students from our local secondary schools. Twenty-eight young people from Brentwood County High School, Anglo-European School, Shenfield

High School and Brentwood School, were kept in order by none other than the Deputy Speaker of the House of Commons, Dame Eleanor Laing, MP for Epping Forest.

The students were divided into two parties, the Stars Party and the Stripes Party, with the Stars forming the government and the Stripes the Opposition. The motion was "This House would legalise assisted dying".

Parliamentary debates involve many rules and protocols, and the students soon got the hang of "bobbing" (standing up to try to catch the eye of the Speaker so they will be called to speak) and "interventions" (formally requesting to interrupt the person speaking to make an additional point in the debate). After some excellent speeches and interventions the motion was passed by the narrowest of margins – not unexpected for such a difficult subject.

It's clear our local schools are fostering students interest in politics and debating, and I hope this will prepare more young people to stand up and speak out on what they believe, and not join the nasty culture of hiding behind anonymity on social media.



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MP backs national campaign

Alex Burghart MP for Brentwood and Ongar has joined MPs across the UK in supporting a national recruitment campaign from the Department of Health and Social Care.

The campaign, which runs through February and March, aims to support local recruitment by increasing adult social care as a career choice.

Mr Burghart MP met care workers who had been invited to the House of Commons to share their experiences of the jobs they do and give their insights into the ways it is possible to make a difference in adult social care.

He said: "I have met a number of care home owners, care home residents and families from Brentwood

and Ongar on visits and at surgeries who have explained some of the issues they face in finding the right people to help care for elderly and vulnerable members of our community.

"It is clear a career in adult social care can be rewarding, varied and worthwhile and I fully support the campaign by the Department for Health and Social Care to promote interest in jobs in this sector.

"If you think a career in adult social care could be for you, or someone you know, visit the campaign website www.everydayisdifferent.com for more information on what it means to work in adult social care."

Prolific burglar jailed for 12 years

A burglar who targeted Brentwood has been jailed for 12 years. Billy Francis, from London, was charged in July last year with burglaries in Halstead, Buckhurst Hill, Brentwood, Loughton and Gravesend, and an aggravated burglary in East Church, Kent.

There was a burglary at a house in Mascalls Lane, Brentwood, on July 20 in which two cars and a large sum of cash were stolen.

The 33-year-old was charged with five counts of burglary, one aggravated burglary, and making off without payment in Romford on July 23.

He was also charged with dangerous driving, taking a vehicle without the owner's consent, driving other than in accordance with a licence, driving without insurance, failing to provide a specimen for analysis and criminal damage.

Francis pleaded guilty to the offences at Basildon Crown Court on February 14 and was jailed for a total of 12 years. He was also banned from driving for eight years.

Detective Sergeant David Wilkinson, of Brentwood CID, said: "Francis is a brazen and prolific burglar, but forensic tests and CCTV played a key part in helping us identify and catch him."



Photo credit: DCMS



Rotary Club donates to charity

The Rotary Club of Brentwood a Becket made a donation of £1,372 to SNAP recently to help create and install a soft play area to help encourage social interaction and imaginative play for visiting children.

could have hoped for. This is a great addition to our centre. Both the SNAP team and all our families are very grateful to the Rotary Club of Brentwood a Becket for helping to make this possible and for their continued support of SNAP services in the local community."

Members of the club are very aware of the importance of this facility to many families in the area and are willing to help any way they can to help SNAP thrive.

Working with a specialist equipment company, SNAP created a vibrant and versatile play area that made the most of a small area.

Karen Boath, SNAP director (family services), said: "We really have got the best possible outcome we

Burglar who stole £50k of designer clothes jailed



A burglar who targeted a home in Hutton has been jailed for more than three years.

Edward Williams broke into an address in Chigwell overnight between 8.30pm on October 7, 2017 and 6am on October 8, 2017

Around £50,000 worth of designer clothes and shoes were taken.

Less than a week later on October 13, a woman in her 40s came home to her address in Hutton to find someone had tried to break in to her house.

When officers carried out a search warrant at an address in Rainham they found a number of items of designer clothing which was later confirmed as belonging to the victim in Chigwell, a woman in her 20s.

Analysis of mobile phone cell sites also revealed Williams' phone had been within a mile of the address in Chigwell at the time the burglary took place.

Officers spoke to Williams on January 5, 2018 and he appeared at Basildon Magistrates' Court on October 11 where he was charged with burglary, attempted burglary, and theft.

Williams, 35, of no fixed address, pleaded guilty to the charges at Basildon Crown Court on Monday, February 11 and was jailed for three years and four months.



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LOCAL NEWS

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LOCAL NEWS ONGAR



Father writes book following son's death

A father who wrote a book about his son he lost in a car crash says he was "delighted" to see it printed in time for the 10th anniversary of his death.

Adam Lawley, from Ongar, was returning home from work on November 21, 2008, when he lost control after deer ran onto London Road in Stapleford Tawney.

Last year on the ninth anniversary of Adam's death, dad Stephen Lawley launched his e-book *You Make Me Better* on Amazon.

It proved popular, selling 200 copies in the first two months leading to him aiming to get it in paperback form ahead of the 10th anniversary, which he succeeded with.

Talking to **VISION**, Stephen said: "The e version was already available and has been a big success on Amazon. I was truly delighted at that, but getting the book in a format that you can touch and put on the shelf, and into libraries, was extra special for me on Adam's 10th anniversary.

"Writing the book, allowed me to put my thoughts down on paper and deeply investigate my own

feelings and belief systems about loss and life itself.

"Adam's short 21-year life would not be in as much vain if other's got something that improved their life. This was a key focus of the book.

"Kathryn, my wife, plunged herself into her art and incorporated Adam into all her art work. She had London Art exhibitions and had quite a following.

"It was five years after Adam, when things were raw, but not as raw, that I got this insatiable urge to write.

"I was waking every day at 5am and could not stop writing. In the end I had to control my new passion to two hours per day seven days a week for the following two years.

"I never wrote in with others in mind. It would have been impossible for me to continually think of others while writing it, this even includes my closest friends and family.

"I felt I had to stay true to myself, and Adam and be as honest and open as possible, and let my feeling out. This is hard for anyone but especially me as a man and who has lost his son."

Photo credit: www.amazon.co.uk



Photo credit: Essex Police

Two drug dealers jailed

Drug dealers from Ongar and Loughton, caught with ecstasy and cocaine, have been jailed.

Police were patrolling in Loughton on January 6 when they became suspicious of a vehicle. They stopped the car and searched George Groom and Jack Elliott.

Elliott, from Ongar, handed officers a bag which he had concealed in his underpants containing more than three grammes of cocaine.

He was arrested and taken to a police station where he handed over a bag containing 42 bags of MDMA.

Groom from Loughton was searched and was found in possession of a mobile phone linked to the supply

of drugs and £80 in cash.

Groom was charged and found guilty of two counts of possession with intent to supply Class A drugs. He was jailed for four years.

Elliott was charged with and pleaded guilty to two counts of possession of a Class A drug with intent to supply. He was jailed for two years and three months.

Following sentencing, Det Sgt James Paget of the West Operation Raptor team said: "Dealers like them have absolutely no regard for the law or for the harm they cause in the communities where they sell their wares."

Hospice named as charity partner

Sainsbury's in Ongar has named St Clare Hospice as their Charity of the Year.

St Clare Hospice is a charity providing specialist palliative care for people living with terminal or life-limiting illnesses across West Essex and East Herts border.

Partnerships with local organisations are a vital source of income for the hospice, with last year's Charity of the Year programme generating approximately £30,000.

These year-round fundraising partnerships see organisations and businesses pledge to fundraise for their chosen charity for the 12-month period in any way they choose.

St Clare Hospice's community fundraising lead Dani De'ath commented: "We are humbled by the support we receive from local organisations throughout the hospice's catchment area.

"Every year, these generous local businesses and town councils raise thousands of pounds in vital funding for us, so that we can continue to offer our compassionate care, free of charge, to those who need us in their local communities.

"We'd like to say a huge thank-you to everyone who has chosen us as their Charity of the Year – together, with their support, we are making a difference to local people who are facing one of life's most difficult journeys."



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Driver gets stuck in the mud

An erratic driver was slapped with a fine after he got stuck in the mud after joy riding in a field in Ongar.

On Saturday, February 16 police officers were called to the field behind Sainsbury's in Ongar by residents disturbed by a car driving in the field.

PC Paul Harrison of Essex Police arrived to find the motor driving "erratically" on the grass.

He said: "They tried to make off but car got stuck in the mud.

"Then they begged me for help."

The driver was issued with a Section 59 warning, which can be served against those behind the wheel causing "alarm, distress or annoyance".

Along with the cost of recovering the bogged down car the evening of fun set the driver back £300.

Celebrate Mother's Day at Zinc



Photo credit: Zinc

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Dani in Demand

As father/daughter partnerships go, this one is pretty unique – they both have the same name, for starters... kind of.

Danny and Dani Dyer have constructed between them a rather old-school assault on the senses, with the latter even looking to usurp her West Ham-supporting dad in terms of column inches and social media followers.

While Danny Dyer has evolved from terrace casual chav to Queen Vic landlord, Mick Carter's daughter, Dani, the diminutive model, has ascended slowly into the public's consciousness. And it was last year's appearance on *Love Island* that saw the Essex starlet gain equal footing alongside her illustrious father.

Along the way, the 22-year-old has become regarded as one of the leading faces for Generation Z, and has found herself a spokesperson for modern feminism.

"I don't like to take all that stuff too seriously, but I am on the side of the girls, certainly," she says. "I've always grown up with very strong role models, and I feel I have inherited that for myself. Gender doesn't really come into it – it's about who you are and what you do with it."

Speaking about her winning stint on *Love Island* – during which time she met and fell for fellow contestant Jack Fincham – Dani admits it was a positive learning experience.

She said: "Relationships in the villa are probably always going to be perfect because you're in a surreal situation. That's all you have, each other. There is nothing outside to affect that. You come out of the villa and then have to re-learn about each other."

Sure enough, she and boyfriend Jack have had their fair share of ups and downs, but embracing her father's dogged spirit has, thus far, ensured the couple have moved mountains in terms of surviving a permanently high-profile existence. That time in the spotlight was lengthened further by reality spin-off *Jack and Dani: Life After Love Island*.

Speaking of mountains, her next challenge is exactly that... climbing Mount Kilimanjaro for Sport Relief. "I'm not going to lie – I am bricking it," she says. "All I know is that it's a really big mountain and it takes ages to climb. I've never climbed anything before."

To follow, Dani has a book release set for April. Her self-improvement guide *What Would Dani do?: My Guide to Living Your Best Life* is an optimistic, positive slab of advice and experience. There's also the maintaining of her record-breaking clothing range – her collection for In The Style drove half a million visitors on its day of launch, with over 70 per cent of stock sold in just 24 hours. Add in a constant demand for media work, and Dani's worth has never been greater.

She said: "It's lovely to be appreciated and have the responsibility. Actually, I'm scared of my followers – I don't know what to do with them. It's been overwhelming, having people being kind and supportive... and I will make sure I am kind and supportive back."

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Embrace Eco Gardening

It can become all too easy to rely on pesticides and nasty chemicals to treat our garden and deal with any unwanted pests, but surely there must be an alternative that is better for us, our garden and the environment?

Mulching beverages

Rather than buying expensive pesticides which can cause more harm than good, why not try mulching beverages instead.

Simply save up any used ground coffee or tea leaves and sprinkle around you garden or add to your compost heap. This will not only deter insects from eating your produce but also enrich the soil in your garden.

Copper control

Slugs can be a real nuisance in the garden; munching on flowers, plants and vegetables alike. Luckily there is a common household object that can easily deter them from your prized plants.

Copper coins. Slugs just hate to crawl over copper so a border of pennies around the soil of your seedlings can protect them from these hungry creatures.

Homemade deterrent spray

The problem with many pesticides is that they kill all insects in their proximity, even the beneficial ones. It is better for your garden to simply deter pests from the crops they will destroy rather than eliminate all bugs from your garden completely.

Make a DIY natural spray yourself by soaking chilli peppers and garlic in oil and water, leave for a few days to stew and then spray the offending insects.

Feed your lawn with stale beer

How many times after a party have you been left with a selection of half empty beer bottles dotted around your home? Rather than throw the stale beer away, pour it onto any brown spots that have appeared on your lawn. The fermented sugars in the beer will act as a natural feed for your grass.



Our wonderful customers like our service so much, that over 40% of new customers joined us through their recommendation which, if you think about it, is a recommendation in itself.

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Consultations are readily available, free of charge and we can also offer a visualisation service to easily illustrate the potential appearance of your new driveway.

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▲ Before
After ►



▲ Before
◀ After

“We are extremely pleased with our driveway and as people go past our house they often comment on how nice it looks.”

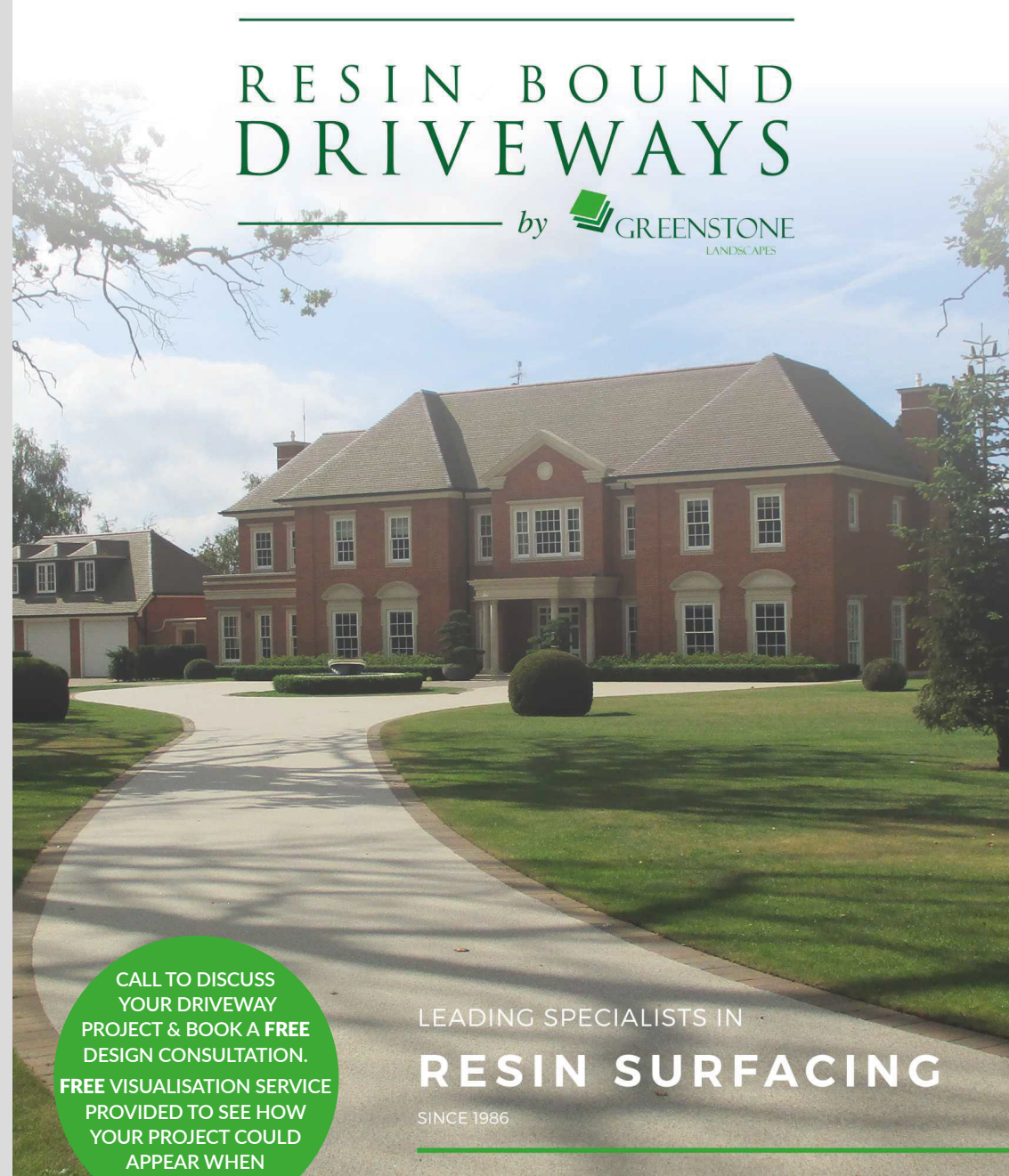
Paul Saini, Private Client

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Ian Stephens, Private Client

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PETS



PICK A PET TO

match your personality

Choosing the right pet to suit your lifestyle is vital. You don't want to be impulse buying a snake if you plan to start a family in the next couple of years.

Why do you want a pet?

If you want companionship, then a cat or a smaller breed of dog is the best option.

Or if you are looking for a family pet, pick a friendly dog such as a Labrador or Cocker Spaniel. Or for a smaller option, rats make great pets for kids as they are, contrary to belief, clean, intelligent and love human contact.

How active are you?

If you are an avid runner you need a dog who can keep up with you such as a Dalmatian or Greyhound.

However, if you prefer the indoors, you are more suited to a pet such as a domestic bird or a selection of tropical fish.

How much space do you have?

If you live in a small flat with little outdoor space, then a dog is pretty much out of the question. Instead opt for a smaller pet such as a hamster which only requires a small cage. Be warned, they are not afraid to bite. Or for something a bit different, sea monkeys only require a clean, salt water-filled container to thrive.

Do you travel often?

It goes without saying that if you travel a lot you need to pick a pet that is happy to be left alone for long periods of time or who can be easily cared for by others. The African Pygmy hedgehog, a domestic variety, is quiet and prefers its own company so makes the ideal pet for someone who works away or long hours.





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Thursday 7th March 2019 at 6.30pm
with Mr Matthew Hearth,
Consultant Orthopaedic Surgeon.

A guide to thyroid disorders.
Wednesday 13th March 2019 at 6.30pm
with Mr Taleb Jedly,
Consultant General Surgeon.

Worried about varicose veins?
Thursday 21st March 2019 at 6.30pm
with Mr Vijay Gadhvi,
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Constant CRAVINGS



Is your fast-food addiction getting you down? Here are some great tips to help transform the foods you crave, from horribly bad for you to healthy.

EAT PROTEIN WITH EVERY MEAL

If you find yourself starting off the day with a big bowl of porridge, assuming this hearty, healthy meal will fend off hunger pangs, think again. It is protein that helps you feel fuller for longer. So add a handful of nuts and seeds to your bowl, or choose eggs instead, in order to avoid that 11am sugar slump.

DRINK MORE WATER

Quite often we can mistake dehydration for hunger, so next time you feel those pangs, have a glass of water and wait five minutes before reaching for the snacks.

LISTEN TO YOUR BODY

Forcing yourself to eat a salad in December is never going to end well, so try to be aware of what your body is craving. In the summer, choose fruit over ice cream while in winter months make yourself some satisfying soups and stews, in preference to stodgy chips and pies.

MAKE SMART SWAPS

Craving a bag of crisps? Try having a handful of plain nuts instead. Desperate for a slice of cake? Make a big box of date protein balls. With both of these alternatives, you'll be amazed at how much more satisfied and energised you feel. Remember, when it comes to change it is many small steps that make the distance.

CHECK YOUR MOTIVE

Quite often, snacking is done out of sheer boredom over an actual need for food. If you think you might be doing this, find some handy distractions such as a crossword puzzle, or better still, a brisk walk.

PLAN AS MUCH AS POSSIBLE

It's well known that entering a supermarket when you're hungry always ends in disaster, so do as much planning as possible. Whether this means preparing a whole week of lunchtime meals to take to work in advance, or simply stocking your cupboards with healthier treats, foresight is your friend.



FIGHTING Inflammation



It's one of our body's greatest enemies, with age increasing your chances of encountering arthritic symptoms, from seven per cent up to the age of 45, to over 50 per cent of people in retirement. The symptoms are common and often unrelenting – joint pain, tenderness, stiffness, inflammation, weakness and muscle wasting.

But while doctor-prescribed medication can alleviate some symptoms, there are simpler, more natural ways we can help ease the pain.

Eat – Fatty fish such as salmon, mackerel, sardines and trout are high in Omega-3 fatty acids and are proven to decrease joint pain and morning stiffness.

If fruit and veg is more your thing, garlic, broccoli, spinach and grapes should be sought out.

Ginger is also known for its ability to block the production of substances that promote inflammation, while berries and walnuts will offer you instant improvement.

Drink – In recent years, tart cherry juice has really come to the fore as a rapid healing drink against the ills of arthritis. In a recent US study, participants who drank around 250ml of tart cherry juice a day significantly decreased symptoms of osteoarthritis and inflammation, compared to those who took a placebo.

Exercise – As with any sort of whole-body improvement, exercise must play a part alongside diet and hydration. Movement plans for arthritis are many and varied, but you need to focus on low-impact aerobics, strength training, regular stretching and subtle building of muscle mass.

The good news is many of these exercises are subtle and discreet – consider an office chair as apparatus to do seated push-ups against, take short walks, practise Pilates, yoga and Tai Chi. Also consider water-based exercises, low impact movements – such as in cycling – and suspension training.

Combined, these natural remedies can significantly lessen the impact of arthritis.



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BEAUTY



THE Marvel OF MINERAL MAKE-UP

Mineral make-up is made of natural ingredients such as zinc, mica and titanium oxide. It is known for being kinder and gentler to your skin as well as a whole host of other benefits.

FREE FOR TOXICITY

Mineral make-up is known for being chemical-free, and some brands are also perfume-free which results in less irritated skin. This is especially important for people with sensitive or hypoallergenic skin.

NATURAL SUNSCREEN

Mineral make-up products contain a natural sunscreen which helps protect your face from damaging sun rays. It also helps give your face a healthy glow without the need for fake or gradual tanners.

BANISH BREAKOUTS

Mineral make-up is specifically designed to let your skin breathe by blending in perfectly with your skin's natural oils. The lack of preservative ingredients also helps prevent irritation and spots.

VERSATILITY

Mineral cosmetics can be used by women with all skin types, from dry to oily to combination skin. It can also be mixed with your current moisturisers or creams to create different levels of coverage.

LONG-LASTING

Both in terms of shelf life and coverage on the face, mineral make-up comes up tops. Due to its pure ingredients, no bacteria will grow on your products, meaning they will last longer, and the natural pigmentation of the make-up means it will stay put longer.

SHEER COVERAGE

Probably the number one factor to many women, how does this make-up make me look? In a nutshell, you on your best day. Mineral make-up creates a beautiful sheen that is lightweight in both touch and appearance.

If you are craving a cosmetic that makes you look naturally gorgeous, does not harm your skin and adapts to your changing complexion through the month, then give mineral make-up a try.



Make-up brush MAINTENANCE

It can be easy to forget to clean your make-up tools but remember that you use these brushes on your face daily. Would you only clean your face towel once every six months? Of course not. So, treat your make-up brushes in the same way.

How often to clean your make-up brushes

- Concealer and foundation brushes should be cleaned once a week
- Eye shadow brushes should be cleaned fortnightly
- If you suffer from breakouts, you should consider washing your brushes after every use

How to clean your brushes

- Mix a spoonful of gentle shampoo with a cup of warm (not hot) water
- Dip your brushes, one at a time, into the liquid and gently massage the bristles to remove any dirt
- Rinse thoroughly with clean water, making sure to squeeze any excess liquid off the bristles
- Lay brushes down flat on a towel to dry

How to store your brushes

- Make-up brushes need a clean and spacious environment in order to prolong their shelf life
- Place your brushes bristle-side up in a sterilised mason jar or container
- Do not store too many brushes in any one container
- Do not keep your brushes in the bathroom or kitchen where bacteria can be picked up

When to replace your make up brushes

- If your brush no longer holds its original shape, then it needs to be replaced
- If shedding has occurred and your brush no longer has enough bristles to effectively apply your make-up
- If you have damaged or broken the brush handle as bacteria can form in the cracks and be transported to your face
- As a rule, you should look to replacing your brushes every three to six months depending on their condition



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Whether you're feeling sore after training or are suffering from a localised injury, cryotherapy can be used to enhance the recovery process and help you manage any symptomatic pain and discomfort.

This fast, reliable treatment is also effective in combating joint and muscle disorders, including arthritis.

HOW DOES IT WORK?

When your body is exposed to extremely low temperatures, the immune system responds by increases your white cell count, reducing inflammation. Your circulatory system reacts to the cold by kicking into overdrive, and blood flows away from your limbs and towards your vital organs.

Because your system has been tricked into "fight or flight" mode, anti-inflammatory proteins and feel good hormones are released into the blood stream. This leads to an increased metabolism and a reduction in cortisol (which is otherwise known as the 'stress hormone').



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- Reduce inflammation
- Relieving muscle pain
- Increasing your energy levels
- Speeding up your recovery

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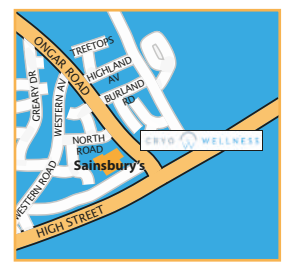
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MEN'S

Fashion Trends SS19



With a combination of classic and rule-breaking trends, this season's offerings are anything but boring. If you are guilty of living in the standard dude combo of dark jeans, white tee and branded hoodie, then why not dare to be different this year and embrace one of the below fashion-forward styles?

STATEMENT SWEATERS

Forget slogan T-shirts, this spring it's all about the statement sweater. In particular, cartoon-like images and messages preaching positivity and unity in the face of adversity will be popular and have dominated the catwalks.

DAD JEANS

Say goodbye to intricate designs and embellished denim and embrace a simpler look. Dad jeans are medium or light wash and come in either a straight leg or a boot cut. Team with neutral blazer for a smarter look or with a vibrant shirt to stand out from the crowd.



CLASHING COLOURS & PATTERNS

If you think bold and bright as the weather improves then you can't go far wrong. Everyone from Dolce & Gabbana to Valentino to Donatella were showcasing their new neons and clashing imagery on the runway.



SHORT SHORTS

When we say short, we mean super-short. If you would struggle to bend over without flashing the flesh, then you've got it right. Not for the bashful, this trend would probably work best for weekend beach break or impromptu BBQ. Team with whiter than white sneakers (another SS19 trend) for a casual vibe.

SLACK SUITS

As the weather gets warmer, it can be a struggle to look sharp in a suit without feeling like you are melting. The solution? This year's trend for baggy and relaxed style suits. Look out for styles in lightweight materials for an ever more laidback look.



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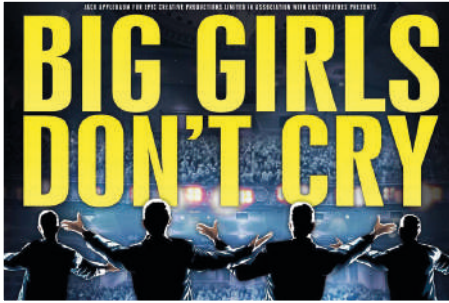
in your area

Slimming World with Cheryl Godden
Bishops Hall, Pilgrims Hatch,
CM15 9NP
Every Friday, 5.30pm

This group is the second group ever to be held on a Friday night, meaning it is much more accessible to Brentwood residents.

Contact Cheryl on 07463 710263 for more information.

Big Girls Don't Cry
Brentwood Centre, Doddinghurst Road,
Brentwood, CM15 9NN
March 16, 8pm



Step back in time, to the era of romance. Where gents were gents, and gals were gals.

Come and experience the iconic sounds of Frankie Valli and The Four Seasons authentically recreated by a phenomenal cast and live band.

This is a tribute show and is no way affiliated with any original artists/estates/management companies or similar shows.

Andy Kind – Hidden in Plain Sight
Brentwood Baptist Church, 91 Kings Road,
Brentwood, CM14 4DR
March 22, 8pm – 10.15pm

Join us for an evening with comedian Andy Kind as he explores the theme of life and meaning through stories and jokes.

This is Andy Kind's new show that started touring early in 2019. It features gags-a-plenty, with a thought-provoking undertone.

The performance will be in two halves, with refreshments being served in the interval. If you have any dietary requirements, please let us know

via email josh.walldock@brentwoodbaptist.org.uk
For tickets, visit www.eventbrite.co.uk

Brentwood Borough Drill Contest
Brentwood Imperial Youth Band Hall, The Drive, Warley, CM13 3BH
March 24, noon – 3.30pm

The event open to any youth group that follows the principles of a British Forces Drill Manual.

The contest will consist of two categories firstly a Drill Display and secondly a Smartest Dress.

Following an inspection, a squad of eight people of ages 17 years and under will complete a silent drill display, of their making, which will be between 1½ to two minutes long.

Silent means to no accompaniment.

Ongar Cookbook Club: Delia Smith
Mustard Seed, Hunters Chase, Chipping Ongar, CM5 9DQ
March 28, 7pm – 9pm

Come along, bring a dish and the cookbook, meet likeminded cooks, eat, drink and chat about food.

Ongar Juniors Fundraising Golf Day
Toot Hill Golf Club, School Road, Toot Hill, Ongar, CM5 9PU
March 29, 10am – 6pm



Cost is £50 per person. Tea, coffee and bacon rolls at 10am and two tee starts at 11am.

Return to The White Hart Moreton for awards and celebrations. There will be individual and team prizes.

Entries strictly on a first come first served basis.

Contact Nick Housden to secure your entry via email on nhousden75@icloud.com

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Let's get GEOCACHING

KIDS



Do you want to get your child out in the fresh air but are fed up with endless trips to the same park? You want to spend time as a family but find it hard to find activities that everyone will enjoy without breaking the bank? We have the solution.

WHAT IS GEOCACHING?

Geocaching is effectively a digital treasure hunt on a massive scale. A geocache, or cache as it is also known, is a small, sometimes tiny, waterproof box that has been hidden somewhere outside. Geocachers (players) use a global positioning system to either find or hide these caches for other users to find. Geocaching can take place anywhere outside in the whole world.



HOW CAN I GET INVOLVED?

It is incredibly easy to get started and all you need to play is a handheld GPS and your own two legs. You can quickly create an account at www.geocaching.com and then when you are ready to play, simply enter your postcode and locate your nearest geocache. Then get searching.

WHAT DO I DO WHEN I LOCATE A GEOCACHE?

When you find your chosen cache, it will most likely include a log book along with a small trinket or sometimes even several trinkets. You can then write a message in the book and the date that you found it. You can either leave it at that or if you want to take one of the hidden treasures, you then replace it with a different item.



WHAT ARE THE BENEFITS?

- Suitable for all ages and fitness abilities
- Gets participants outdoors and experiencing nature
- Opportunity to visit new places and learn about our natural surroundings
- Geocaching events are a great way to meet new people
- It's free and a great activity for families to do together



TRAVEL



VOLUNTOURISM

According to a recent survey, 84 per cent of millennials said they would like to travel abroad for a volunteering holiday. Brought on by a combination of wanting to truly experience a new culture and the desire to break free from the confines of excessive consumerism; voluntourism has never been more popular.

Experience full cultural immersion

You may think that you explore the local culture when you go abroad but do you really? Most volunteering holidays require you to stay with a host family; eating their home-cooked meals, taking part in their day to day lives and learning about their traditions.

Learn a language

Worried about the language barrier? Don't be. The easiest and most effective way to learn a new language is to be surrounded by local people whose English may be limited. Forced out of your comfort zone, you will be surprised at how quickly you pick up common words and phrases.

Gain a new perspective on life

Sometimes we can all get stuck in a rut, professionally and personally. Volunteering will open your eyes to the problems and difficulties that people less fortunate than yourselves face daily. You will come home with a fresh and positive outlook on life.

Making a difference

When choosing a volunteering holiday, don't be afraid to ask questions about sustainability and the impact your work will have on the local community.

Opportunities available

If you are an animal lover, why not volunteer to help the monkeys in South Africa or the orangutans in the Borneo Jungle? Alternatively, you could sign up for the rebuilding programme in Nepal if you don't mind getting your hands dirty. And for those who want to give something back to the younger generation, volunteering as a teaching assistant in Kerala would be ideal.

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SUPERFOODS

You've heard of them, and chances are you eat some of them every day... but what exactly are superfoods? And why should you be interested in them?

Anyone who has even the vaguest interest in protecting their long-term health will love the notion that one single food item can have profound positive effects on their body, and that's precisely the logic behind the superfood label. Whether packed with antioxidants which are thought to protect against the harmful effects of free radicals – chemicals which all our cells naturally produce that cause damage – or brain-boosting, heart-protecting Omega-3 fatty acids, these superior dietary choices supposedly

have the power to boost your mood, slow down the ageing process, improve physical ability and generally transform you into a super human.

The trouble with superfoods, however, is that there is not an abundance of scientific evidence to back up these claims. Mostly this is down to the fact that research is based on high concentrations of the extracts, meaning that in some cases you would have to eat an awful lot to get any real benefits. On the bright side though, it's indisputable that a diet high in foods such as berries, garlic, broccoli and oily fish, is going to reduce the risk of chronic illnesses such as heart disease and cancer, and generally help you lead a longer and happier life.

-  • **Garlic** – has antibacterial properties and helps reduce cholesterol
-  • **Broccoli** – loaded with magnesium and vitamin C
-  • **Kale** – high in vitamin A and C, plus it contains lutein, a skin-boosting nutrient
-  • **Goji berries** – powerful antioxidants
-  • **Wild salmon** – packed with potassium and zinc along with precious Omega-3s
-  • **Quinoa** – high in amino acids and protein
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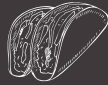




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Food Mysteries

REVEALED



FOOD & DRINK

Why do onions make you cry? Why does chilli make your mouth burn? We expose the food mysteries that have long since plagued your mind.

Why do onions make you cry?

We have all experienced the burning sensation, followed by the uncontrollable flowing tears when we slice this seemingly innocuous staple ingredient. But why does this happen? It is actually very simple, cutting an onion causes its enzymes to release a pungent gas which causes irritation when it comes into contact with your eyes.

Top tip: Refrigerate your onions prior to cutting.

Why does chilli make your mouth burn?

We are a nation of curry lovers but not all of us can stand the heat. Chilli contains the chemical capsaicin which binds to the receptors in our nose and mouth causing a burning sensation.

Top tip: Water is not effective against capsaicin, instead try olive oil or milk, or even whiskey.

Why is it that once you pop you can't stop?

Pringles and other salted potato snacks are very hard to eat in only minimal amounts. Have you ever managed to eat just one or two crisps? Or is the temptation to go back too strong to resist? This is because our bodies are designed to crave sugar, fat and salt, stemming from our caveman days when we needed to store as many calories as possible.

Top tip: Only buy individual packets or better still, snack on unsalted nuts.

Why are you hungry so soon after a Chinese takeaway?

Many Chinese dishes contain MSG, Monosodium Glutamate, which triggers your pancreas to release insulin making you feel hungry. This popular cuisine is also high in carbohydrates such as noodles and rice which cause your blood sugar levels to crash quicker, resulting in overeating.

Top tip: Choose soups and protein-rich dishes with vegetables on the side.



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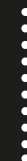
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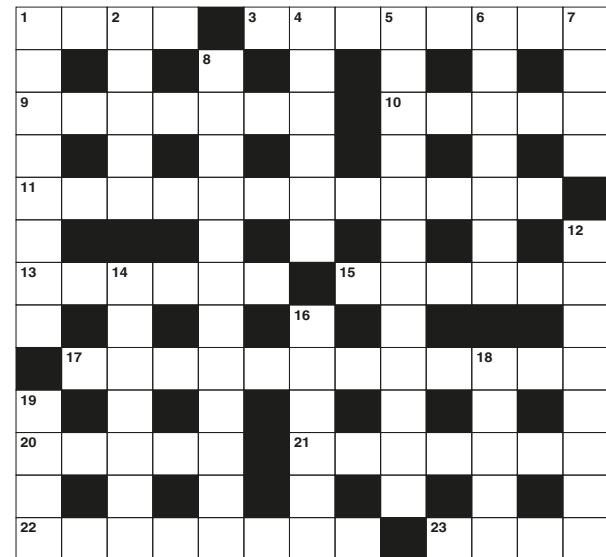
PUZZLES & TRIVIA

ACROSS

- After the beginning of (4)
- Allocated (8)
- Mythical being (7)
- Gaped (anag) (5)
- Style of blues (6-6)
- Embody (6)
- Measure of heaviness (6)
- Unhappy (12)
- Imitative of the past (5)
- Organic nutrient (7)
- Moving at speed (8)
- Sums together (4)

DOWN

- Sit on eggs (of a bird) (8)
- Ballroom dance (5)
- Narrow drinking tubes (6)
- Enhancements (12)
- Pestering constantly (7)
- Fathers (4)
- Adequate (12)
- School pupils (8)
- Artist (7)
- Not level (6)



- Shy (5)
- Curved shape (4)

DID YOU KNOW?

- ▶ The largest bone in the body is the femur
- ▶ Your nose and ears will continue to grow for your entire life
- ▶ Over 700 strains of bacteria have been detected in the human mouth
- ▶ More than 10 muscles are working at the same time when walking
- ▶ Like finger prints, tongues also have their own unique print
- ▶ The average speed of a sneeze is around 100mph
- ▶ Fingernails grow around twice as fast as toenails
- ▶ Your skull is made up of 22 bones

SUDOKU

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



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Giving IT BACK

THE WORLD'S MOST GENEROUS BILLIONAIRES

1 Bill Gates (\$35billion)

The world's most prolific giver, 63-year-old Gates regularly donates to healthcare, education and IT sectors, as well as generously supporting developing world projects, particularly in attempting to eradicate poverty in Africa. And at the end of November he gave £727,000 to Dundee University to help male contraceptive research.

2 Warren Buffet (\$31billion)

Warren Buffet's contributions towards healthcare, education, AIDS prevention and sanitation in underprivileged areas make the business brain the world's second biggest philanthropist.

3 Li Ka-shing (\$10billion)

Education and healthcare are subjects close to Li Ka-shing's heart, with the 90-year-old Hong Kong business magnate the owner of a portfolio that includes transportation, real estate, financial services, retail, energy and utilities.

4 Andrew Carnegie (\$10billion)

Peace through education is a concept that was particularly dear to the long deceased industrialist Andrew Carnegie, whose legacy of business trumps even Gates's, and saw him give away his entire fortune (closer to \$100billion if factoring in inflation) to charitable causes across the globe.

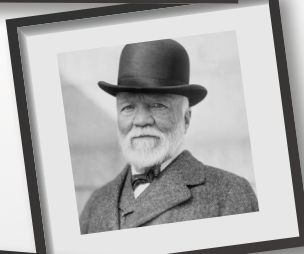
5 Azim Premji (\$8billion)

The software entrepreneur is a passionate and loyal supporter of education and healthcare projects and has so far given away over half his estimated £15billion fortune.

The Giving Pledge

A number of billionaires, including our very own Sir Richard Branson, are part of an exclusive club put together by Bill Gates, who have all signed up to giving more than half their fortune away.

Others involved in the pledge include Vladimir Potanin, a Russian mining oligarch, tech entrepreneur Elon Musk, Facebook founder Mark Zuckerberg, and Hasso Plattner, another software genius, from Germany. Over 180 individuals have now pledged to hand over more than \$500billion in total. As Virgin chief Branson stated: "‘Stuff' really is not what brings happiness. Family, friends, good health and the satisfaction that comes from making a positive difference are what really matter."



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DOES YOUR MONEY NEED A PERSONAL TRAINER?

If you're determined to make 2019 the year you get into shape, you might want to think about giving your finances a makeover too. Sometimes we can all benefit from a little help and encouragement to ensure our finances are fit and healthy. We can help you see things more clearly and put in place the right financial plans for your future.

Toning up your savings. At some stage in our lives we are all going to need savings to fall back on. As we head towards the end of the tax year, it's a good idea to maximise the amount you're saving into your ISA. The allowance for the 2018-19 tax year is a generous £20,000, and the tax benefits are attractive.

Adding pensions muscle. Whatever stage you've reached in your working life, it's worth reviewing your pension provision. Remember, if you want a carefree and comfortable retirement, it's up to you to provide for it. The state pension will only ever be a safety net and won't do more than cover the basics.

Maintaining 20:20 vision on your protection plans. It's worth keeping life policies under review, as over the years your circumstances change. It pays to check you have enough cover for your current situation. There are policies that cover death and critical illness, provide an income if you're unable to work due to an accident or sickness, and ones that can protect your mortgage payments. If you've recently bought a house, had a baby or changed jobs this could mean you need to think about a different type of cover to meet your new needs.

Flexing your investments If it's been a while since your investments were checked out, this could be a good time to revisit your portfolio. We will ensure that your investments remain in line with your risk profile and, if necessary, rebalance your assets to ensure you achieve your financial goals.

So, make 2019 the year you keep your financial plan fit and well. Why not schedule a review meeting? Please contact Andy Costin, Independent Financial Adviser, on 01277 654153.

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One: TYRES

Check there's a spare tyre, a jack, its handle and the wheel brace for your vehicle. Remember too, the minimum legal tyre tread is 3mm. Make sure tyre pressures are correct – this will help handling and avoid you using excess fuel. It may also keep you on the road.

Two: LIGHTS

Check all of the lights, indicator, brake, dip, full beam and fog individually. Ask someone to stand out in front to help you make sure there are no faulty bulbs. Alternatively park by a clear wall or shop window in the night to see for yourself.

Three: WINDSCREEN

Make sure windows are washed and clear, and top the water for the windscreen wipers. Also check the wipers for any wear and tear... a smear on the window is the clearest sign your wiper blade needs replacing.

Four: OIL

Check engine oil or things may overheat. Do this

by checking the dipstick when the car has been dormant, and ensure you're on a level surface. Top oil up via the cap and don't overfill.

Five: FAN BELT

Check the fan belt for any cracks or slippage.

Six: RADIATOR

If your car has been bought within the last decade, it should have the overflow bottle marked with a minimum and a maximum water level. Older vehicles will have a radiator cap. Make sure the engine is switched off and cool, then top up with an equal mix of water and antifreeze coolant.

Seven: EQUIPMENT

Always have emergency equipment in the car – so, torch, screwdrivers, pliers and adjustable spanner. Fire extinguishers are always useful, and your car should contain a medical kit and reflective jacket if you breakdown, plus bottles of (unopened) water.



SPORT



Gordon
BANKS

AN ORIGINAL ENGLAND ICON

The passing of Gordon Banks in the middle of February offered the nation a chance of reflect and admire arguably the most iconic keeper the England football team has ever had.

Across two World Cups the Sheffield-born stopper wrote his name into Three Lions folklore – first, repelling West Germany at Wembley in 1966 as Sir Alf Ramsey's men lifted the Jules Rimet Trophy; then four years later, in Mexico, making a seemingly impossible save to thwart the great Pele.

In truth, England's World Cup win on July 30, 1966, was built around 10 other footballers, and as for the best save ever, it's doubtful... and these are facts the impossibly modest Banks reminded people of regularly in what is half a century since.

His humility was only one part of his character. Banks was a dominant, strapping, resilient, battling keeper from an altogether different era, where footballers were everyday folk, and retirement often led to opening a pub rather than going after the much-vaunted 'media work'.

He starred for Leicester City at the time of England's greatest game, and despite surprisingly being allowed to leave the Foxes little more than a year after that Wembley win, went on to make almost 200 appearances for Stoke City, prolonging his international career until the age of 35.

His retirement from the game was ultimately forced on him after a car crash in October 1972. He lost the sight in his right eye, and with it, the ability to perform fully as a keeper, despite stints thereafter in the US and Ireland.

Although he took up coaching and management roles, his experiences were never going to match those as a player and he left the game, returning later as an ambassador for Stoke City and regular member of the Pools Panel.

Banks passed peacefully away in his sleep on February 12, 2019.

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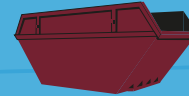
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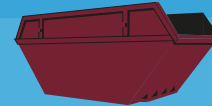


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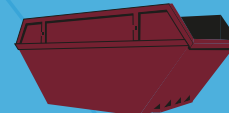
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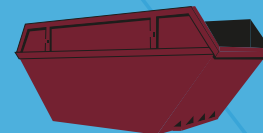
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