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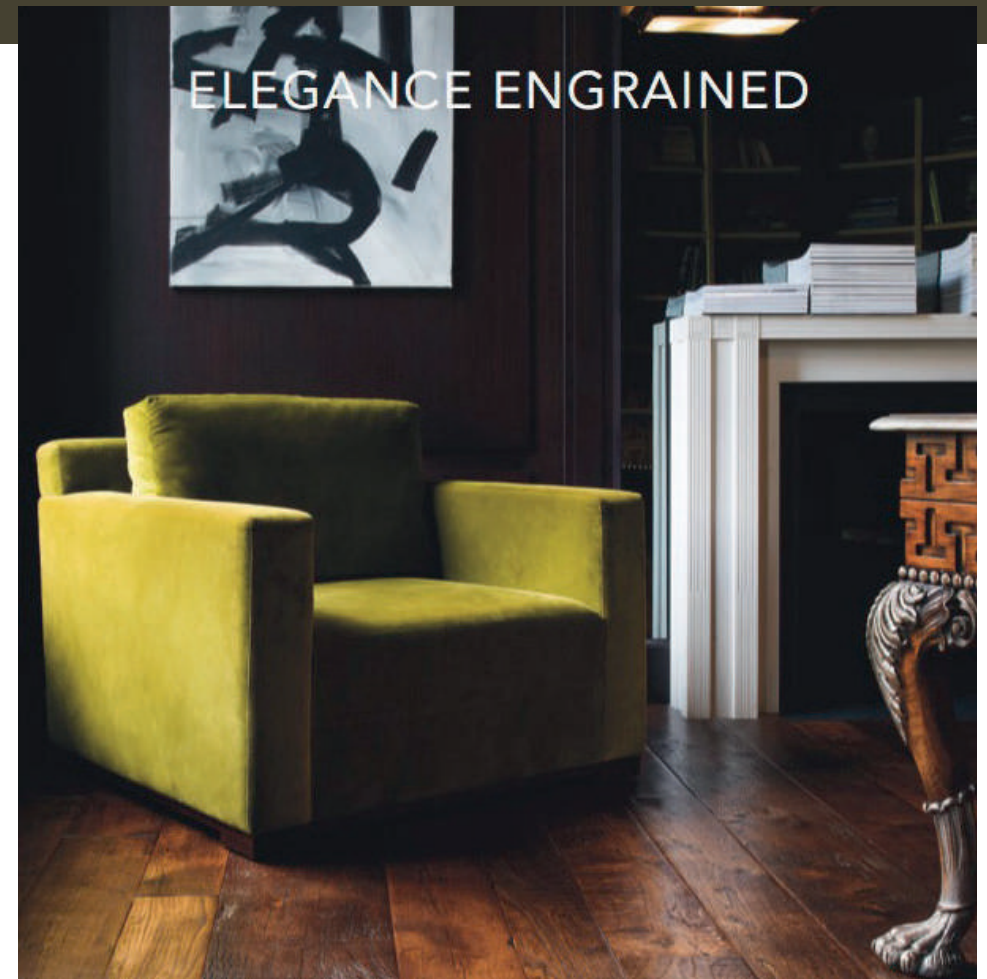


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Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION**Billericay. I hope you have been enjoying the summer months so far as we go into August. Festivals, kids off school, summer holidays... it really is a busy and special month of the year.

In this month's issue in Gardening we get some tips from Alan Titchmarsh and catch up with Kevin McCloud for some Home/DIY advice.

In Health & Fitness we look at the best stretching exercises and we run through the best sun cream for your summer holidays in Travel.

In local news, swimmers from a local school are celebrating a medal haul and we have the latest from Billericay FC as work to upgrade the ACP Arena continues. We have some exclusive shots of the work in progress. Also, thank you to reader Ian Hartwell who sent us some phenomenal pictures of the recent thunderstorm over the town. We'd love to see your pictures too, so please send them in.

As always we encourage our readers to get in touch with feedback from this month's edition. Email editorial@visionmag.co.uk

Let us know your thoughts and enjoy reading.

Nik



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18. FUCHSIA, 20. LIBERAL, 21. ADAPTS, 22. UNDONE
DOWN
1. TYPIFY, 2. SHREDDER, 3. EDGES, 5. PREPAID, 6. REDO, 7. SENSOR, 8. INDIVIDUALS, 13. CONCERTO,
14. CONSORT, 15. RAFFIA, 16. GRILLE, 17. ROBIN, 19. CUBA



GRENFELL TOWER INVESTIGATION MUST GIVE VICTIMS JUSTICE

Every few years Britain is hit by a disaster, so horrendous that it becomes a national disgrace. It leaves bitter and deep wounds and divisions, not only on the victims and survivors but also on the whole country.

Hillsborough is one of those disasters when in 1989, 96 Liverpool fans died in a human crush at the Sheffield ground.

It is only in the last few weeks - 28 years later and after inquiries and inquests - that six people, including two former senior police officers, have been charged with criminal offences over the deaths and the alleged police cover-up that followed.

That news came as another disaster the dreadful fire at Grenfell Tower in North Kensington, London was taking up much of the newspaper and broadcast headlines.

But already controversies that surrounded the early days of Hillsborough appear to be happening around the 24 storeys of Grenfell.

It is known that 80 people died, but the final tally is expected to be much higher. It is also known there were 120 homes.

Amazingly though, what is not known is exactly who was living there. Some of the flats had been sub let and so the occupants would not be on any council list. The sub letters have not come forward to tell police or the authorities who were in their flats, as they themselves have been committing fraud.

A large number of people are still missing, believed dead. The survivors, most of whom have lost everything, are living in hotels and bed and breakfasts if they are lucky. The others initially had just a blue airbed in a leisure centre.

Retired Court of Appeal Judge Sir Martin Moore-Bick will lead the public inquiry into the Grenfell Tower tragedy as its chairman. He has already said he is "doubtful" the process will be as wide-ranging as some residents hope.

But his inquiry will investigate the theory that the fire started as the result of a faulty fridge freezer in a fourth floor flat which literally spread like wildfire because of the type of cladding used in the refurbishment of the tower block.

It has been alleged that fireproof cladding at Grenfell Tower was downgraded to save money. The exterior cladding, designed to improve the look of the tower and make it more energy efficient, has been blamed on contributing to the rapid spread of the fire.

Consultants for the refurbishment were placed under pressure to keep costs low, leaked emails reportedly show. Documents show the zinc cladding originally proposed was replaced with an aluminium type, which was less fire resistant, saving nearly £300,000.

A similar sort of cladding has been found on 181 tower blocks throughout the country.

Two council chiefs in Kensington and Chelsea have resigned over their handling of the disaster and police have not ruled out criminal charges at the end of their investigations.

The inquiry is expected to reveal an interim report in the next few months. But what ever happens the Grenfell survivors and families of the victims do not want to wait for the length of time that those Hillsborough families waited.

It would mean them not getting a final verdict until 2045.

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LINEN

Lovers

From tablecloths to bed sheets, why it's worth investing in good fabrics to adorn your home.

With cheap throwaway fashion becoming ever more ubiquitous, it can be easy to take the same approach to buying linens and fabrics for your home. But here's why you shouldn't... sticking to the logic that we spend a third of our lives in bed, the sheets we swaddle ourselves in ought to be super-cosy and non-irritating. Good quality fabrics actually get softer over the years, making them a worthwhile investment – and they just look and feel much nicer.

When it comes to bedsheets, a lot of emphasis is put on thread count, but the quality of the yarn is equally important, which is why Egyptian cotton is up there with the best. Originally grown in Egypt where the warm, dry climate offers ideal conditions for the cotton plant, this produces extra-long staple fibres which are thinner than other cotton varieties, and despite being thinner are actually more durable than standard cotton, so your bedsheets become more

luxurious and softer over time.

When it comes to other fabric items for your home – tablecloths, napkins and curtains – you'd do well to seek out some classic Irish linen. Traditionally made from the cellulose fibres that grow inside of the stalks of the flax plant, this cloth is not only seriously hard-wearing, but also looks beautiful, adding a rustic charm to your kitchen or lounge.

Fortunately, you don't need to find a flea market in Donegal or schlep to a bazaar in Cairo to get hold of these fabrics. Most high street stores have an abundance of both. But if you still find yourself baulking at the hefty price tag, just think of all the dreamy nights and delightful dinner parties you will have with them.



DESIGN

Guru



He's the editor-at-large for *Grand Designs* magazine and has dedicated a lot of his time to the world of design, however, Kevin McCloud is probably best known for his television role on Channel 4's *Grand Designs*, which he has presented since its debut in 1999. The presenter even received an MBE for services to sustainable design and energy saving property refurbishment in the 2003 New Year Honours. But how did the Bedfordshire-born man become a national treasure?

The home that he grew up in was built by his parents but fell apart within 10 years, which could be where his love for design and building came from. Years later, he went on to study the history of art at Corpus Christi College in Cambridge. McCloud now lives in Somerset with his wife and two children.

It's claimed that McCloud wrote an entire *Grand Designs* episode himself after he found out the public had made a drinking game for when they watched the show. The game, that many were tweeting with the hashtag #granddesignsbingo, was based on his script and the public drank every time he said a certain word or phrase. In the script he allegedly wrote for the show, he made sure that the episode he wrote would have the public continuously drinking.

McCloud isn't just popular on our television screens, he has also written several books including: *Kevin McCloud's Colour Now: An Expert Guide to Choosing Colours for Your Home*, *Kevin McCloud's Grand Tour of Europe* and *Grand Designs Abroad*.

Despite his lengthy career in the lime light, the 58-year-old shows no sign of stopping as he continues to film *Grand Designs*. He has inspired many over the years and there is no doubt his work will have a lasting effect on the world of design and architecture.



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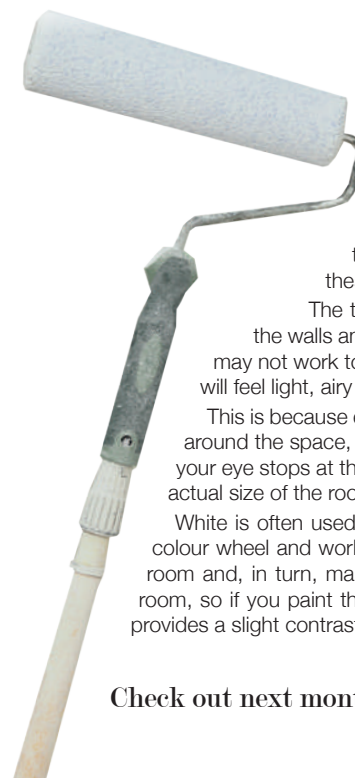
Are you gearing up for a spot of DIY? Is your room suddenly looking a little on the small side? The secret to keeping your rooms looking optimum in size is actually quite surprising: look up.

Your ceiling can hold the key to the perfect room resize – and it all depends on colour. Even if you're not blessed with the biggest of spaces, ceiling colour can trick the eye in a way that makes the most of any room. It's no good being stuck in a small box with a low ceiling that can feel cramped and stuffy. Light colours on your ceiling can make these spaces feel bigger, but it's got to be done right.

The trick to opening up a small space is to keep the colour contrast between the walls and ceilings to a minimum. For example, a dark blue wall with a white ceiling may not work to enlarge the space, but pale yellow walls with a cream or off-white ceiling will feel light, airy and larger.

This is because enlarging a room with lighter colours enables the eye to travel continuously around the space, making the room appear more spacious. When you use different colours, your eye stops at the line where the colour changes. This makes the edges (and therefore the actual size of the room) more apparent.

White is often used as a ceiling colour because it complements almost every shade on the colour wheel and works well in most colour schemes. It also reflects light, which brightens the room and, in turn, makes it appear larger. Furthermore, white reflects the other colours in the room, so if you paint the walls deep red, the ceiling will appear to be a slightly rosy hue, which provides a slight contrast without becoming too overpowering.



Check out next month's edition for ceiling the deal with big, bold colours...



Dare to go blush

It seems that people simply can't get enough of blush pink when it comes to decorating their homes. 'Blush' is a medium tone of the colour pink and looks soft and pale.

The blush tone offers a more sophisticated look than the bright and overpowering 'hot pink' that many children love.

However, some may be put off by the perception that adding pink to a room will make it seem too girly. But it's also important to remember that incorporating the colour into your home doesn't mean it has to be smothered over your walls, you can add it in the form of accessories such as pillows and rugs.

However, if you want to make more of a statement then why not invest in a blush pink sofa or a pair of curtains?

Either way, this on-trend tone can be incorporated into any environment making it look sleek and stylish. This colour looks particularly brilliant when used in bedrooms or living areas.

The Statement

If you want to make a bold statement, choose a natural colour for your walls such as white or an off-white. You can then add splashes of colour with blush pink furniture.

The Mind Changer

If you're someone that likes to decorate frequently then incorporate blush pink into the room with accessories such as pillows. These can easily be swapped for another colour and it won't cost you an arm and a leg to do so.

The Minimalist

If you hate clutter then why not purchase some blush pink light shades, vases, candles or picture frames? You can display them sparingly, yet the colour will still make a lasting impact on the overall look of the room.



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LOCAL NEWS

from your neighbourhood



School swimmers win big at county finals

Swimmers from a local school won a collection of medals at the county finals held at Basildon's Sporting Village on June 29.

Thirty two pupils from Buttsbury Junior School, on Norsey View Drive, Billericay, had their most successful tournament to date.

The children won 12 individual golds, 18 individual silvers and three individual bronzes, as well as all eight freestyle relays, which meant that overall both teams had won the county titles.

This was the first time the school had won both titles at the same final.

Mrs Ann Robinson, headteacher, said: "In the last

four years we've always reached the finals but we've come second.

"This is the first time we've won it. It's a great honour."

The pupils put in several hours down the pool to train for the event.

Mrs Robinson continued: "The children had been training for a long time.

"I've never seen them so excited. The parents even bought 'Go Buttsbury' T-shirts for the spectating."

Elites Swim School helped the pupils train and Mayflower High School enabled Buttsbury to use its swimming pool.

Send us your striking pictures



Thanks to reader Ian Hartwell from Billericay who sent in this phenomenal photo of the lightning storm which happened overnight on Tuesday, July 18. Ian posted the photos in The Billericay Discussion Page on Facebook and got an incredible response.

Lesley Chamberlain commented: "Stunning pictures. I wasn't quick enough to get any photos but it was an amazing night."

If you have any photos you'd like to send us, email editorial@visionmag.co.uk

Join the Residents' Association



Billericay District Residents' Association (BDRA) is looking to fill two vacancies.

The association has 180 volunteers and delivers 4,500 copies of 'The Resident' magazine every month.

The administration of the association are looking for a secretary on the executive committee and an East Area Membership Secretary.

The person undertaking the secretary role would prepare agendas, take minutes of the monthly meetings, write any letters and general admin.

Both roles require a couple of hours a month.

If anybody is interested they can contact the chairman John Buchanan or the writer on resident@bdra.org.

BDRA celebrated its 90th anniversary last year and to celebrate, they asked members, local businesses and organisations, professionals and schools their 'Hopes and Fears' for the town over the next 10 years.

All answers were collated and placed in a wooden oak casket which will be held at Cater Museum. It will be opened in 10 years' time.

Busy summer for the street pastors



Billericay and Brentwood Street Pastors have had a busy month. In addition to our patrols on Friday and Saturday nights helping people in town we also like to attend various public events to share with everyone who we are and what we do.

We joined in a fundraising event at Hazle's Pottery Barn at Barleylands and our Billericay coordinator Phil made a superb teapot.

We were part of the Volunteer Forum at Basildon Council with a meeting of MP Stephen Metcalfe looking at how we can support different volunteer groups like food banks and Citizens Advice centres. We are involved in these types of meetings to inform the local authorities of some of the issues that local communities are going through.

Street Pastors also had a stall at Billericay Summerfest and again had a great time building relationships with the community and other groups including the Rotary Club and Samaritans.

We are all now looking forward to the summer holidays where we will continue to be out and about looking after anyone who is or becomes vulnerable. We don't judge anyone. We are preparing our next cycle of training to begin in September so if you are over 18, attend a local Christian Church, are ready for training and a challenge then why not contact us on Facebook or Twitter or email Billericay or Brentwood@streetpastors.org.uk



Established family business opens new showroom in Brentwood

You may have seen a new addition to Brentwood High Street recently with the appearance of Broadway Kitchens, an exciting and diverse new kitchen showroom. The owners are certainly not new to the industry, and can boast over 40 years experience. Broadway Kitchens were established in 1974, by Satt and his father, with their first showroom opening in Birmingham. Now, following on the family tradition, Satt's son Sunny runs and looks after the Brentwood showroom. All of Broadway Kitchens products are manufactured at their cabinetry workshops in Walsall near Birmingham.

Sunny explained: "We offer world class furniture at affordable prices. Our pricing is very transparent and easy for customers to understand. It has been this transparency and value for money that has enabled us to grow. The designs are done on a state of the art cad system, displayed on a 42 inch screen inside our Brentwood showroom, an immersive experience that will show the customer almost exactly how their new kitchen will look in their own home."

Most companies charge high deposits but Broadway believe customers should pay an absolute minimum deposit, and then pay no more until they can see their kitchen fully assembled.

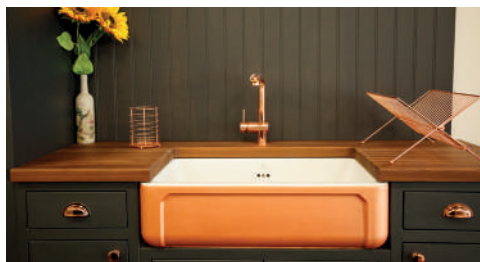
The showroom displays Victorian, Edwardian, Georgian and Regency style Kitchens and Broadway are sure you'll cherish the high quality materials and

time honoured skills their craftsmen use to create the heartbeat of your home.

Broadway Kitchens seem to have it all – a luxurious showroom, manufacturing base using local kitchen fitters and more importantly they pride themselves on keeping the customers in the loop the whole time and getting them involved in the process from start to finish.

They almost insist on every customer visiting the Walsall workshops to see their bespoke kitchen in progress, with the opportunity to make adjustments. Customers that travel are gifted with a stay at one of Birmingham's top hotels.

From what we have seen here at **VISION** they seem like they really know what they are doing when it comes to kitchens. They made us feel really welcome, offered us lunch and wouldn't take no for an answer.



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BILLERICAY TOWN FC

LOCAL NEWS



Photo Credit: Nicky Hayes

Billericay FC are proving to be more than a football club with the work they are doing off the pitch.

The club are giving the stadium a total transformation in preparation for the upcoming season. **VISION** caught up with Glenn Tamplin at the club whilst the workmen got under way with the renovation.

The stadium will hold a capacity of 8,000, with a food village that has something for everyone.

It will showcase six different cuisines, including a 150-seater pan Asian restaurant.

There will also be four outside bars as well as a sweet shop for the younger supporters.

In addition, there will

be a live DJ playing in the grounds after the final whistle.

The renovation will also mean a number of jobs are created for the local community.

Players and staff at the football club have been getting out and about in the local community.

They visited Billericay School and helped with PE lessons. They also supported Brighter Opportunities through Supported Play (BOSP), an Essex charity which improves the lives of children and young adults with complex disabilities through fully supported social activities.

The club are excited for the stadium development and believe a visit to the AGP arena will be a great family day out, not just a trip to watch a football game.



#TogetherWeSailAsOne



Glorious Gardens

You don't have to travel abroad this summer to feast your eyes on fantastic floral displays – here's our list of the most glorious gardens the UK has to offer.

Helmingham Hall



The Tollemache family has lived at Helmingham Hall in Stowmarket, Suffolk, for more than 500 years, but most recently, garden designer Xa Tollemache has been at the helm of the gorgeous gardens around the hall and its atmospheric moat. Find a classic parterre surrounded by musk roses, a walled kitchen garden and wonderfully planted herbaceous borders.

Kew Gardens



The world-famous garden at Kew is London's largest UNESCO World Heritage Site offering unique landscapes, vistas and iconic architecture. From the 18m high treetop canopy walkway to the humid rainforest climate in the Palm House, Kew's collection of living plants is the largest and most diverse in the world.

Aberglasney



There are 10 acres of gardens to explore at Aberglasney, one of Wales' finest gardens. A unique and instantly recognisable Elizabethan cloister garden lies at its heart, and the Penelope Hobhouse-designed Upper Walled Garden features a circular arrangement of conical yews and beautiful borders. The Lower Walled Garden encloses a kitchen garden full of fruit, vegetables and cut flowers. There's also the dappled shade of Bishop Rudd's Walk and the new Jubilee Woodland, where a wide range of unusual woodland plants thrive.

The Eden Project



One of Cornwall's most popular attractions, the bulbous domes of The Eden Project house a plethora of unusual plant species, simulating the dual environments of a tropical rainforest and a Mediterranean paradise. Then there's the newest attraction, The Core, which provides the Eden Project with an educational facility, incorporating classrooms and exhibition spaces designed to help communicate Eden's central message about the relationship between people and plants.

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KIDS

Keeping Baby Cool



As well as making your baby grumpy and stressed-out, overheating in infants can lead to an increased risk in Sudden Infant Death Syndrome (SIDS). With temperatures soaring at this time of the year, here are a few tips for keeping your little one cool and calm during the night.

Remove unnecessary bedding: If your baby is wearing a nappy, vest and sleepsuit, they'll only need a sheet as bedding if the temperature in their room is 24°C, and they can even sleep in just a nappy. In warmer weather, it is also worth removing any waterproof sheets from your child's cot.

Cool it during the day: The recommended room temperature for a baby to sleep is 18-20°C, which may feel a bit chilly to adults, but research has shown this to be ideal for tots. With this in mind, ensure the little one's room is cool in the day by keeping curtains closed and windows open, and

invest in a room thermometer for your nursery.

Wash the warm away: Every parent knows that nothing quite relaxes an infant like a nice bath before bed, and in the summer this is still the perfect way to soothe and refresh, but just make the water slightly cooler than usual.

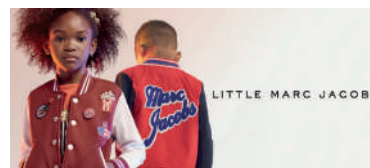
Compress and refresh: The best way to tell if your baby is overheating is the temperature of its skin, particularly on the back of the neck. A cool flannel gently dabbed on this area will comfort them and bring their temperature down.

Relax: A frustrated baby is much harder to calm down, and a stressed-out parent sometimes doesn't help, but when you have a young infant (particularly your first), parenting can be hugely demanding. So, if you find yourself becoming flustered and your baby is hot and agitated, just take a moment to breathe, take them into a cooler room if it's too hot and give them slightly chilled water. Cool baby, cool parent.

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REDKNAPP'S RED CARD

With rumours abound that Jamie and Louise Redknapp are calling time on their 19-year marriage, **VISION** asks, is this the end for one of football's golden couples?

They married in a whirl of Nineties glory and glitz. She was a much-adored pop star, he a talented England footballer, and together Jamie and Louise Redknapp were one of the most dazzling couples of the era – rivalled, in fact, only by 'Posh and Becks'. But with reports that the pair, who share two sons, may be going through a serious rocky patch, with the announcement of a split imminent, it seems the pressures of life in the spotlight may have finally taken their toll.

Once considered one of the more rock-solid unions in showbiz circles, Redknapp marital strife has come as something of a surprise. In fact, during 42-year-old Louise's spell on *Strictly Come Dancing* at the end of last year, Jamie, 44, could weekly be seen in the studio audience cheering his spouse on. And in an interview with Hello! in October, the ex-Eternal singer joked, "after so many years, it would take more than a sparkly leotard to come between us".

Many are blaming the 'Strictly curse', something that has seen many marriages struggle following participation in the BBC show. But while this is usually down to a third-party involvement – Rachel Riley split from her husband shortly after taking part in the 2013 series, during which she was partnered with dancer Pasha Kovalev, whom she later began dating – this doesn't appear to be the case with the Redknapps, and it may be more down to a natural growing apart.

Having taken time out from her own career to support husband Jamie, a leading pundit on Sky Sports, whilst focusing on family life, it's possible Louise is simply rediscovering her mojo, and the couple may still work it out. Certainly, while the couple's financial security is solid, you sense the playing out of the collapse of one of the nation's most sturdy couples has quite some distance to go.

Photo credit: Gettyimages



20 year
Anniversary

Diana, Princess of Wales

July 1, 1961 - August 31, 1997

ON REFLECTION...Charles Rae

Former royal correspondent looks back on his Diana Years

There isn't a day goes by for the last 20 years that I do not think about Diana, Princess of Wales. I miss her dreadfully.

Before her untimely death in 1997 in a car crash in a Paris tunnel she was a major part of my life for 16 years as a reporter covering the Royal Family.

In July this year she would have been 56 years old – a grandmother and mother of two young princes whom she moulded into two fine young men.

There is no doubt Diana had her demons and tried hard to fight them – but her problems were exacerbated by a largely loveless marriage.

But on the other hand she restored the magic of the Royal Family and paved the way for it to be dragged into the 21st century.

Every so often we would talk on the phone, usually for her to tell me what was happening. If it was not her, then it was one of her close chums who would be on the other end of the line speaking on her behalf.

One time in 1994, the phone on my desk rang. Diana's voice said: "Hello

Charlie, are you going to Sandringham on Sunday?"

But she refused to go into detail except to say: "I won't be there long."

Christmas Day was the day for royal correspondents like me to travel to the Queen's Norfolk estate to cover the royals going to church.

The year was also at the height of the marriage problems of Diana and Prince Charles – they separated and divorced two years later.

Diana's green Jaguar left the estate shortly before lunch. On the M11 Diana roared down the motorway touching speeds of 120mph. I wrote about Diana's fast getaway from the royals but did not mention the 120mph figure.

During a royal trip to Japan, months later, I had a chat with the princess and told her that I hoped she realised that I had done her a favour and not used 120mph.

"I know," she said. "Thanks for that, I could have got into a lot of trouble."

I had to ask however why she had to get back to London at such a speed. "Oh, I wanted to get back for the omnibus edition of EastEnders."

We laughed, but sometime later I thought her reply was actually quite sad, that she would prefer to be watching a soap opera rather than spend Christmas with the Royal Family.

Our last chat was in St Tropez a week or so before she died.

She came over to a boat I had hired and started chatting about her future.

She hinted that she might move to America but left me with an enigmatic comment: "You will be surprised with the next thing I do."

Diana never explained what she meant and there are times even now I try to work it out but can't.

Most of my memories of her are happy ones.

She was a great lady and the world is a poorer place because she is no longer in it.



Photo credit: Getty Images



Photo credit: Hoss Photography



AT A STRETCH

When it comes to male fitness, it's all about boxing, running and play football, right? Well if you feel like you're doing all the right things yet are still finding yourself with tight muscles that are injury prone, or excess weight that just won't shift, it might be time to grab that yoga mat.

What do Orlando Bloom, David Beckham and Justin Timberlake all have in common? Apart from all being incredibly rich, handsome and successful, they all swear by practising either yoga or Pilates to keep in shape. No longer the sole pursuit of rich housewives or those on a gap-year in Goa, both practices are valued by serious athletes, and could help millions of people achieve strength, flexibility and freedom.

With increasing numbers of elite sports teams incorporating stretch-based workouts into their exercise regimes, it seems that professional athletes are waking up to the notion that prevention is better than the cure with three key advantages springing to mind.

Firstly, these practices can reduce the frequency

and severity of injuries by addressing postural issues. Pilates, in particular, is excellent for releasing the hip flexors, which will help bring them into a more neutral position, as well as reducing strain through the back and the hamstrings.

Secondly, both yoga and Pilates help increase body awareness, helping you feel more in control. Rather than explosive and dynamic movements, the like of which you would execute in a kickboxing class for example, there is an emphasis on minute movements that strengthen the smaller muscles and tendons.

The good news is that with these workouts you may feel like you're barely working up a sweat, but over time you'll have improved posture and will have fewer aches and pains.

Lastly, after all that stretching and breathing, you will feel more relaxed and better prepared for life in general.

Correct breathing has also been known to reduce stress and boost your immune system as your body takes in more oxygen, so bend it like Beckham and reap the benefits.



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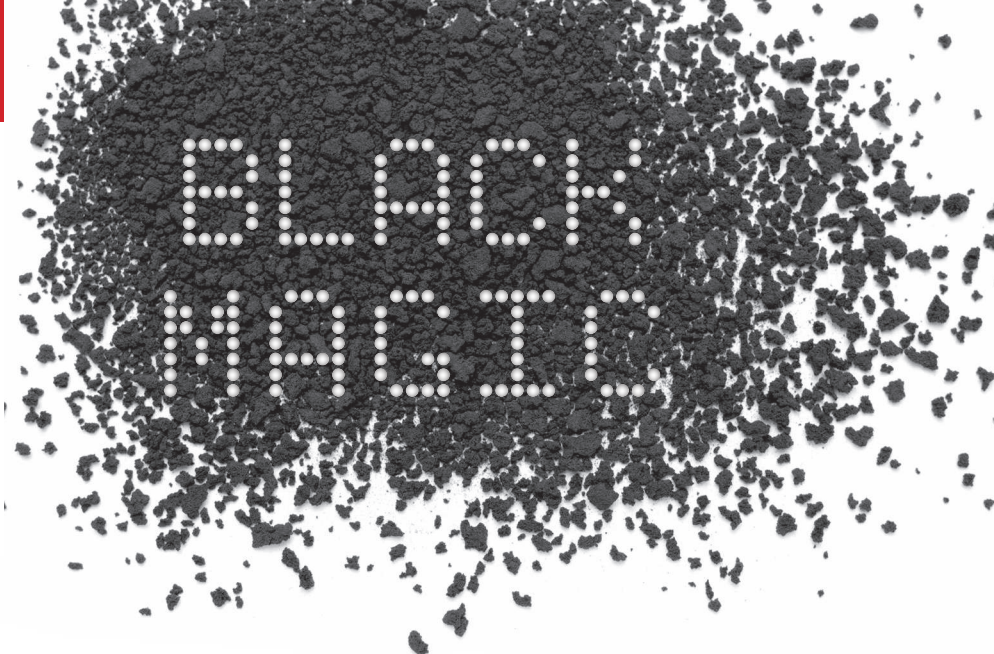
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If you suffer from embarrassing intestinal gas, activated charcoal supplements could be the secret weapon you need.

Everyone at some point in their lives will experience stomach distress like indigestion, gas or bloating, but for some of us these problems are chronic, with side-effects ranging from mild discomfort to huge embarrassment.

If this sounds like you, it may be worth considering taking activated charcoal supplements. Very different from the stuff you find in the fireplace, activated charcoal is a unique form of charcoal that has first been carbonised, then oxidised at very high temperatures to give it incredibly porous properties.

So how does it work? By travelling through your gastrointestinal tract, the charcoal absorbs toxins and impurities as it goes, meaning there is less to be expelled as unpleasant gas (charcoal can also absorb hydrogen sulphide, which creates those really unpleasant smells).

Sold in powder, tablet or capsule forms at health food shops, the recommended dose is 500 milligrams* taken one hour prior to a typical gas-producing meal with a big glass of water (staying hydrated helps the charcoal pass through your body once it has done its job). It is also fast-acting, making it perfect for those big nights out when the only gassing you want to be doing is witty repartee with your friends.

** Check with your doctor before using activated charcoal on a regular basis. Charcoal tablets may not be suitable if you are currently taking other medication because the charcoal could absorb the medication, making it less effective.*

Tips to prevent gas:

- Chew food thoroughly
- Eat small meals
- Take a daily probiotic
- Avoid fizzy drinks and chewing gum
- Keep a food diary to identify possible intolerance
- Exercise regularly



PHARRELL FOR CHANEL



Considering his status as a leading music producer, composer and artist in his own right, Pharrell Williams' forays into fashion can get lost in his myriad other projects. But when he strutted down the catwalk for Chanel's Métiers d'Art show in December last year at the Ritz Paris, he grabbed the attention of the global fashion media.

No ordinary collection, Métiers d'Art honours the fine craftsmanship of the fashion house's artisan partners who are responsible for the exquisite embellishments we see on Chanel garments, like fine embroidery, lace and metallic-detailed buttons. It is apt then that notorious perfectionist Williams would make this his debut for the luxury French brand in a sophisticated tweed jacket, draped with strings of white and black pearls.

Having happily accessorised with Chanel's iconic costume jewellery in the past, Williams decided to break down gender barriers further by becoming the first male to appear in a handbag campaign for the brand in its 108-year existence, with head honcho Lagerfeld saying he wanted to show that the bag can be "worn in many different circumstances" – including, but not limited to, 11-time Grammy-winning hip-hop superstars.

In the short video, the cheeky superstar is larking about in an empty arena while toting a black alligator and lambskin Gabrielle Hobo bag, all the while bringing some serious cool to a brand that is more often associated with spoilt rich girls. But though few men can afford the bag (prices start at £2,650), it could mark a seismic shift towards fashion that is becoming increasingly androgynous. And let's be honest, if anyone can convince men that it's okay to rock a man bag, it's Pharrell.

Photo credit: GettyImages



NINETIES FASHION: THEN AND NOW

It was the golden era of Britpop, grunge and Tamagotchis...but how far have we really come since the glorious Nineties?

THEN: BRANDED SPORTSWEAR

Casual clothes were the ultimate fashion statement – from Nike Airs to Reebok Classics and Adidas tracky bottoms.

Now: Athleisure

Sportswear has made a huge comeback, but brands are less visible and the lines are cleaner with skin-tight leggings and slim-fit hoodies in high-tech fabrics.

THEN: GRUNGE

Plaid shirts, band tees, ripped denim and grandad cardigans were all part of the grunge uniform made popular by Kurt Cobain.

Now: Hipster

The denim jeans may be skinnier and the plaid shirts more tailored, but there are definitely hints of grunge in the kind of fashion worn by today's hipster crowd.

THEN: UNITED COLORS OF BENETTON

It's difficult to forget United Colors of Benetton's assault on our global psyche through its controversial ad campaigns. Confronting topics such as race, politics, social issues and sexuality, it quickly became the brand of choice for the cool kids.

Now: Protest Fashion

From the 'pussy hats' worn by protestors at the recent Women's Rights marches to

Christian Dior's 'We Should All be Feminist' T-shirts, fashion for a cause is as hot as ever.

THEN: TAMAGOTCHIS

Back in the hazy crazy Nineties, no outfit was complete without an adorable digipet. Available in an array of colours, these cute critters would beep and chirp when they wanted feeding and you could even play games with your beloved pet. It felt like the future was finally here, and no technology could ever be as cool as this...

Now: iPhones

Probably the ultimate accessory of the 21st century, iPhones aren't just super-stylish, they have become an integral part of our day-to-day lives. And you can even get a digipet app if you really, really want to...



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Hair Rescue

THINK YOUR HAIR IS BEYOND REPAIR? THINK AGAIN...

When it comes to our beauty regime, we often give loads of attention to our skin, slathering it in SPF and lotions and oil, but pay far less attention to our long-suffering hair. And boy, do those follicles have it tough. Even if your locks don't have to endure a monthly onslaught of bleach or colour, they're still vulnerable to heat damage (from hairdryers and straighteners), UV damage (from the sun) and pollution damage (from life).

If your mane is garnering looks of disdain, don't worry, because nothing is beyond repair. A few simple products and daily routines can make all the difference. But first you need to be honest about its condition. If you're scissor-shy, your first stop needs to be the hairdresser to get rid of those split ends – an instant reviver for damaged hair.

Next you need to feed that barnet, so invest in a rich and nourishing weekly treatment. Choose a hard-working product that will nourish with oils like coconut or argan and strengthen with protein. Alternatively, make your own treatment by gently warming half a cup of olive oil. For extra intensity, place a shower cap over your hair after application and leave for 20 minutes.

Now that some of the lustre has hopefully returned to your processed tresses, focus on daily care and prevention. Over-washing can deplete hair of its natural oils, so avoid shampooing every day. You then need to find a conditioner that suits your hair. Finer hair will benefit from lighter formulas, whereas thicker locks can handle richer creams.

Finally, think about protecting against future damage. Even if you don't straighten or blow-dry, always spritz with a leave-in conditioner after washing – either containing UV protection, heat protection or both.

And remember, the best defence is always a physical barrier, so make like Greta Garbo and don your headscarf in the sun.



The Age Game

HOW TO CARE FOR YOUR SKIN AT ANY AGE

20s: Your skin is fresh, plump and loaded with collagen – so take care of it. As prevention is better than cure, this is the perfect age to begin taking anti-ageing measures, so use a light moisturiser with a broad SPF sun cream every single day (even in winter). Go easy on the harsh exfoliators and drink loads of water.

30s: This is the age to get serious about exfoliation. Help refine large pores and keep skin looking smooth by using an exfoliating acid (like glycolic, lactic or salicylic) every other night. Also invest in a good eye cream and load up on those antioxidants in your diet by eating berries and leafy veg.

40s: As oestrogen levels drop, so does your skin's moisture, which means you'll need to invest in a hard-working moisturiser to keep it looking youthful. Choose one that has a high level of glycerine or hyaluronic acid to feed thirsty skin and start using a weekly face mask with nourishing and hydrating properties. Another great tip is to massage skin deeply while cleansing to stimulate lymph glands and promote drainage.

50s: With the onset of menopause, collagen production can drop off sharply at this age, so it's important to focus on hydration and nourishment. To retain moisture, you can skip your morning face wash (assuming you cleansed the night before) and invest in a really good antioxidant serum. An exfoliant containing retinoids can also help properly slough off skin cells.

60+: Your skin care regime needn't change too much after this point, with a focus on hydrating, firming and keeping discolouration at bay. It may become more sensitive, so go easy on the harsh chemicals and choose cleansing oils and creams that are packed with nourishing and healing vitamins. In other words, show your skin the love it deserves.



Smooth OPERATOR



How to make a beautiful, delicious and nutritious smoothie bowl - AKA social media's favourite breakfast treat.

When wellness entrepreneur and blogger Deliciously Ella began extolling the virtues of 'smoothie bowls', it sparked a global eating trend. As innocent and sweet as your morning shake, yet packing the nutritional and satisfying punch of oatmeal, these highly Instagram-able bowls of sunshine are a fantastic way to start your day.

The basis of the bowl is blended fruit, veg and nut butter topped with everything from chia seeds and coconut flakes to cacao nibs, nuts and even granola. Slightly thicker than your average smoothie, the trick is to pack your base with as much good stuff as possible whilst still enabling the breakfast to retain a great taste. Avocado, kale, strawberry and coconut milk work perfectly, for example; or try banana blended with blueberries and acai for an antioxidant hit and a scoop of cashew butter for protein.

Some of the benefits of smoothie bowls are their versatility, simplicity, speed and relative cheapness, particularly if you buy the fruit frozen, and any seeds and supplements in bulk. They're also a great way get little ones to eat more fruit and veg, packing in up to two servings of your five a day in one pretty and extremely palatable bowl.

And the variations are endless. For instance, add a tropical twist by simply blending frozen banana, mango and pineapple with a little dairy-free milk, until you have a creamy, smooth texture like soft-serve sorbet, then top with toasted coconut flakes and passion fruit.

Or for something truly decadent, whiz up almond milk, peanut butter, banana and cocoa and top with granola, chocolate chips and slices of banana. This may seem more like a deconstructed peanut butter shake than a clean breakfast choice, but it is relatively low sugar and full of good fats and nutrients, proving that healthy can also be tasty.

Health Cheques

Three food swaps for staying in shape while saving money.



Processed cereal for porridge

Ditch that sugary bowl of wasted calories and start your day with some proper fuel. Porridge oats are a brilliant alternative to cereal because they're cheap and you know exactly what's going in your bowl. Top with seeds, fresh fruit or nuts for an extra health boost, or even a drizzle of maple syrup.

Choc bars for energy balls

We all need a pick-me-up at some point during the day, but often the chocolate treats and biscuits you buy are packed with so much processed sugar that they will cause you to crash and burn. For a healthier treat, consider making some delicious coconut date balls. Soak 12 medjool dates in water, drain and throw in a food processor with one cup of ground almonds, half a cup of desiccated coconut, one-third cup of coconut oil, one-third cup of cocoa powder and one tablespoon of chia seeds. Once processed, roll level teaspoons of the mixture into balls, then dip in more shredded coconut before chilling.



Sarnies for soup or salad

Those shop-bought sarnies may seem good value, but they are hiding some serious nasties. With just a little bit of planning you could be chowing down on some delicious homemade health food instead. Using a simple vegetable or chicken stock, boil your favourite veggies with some spice until soft, then blend for an easy soup. Sweet potato and chipotle, carrot and cumin seeds or roasted cauliflower and garlic are all cheap, easy and delicious. If it's too summery for soup, a tin of tuna, boiled egg, olives, lettuce, tomatoes and cucumber make an instant protein-packed salad niçoise.



Check out next month's edition for four other swaps

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A SWEDE DEAL



BUSINESS & FINANCE

What if you could get into work at 10 and be done by 4? In some Swedish cities, this fantasy became reality as part of a two-year-long experiment to see whether a shorter working day would create a happier workforce and provide a draw for future workers to come to the country. The scheme saw 68 nurses at an old people's home in Gothenburg have their eight-hour days cut in a bid to improve staff satisfaction, health and patient care. During the first 18 months of the trial, the nurses working shorter hours logged less sick leave, reported better perceived health and boosted their productivity by organising 85 per cent more activities for their patients, from nature walks to sing-alongs.

But in spite of these achievements, the city had to employ an extra 17 staff, costing 12m kroner (£1.4m), and the project faced tough criticism from those concerned that the costs ultimately outweighed the benefits.

Earlier this year, the idea of transforming the traditional working week also appeared elsewhere in Europe, with French presidential candidate François Fillon pledging to change the usual "damaging" 35-hour week. Though the results of the Gothenburg experiment point to an inability to suitably marry job satisfaction with cost, the benefits of a shorter working week are plain to see.

It appears Sweden – whose Toyota service centre cut shifts 13 years ago to spark an immediate boost of productivity – will continue to be at the forefront of the debate, and while it may be too expensive a model for the public sector to adopt, there is certainly a chance that shorter hours will benefit Scandinavia's burgeoning start-up community.





WHAT'S ON *in your area*

Essex Heavy Horse and Driving Show Barleylands Road, Billericay, Essex, CM11 2UD

Sunday, August 6

The Essex Shire Horse Association, a charity supporting the use and breeding of the heavy horse in Essex, is hosting this one-day event.

On show at the annual event will be driven horses, plus ridden and in hand horse classes, vintage cars, craft and trade stalls.

This will prove to be a fabulous day for everyone, not just equestrian fans.

Tickets are £10 for an adult or £8 for a senior citizen. Children under 14 go free. For more information visit www.essexshirehorseassociation.co.uk

Gone Too Soon

**Reids, 66-68 Laindon Road, Billericay, Essex
CM12 9LD**

Monday, August 21

Gone Too Soon is a support group for parents who have lost a son or daughter.

These meetings provide professional counselling to parents to support them through their grief.

For more information call Linda on 07387805406 or email lyn-currie@hotmail.co.uk

All About Sports - Summer Camps

**My Gym Billericay, 30 Radford Way, Billericay,
Essex CM12 0DA**

Monday, August 28



Get your children booked onto a summer camp for and they will enjoy fun games, gymnastics, swings, a zip wire and much more. Snacks and drinks are provided.

The camp is open from 12.45pm to 3.15pm and open to children aged three to eight years old.

The camp is £19 for members and £23 for non-

members. There is also a discount for booking more than one camp.

Call 01277 624853 to book your child's space.

Full Farm Extravaganza

**Rocky's Funhouse, 12a/12b Western Road,
Billericay, Essex, CM12 9DZ**

Tuesday, August 29



Come and meet a variety of animals, from reptiles to creepy crawlies. Dedicated animal handlers will bring the fun to you.

Animals could include snakes, sheep, goats, chickens, tortoise, dragons, geckos, rabbits or guinea pigs. This is an event not to be missed by any animal lover.

Tickets are £8 and must be booked in advance. To book, call 01277 626668 or email info@therockygroup.com

Drive-In Movie

**Barleylands Craft Village, Billericay, Essex,
CM11 2UD**

Wednesday, August 30

A Drive-In movie theatre is coming to Billericay. There will be a showing of *Guardians of the Galaxy Vol. 2* being shown at 8.15pm.

Large cars and SUVs will be positioned at the sides or the back. No vans, lorries or other large vehicles are permitted.

Tickets cost £24.99 for one car and two people. This is a 12A screening. Food and drink will be available.

For more information and to book your ticket, visit www.moonbeamers.co.uk



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SUN PROTECTION

People from all over Great Britain pray for the sun to come out in the summer months. But when it does occasionally make an appearance, what can we do to keep our skin protected? Because, let's face it, no one likes the tomato look or the peeling skin you get when you've burnt.

Everyone knows that they should wear sunscreen, but there's so many on the shelves that it's difficult to know which one you should buy. It's best not to look for the cheapest, or the one on offer, but to choose one that is suited to your skin type and will give you the most protection.

When buying sunscreen, the label should show a sun protection factor (SPF) and a UVA protection. You should aim to buy a sunscreen with a four or more-star UVA protection and an SPF of at least 15,

however the higher the better.

Although sunscreen will protect your skin from the sun, it's important not to rely on it alone. The NHS recommends that between 11am and 3pm you should stay in the shade as the sun is at its strongest. You should also wear suitable clothing and protect your eyes from the sun by wearing sunglasses with UV ray protection. When it comes to children, extra care should be taken.

There are some people who are particularly prone to burning and should take extra care in the sun. For example, people with freckles, people who have pale skin and people with medical related skin problems.

To make sure you're as safe in the sun as possible, ensure you buy and apply the correct sunscreen and follow the guidelines.

That way you will get to enjoy the sunshine and be confident you aren't doing any damage to your skin.



Be My eyes

As the modern world continues to fill our pockets with futuristic technology, we look at one app that is paving the way when it comes to assisting partially-sighted people in their day-to-day lives.

These days, our phones have become an integral part of our everyday lives. Need somewhere to eat? There's an app for that. Want a cab? There's an app for that. Fancy a date? You get the drift...

But a new app called 'Be My Eyes' is different. The non-profit project was conceived by partially-sighted Hans Jørgen Wiberg; in the near future it is hoped that the app will be an easy way for partially-sighted people to get around the multitude of smaller obstacles they encounter – from reading the small print on a train timetable to checking the expiry date on a pint of milk.

Be My Eyes works by connecting blind and

visually-impaired people to sighted volunteers via a remote video connection. Through the phone's camera, the blind person is able to show the sighted individual what they are looking at in the real world, allowing the volunteer to assist them with any of their vision-related problems.

While currently in development to be made compatible with Android phones, Be My Eyes is just one of many burgeoning technologies being created to aid those with sight problems. Take for instance the \$12million start-up Aira, which combines Google Glass and a widespread team of human agents. By streaming everything the user is seeing to an agent who is sitting in front of a dashboard, Aira is able to assist with everything from reading signs to shopping, to navigating, to the numerous other mundane tasks that sighted individuals take for granted. Now that's quite an eye-opener.



PUZZLES & TRIVIA

PUZZLES

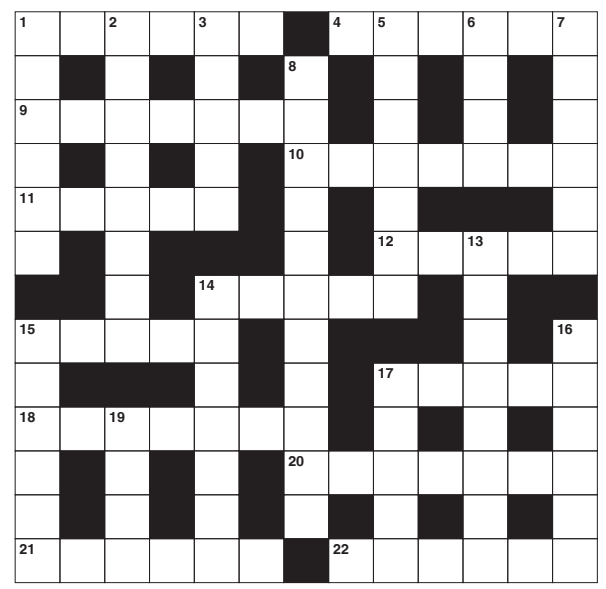
Answers can be found on the Contents Page 4

ACROSS

1. Flipped a coin (6)
4. Fiery particles (6)
9. Model of excellence (7)
10. Brings to effective action (7)
11. Loses colour (5)
12. Bring on oneself (5)
14. Young boy or girl (5)
15. Cowboy exhibition (5)
17. Happen again (5)
18. Vivid purplish-red colour (7)
20. Open-minded; given freely (7)
21. Adjusts (6)
22. Unfastened (6)

DOWN

1. Embody (6)
2. Finely chopped (8)
3. Borders (5)
5. Settled in advance (7)
6. Repeat an action (4)
7. Snores (anag) (6)
8. People with distinct identities (11)
13. Piece for a soloist and orchestra (8)
14. Spouse of a reigning monarch (7)
15. Type of palm tree (6)



16. Screen of metal bars (6)
17. Bird (5)
19. Caribbean country (4)

DID YOU KNOW

- ▶ Your skin's outer layer sheds every two to four weeks, amounting to roughly 0.7kg of dead skin in a year.
- ▶ You spend 10 per cent of the day blinking.
- ▶ Without your pinkie finger you would lose about 50 per cent of your hand's strength.
- ▶ Human decomposition begins about four minutes after death, a process known as 'self-digestion' where your enzymes and bacteria eat you away.
- ▶ If all the DNA in your body was uncoiled it would stretch out to about 10 billion miles, which is from Earth to Pluto and back.
- ▶ Your eyes can distinguish between 2.3 and 7.5 million different colours.

SUDOKU

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					3			8
			7				3	



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SPORT

FEDERER SERVES A MAGIC EIGHT



Roger Federer finally put an end to his five-year wait to claim his eighth Wimbledon title after beating Marin Cilic in straight sets. The Swiss won 6-3, 6-1, 6-4 to become the most successful man in Wimbledon singles history. The 35-year-old took just one hour and 41 minutes to send the seventh seed packing at the final on July 16. However, it wasn't the exciting match everyone had expected and hoped for, as it seemed that Cilic had given up very early on. The 28-year-old was struggling with a blister on his left foot and after falling 3-0 behind in the second set, he buried his head in his towel and sobbed. He revealed he had taken painkillers before the match and knew before the game had even began that he would struggle to play. But despite medical attention, Cilic's dream to hold the Wimbledon trophy slipped away as Federer continued to dominate the game. Not only did he claim his 19th Grand Slam title, the most of any male player in history, he also became the first player to win Wimbledon without dropping a set in the entire tournament since Bjorn Borg in 1976. He is the only player to have won three different Grand Slams at least five times. In his post-match interview, Federer joked he would need some more time off, referring to his six-month absence in the second half of 2016. He said: "I've got to take more time off. Better than holding the trophy and winning today is just being healthy. It feels great and means the world to me. So, to be back here and feeling great, holding the trophy and the whole tournament not dropping a set is magical. I can't believe it - it's just too much really."

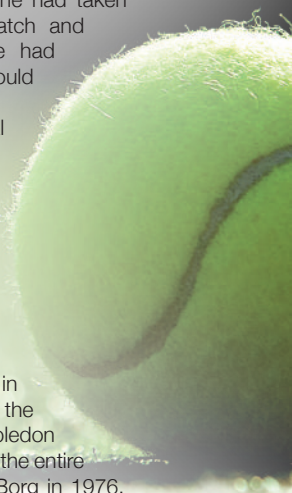


Photo credit: Sunderland Echo.co.uk

Photo credit: ITV.com



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The boy who STOLE FOOTBALL'S HEART

Sunderland superfan Bradley Lowery sadly passed away following his battle with Neuroblastoma. Tributes have been flooding in from football fans around the world. Bradley was famously known for becoming best friends with AFC Bournemouth and England player Jermain Defoe. He regularly visited Bradley both at home and in hospital and they formed an unbreakable bond. The six-year-old also led out Sunderland against Everton in September where supporters of both clubs sang "There's only one Bradley Lowery" before a banner with the message "We're with you, Bradley" was paraded around the stadium. He also led out the England team at Wembley alongside Defoe for the World Cup qualifier against Lithuania in March. A petition has now been started to rename the East Stand of the Sunderland Stadium of Light to 'The Bradley Lowery Stand' in his memory. It has

almost reached its 50,000 supporters target. Everton was Bradley's second chosen club. The Blues donated £200,000 in September last year to Bradley's Fight to help fund treatment that was only available in the United States. They also auctioned off signed shirts from the game he attended. Bradley's funeral was held on Friday, July 14 at St Josephs RC Church in Blackhall Colliery. Schools around the country allowed their students to attend in football shirts in return for a small donation to raise money for the Bradley Lowery Foundation and to remember the brave young boy. Bradley has left a lasting impression on the world of football. He captured the hearts of football fans around the world with his strength, courage and love. A Facebook page named 'Remembering Bradley' has been set up for the public to post their messages of support so that Bradley's family and friends can have a forever keepsake of their angel.

Netball has been around for thousands of years, despite its popularity only growing within the last few decades. The game that many women now know and love was first established in 1895 and was played for the first time in England at Madame Osterburg's College the same year.

During the Australian tour of England in 1957, it was decided to standardise the rules of the sport. Before that, there were games of five-a-side being played as well as nine-a-side.

As a result of the meeting, it was decided to hold World Championship tournaments every four years. These began in Eastbourne in 1963.

Netball became a recognised sport of the International Olympic Committee (IOC) in 1995 and is now a significant sport in the Commonwealth Games. However, the Netball Association is still battling to get netball into the Summer Olympic Games.

Australia have dominated the sport for hundreds of years. They won seven World Championships in a row, with New Zealand briefly putting a halt to their streak in 2003. However, they didn't make the mistake a second time as they claimed back the crown in the following Championship.

The English Roses have been upping their game in recent years and took home the bronze medal in the Netball World Cup in 2015 after beating Jamaica 66-44. They also came within touching distance of a gold at the 2017 Quad Series but the Australian Diamonds denied them the chance as they agonisingly lost 47-46.

It was announced in February that Sport England had awarded England Netball £16.9million over the next four-year period. The increase in funding will allow for the sport to continue to grow in popularity both in local communities and on the world stage.

Netball is certainly heading in the right direction. It's estimated that 20 million people in more than 80 countries worldwide play the game. It has come a long way from the playground game played in the 1890s.

Photo credit: www.Englandnetball.co.uk



The Growth of Netball

ROAD

RAGE

Even at seemingly serene moments behind the wheel, the red mist can quickly descend – but which driving habit did British motorists say annoys them the most?

We've all been there, stuck in traffic, temperature off the scale. It's been a long day and you just want to get home to see your kids and sit down in a comfy chair. Sweat is pooling at the back of your neck and the dip of your spine. And just as you go to pull away – the cool, inviting promise of your loved one's welcoming embrace hovering like a mirage on the heat-haze horizon – someone cuts you up and in a flash you're consumed by the hot wave of road rage.

But what do British motorists – people who pride themselves on maintaining proper queue etiquette – consider the most annoying driving habit? The good folk at the AA have polled more than 140,000 members since 2008 to find out what they think is the most irritating trait of other drivers. The results are in...

1. Tailgating (26%)
2. Talking on a mobile (25%)
3. Middle lane hogging (23%)
4. Swooping or cutting across lanes to leave a motorway at the last minute (10%)
5. Overtaking on the inside (7%)
6. Driving slowly (3%), speeding (3%), littering (3%)

Yep, that's the verdict: tailgating has been ranked the most irritating habit of drivers on UK roads for six out of the past seven years. Which is unsurprising really when you consider that it's really just failing to maintain proper queue etiquette when driving.

Talking on a mobile phone has consistently come second (apart from in 2014 when it clinched the top spot) and, despite being illegal, it continues to plague motoring happiness across the nation. So, next time you decide to get that little bit too close to the car in front while simultaneously chatting on your mobile and lobbing a sweet wrapper out your window, know this: you are officially the most hated person on Britain's roads.



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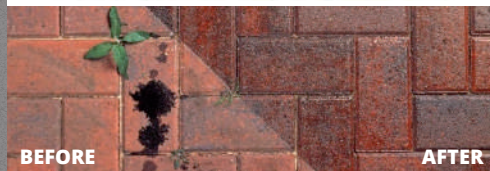
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