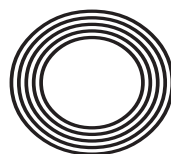
A photograph of Cheryl Cole smiling on a red carpet, wearing a red sequined dress. The background is slightly blurred, showing other people in formal wear.

The RACE
to N°10

**QUEEN'S
SECRET
CODE
REVEALED**

**FERRARI'S
Horse Power**

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weirdest places



FREE

CHERYL

Feisty popstar's journey to parenthood

VISION Billericay | Edition 1



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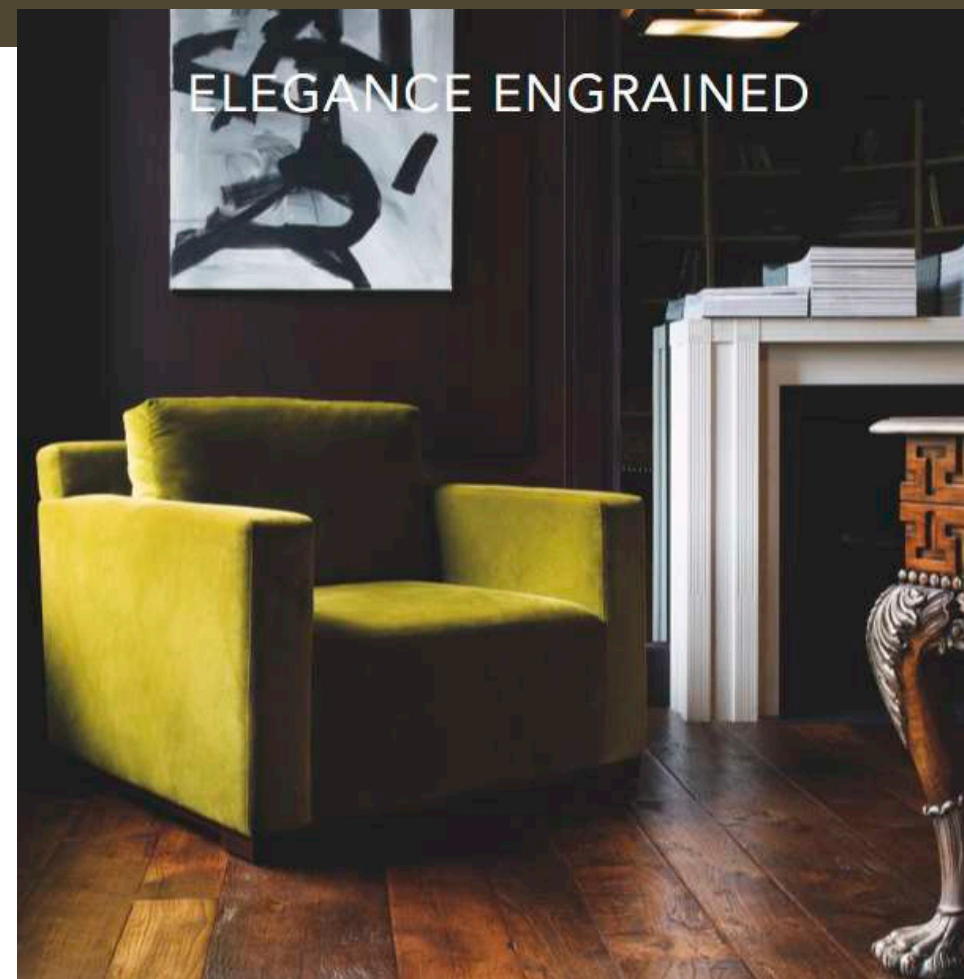


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Editor's notes...



Nik Allen, Editor

Hello and welcome to the first edition of **VISION**Billericay.

VISION is a free monthly magazine which will be hand delivered to homes in Billericay every month.

Due to the success of **VISION**Brentwood within the last 12 months, we have launched our second magazine in Essex, with a combination of interesting, entertaining and topical stories alongside adverts promoting local businesses, we are able to support those within the community, whilst bringing the quality content to your doorstep.

Furthermore we want to support the community by promoting events that are happening within Billericay with our local news and what's on pages every month.

In this month's edition, you can read about the recent Soapbox Derby that took place on the May bank holiday organised by the rotary club and Billericay Town FC hit the national headlines with their internet famous team huddle. We also have Phil of the Billericay Street Pastors introduction into his monthly editorial with **VISION**Billericay.

There's a bit of something for everyone in this magazine as you can see in our contents page and I would love to know your thoughts about our first edition, so please feel free to get in touch by emailing billericay@visionmag.co.uk

Hope you enjoy it and until next month.

Nik

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1. DRAMAS, 4. GOSSIP, 9. MARTINI, 10. SCHEMED, 11. LASSO, 12. RIDGE, 14. AMEND, 15. PECAN, 17. EERIE,
18. STIMULI, 20. NEST EGG, 21. SPRAYS, 22. EXULTS
DOWN
1. DIMPLE, 2. ACROSTIC, 3. AMIGO, 5. ORCHARD, 6. SHAM, 7. PEDDLE, 8. DISPLEASING, 13. DOORBELL,
14. ANNUITY, 15. PASSES, 16. LEDGES, 17. ESSEX, 19. IVOR



BRAVERY OF THE MUM WHO SAVED ANOTHER MOTHER'S SON FROM THE NAZIS *and paid with her life*

Louisa Gould was one of those people who lived an ordinary life at an extraordinary time and became a heroine defying the Nazi regime through her humanity.

The middle-aged general storekeeper was a widow who lived on the Island of Jersey, which was occupied by the Germans in WWII.

Her story became known after Jersey was liberated on May 9, 1945.

In 1942 she was still mourning the death of her son Edward who had been killed while serving with the Royal Navy in the Mediterranean a year earlier.

Also on the island was a Russian pilot, now a prisoner of war, Feodor Burriy. He tried to escape on three occasions. He was recaptured twice and tortured by the Germans.

On his third attempt he ended up at Louisa's door, and still reeling from the loss of her son, took him in, in a barefaced act of defiance against the Nazi occupation.

She hid him in her house in Millais in the northwest of the Island for almost two years.

She gave Burriy a room, changed his name to Bill and altered her son's clothes to fit him. She also gave him a fake ID and taught him English, but with a French accent, so the occupying forces would not think he was Russian. They settled on a cover story that Bill was a nephew, or friend of the family. "I have to do something to help another mother's son," she reasoned.

Now her amazing story is getting a wider audience with the release of a new film, *Another Mother's Son*, starring Jenny Seagrove as Louisa and ex Boyzone lead singer Ronan

Keating as Louisa's brother, Harold Le Druillenec.

Amanda Abbington plays Louisa's sister Ivy.

Months passed, and Bill became accustomed to his double life.

But 20 months after his arrival, someone informed the Germans that Louisa was harbouring a Russian.

Louisa had just enough time to move Bill to a safe house. But during a search of her property a Russian-English dictionary, a Christmas gift tag bearing his Russian name and a wireless were found; she was sentenced to two years in prison, and taken by cattle truck to Germany's Ravensbrück concentration camp – a place from which she would not return. In February 1945, she was sent to a gas chamber, aged 53. The camp would be liberated eight weeks later.

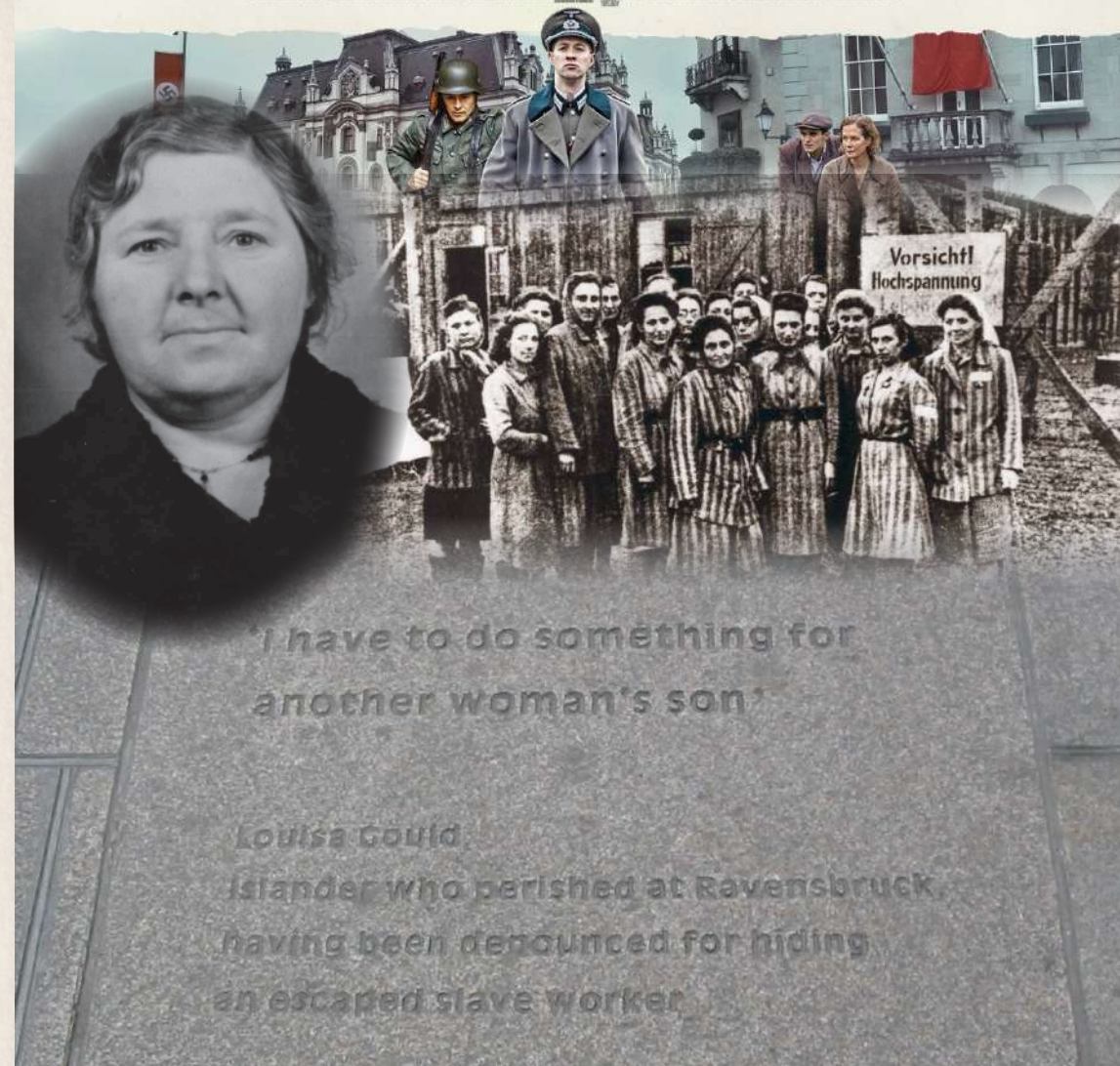
Harold, was sent to Belsen, and was the only known British survivor of the notorious concentration camp.

Ivy was also arrested, but survived after escaping deportation because a doctor at the Jersey General Hospital forged papers saying she was not well enough to leave the island.

Bill was never recaptured, and returned to Russia after the war. He married and kept in touch with some Jersey residents, publishing a letter of thanks for their kindness in the local paper 20 years after the war ended and later visiting in 1995 to unveil a plaque dedicated to Louisa. He described his heart as being "wring with pain" at the prospect of never being able to shake hands with his "second mother" again. He has since died.



JENNY SEAGROVE JOHN HANNAH AMANDA ABBINGTON RONAN KEATING JULIAN KOSTOV ANOTHER MOTHER'S SON





GARDENING



Allot to be said for...

The idea of an allotment was once one consigned to images of old men in wellies and flat caps, but the desire to tend to your very own green plot is having a very 21st century resurgence.

Allotments first came into being in the Victorian era to provide a healthy hobby for factory workers who were expected to spend their working days inhaling all kinds of polluting chemicals. Over time they have become more associated with the middle classes – the romantic notion of self-sufficiency gaining exposure with the BBC series *The Good Life*, which ran for three years from 1975.

Nowadays, the idea of tending to an allotment has again crept into the minds of many an aspiring horticulturalist. The rising price of food has made self-sufficiency a viable option and the demand for green spaces of one's own amidst the hustle and bustle of urban life has created a new surge in demand for allotments



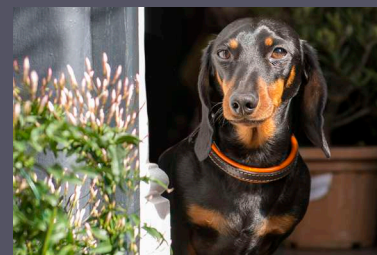
that councils are struggling to keep pace with. But what are the practical benefits of having your own patch of soil to lovingly care for currently?

- Just 30 minutes of gardening on your allotment can burn around 150 calories.
- If managed properly, an allotment can produce enough food to supplement a family's weekly shop, with fresh fruit and vegetables over the year, not only saving pennies but also providing your family with better tasting produce.
- Spending time out under the sun will improve your body's vitamin D levels, warding off illnesses and boosting your serotonin level.
- Allotments are essential habitats for wildlife. By cultivating an allotment, you are helping to keep the local biodiversity level stable. Just one square metre of land can support hundreds of species.

Will all these positive possibilities, there's a lot to be said for getting in touch with your local council to see how you can get your hands on your own productive patch.



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HOME & DIY

One of the most prolific creators of our time, Paris-born visionary Philippe Starck has garnered a reputation as the bad boy of design. He has turned his hand to practically every creative canvas, from hotels, restaurants, bars and clubs, to furniture, tableware, baggage, kitchens and even nutrition. In other words: if your space is feeling uninspired, it may be time to Starck it up. Here's the designer's style aesthetic in four quick points.

PRACTICAL CAN STILL BE BEAUTIFUL

First made in 1990, Starck's aluminium Juicy Salif lemon squeezer is so aesthetically pleasing it has a place in New York's Museum of Modern Art. With practical items it's easy to dismiss the way simple everyday items look, but since they will be on show the most, shouldn't they look good too?

DESIGN SHOULD BE TIMELESS

"A designer has a duty to create timeless design. To be timeless you have to think really far into the future, not next year, not in two years but in 20 years minimum," says Starck. So avoid fashions and opt for the classics.

CREATIVITY IS A PERSONAL THING

For some, Starck's line of Perspex chairs and tables for Italian brand Kartell are too minimalist; for others they represent the very epitome of sublime. The rule is to create space in your own eye, buying pieces you love and adding

personal embellishments like photos and art. After all, you're the one who has to live with it.

NEVER BE SATISFIED

"I am always disappointed; sometimes because I am very feminine, I cry when I see the results. I never go to hotels or restaurants that I have designed because for me they are like a mirror that reflects all my mistakes, all my weaknesses. I am always disappointed in myself," said Starck.

Dissatisfaction is a permitted state according to Starck, as long as you remember your home is a work always in progress, and the décor should change and grow with you.





HOME & DIY



Photo credit: Riddle and Coghill Interiors

Cutting Edge Kitchen

CUTTING EDGE GADGETS FOR SERIOUS HOME COOKS

No celebrity chef worth his or her salt would be seen in a kitchen which wasn't kitted out with the latest appliances and gadgets. And it would seem Brits, inspired by what they see on popular television shows such as the *Great British Bake Off* and *Masterchef*, are following suit.

Last year, sales of kitchen appliances boomed, with many retailers reporting particularly strong growth at the premium end of the market.



SLIDE AND HIDE

A prime example of this growth is the 'Slide and Hide' by Neff. The oven, with its distinctive door which slides away, is a regular feature on *Great British Bake Off*. And despite its price tag (ranging from £500 up to £1,000), home bakers have been snapping them up.



STEAM OVENS

Sales of other high tech gadgets – such as steam ovens and sous vide ovens – are also on the rise with keen cooks undeterred by some of the eye-watering price tags associated with the gadgets.

Steam ovens use a combination of steam and hot air to cook food. As well as boosting the taste and smell of food, steam ovens are considered a healthier way to cook. But they don't come cheap – a number of oven manufacturers now produce steam ovens, with prices starting at around £1,000.



SOUS VIDE

For amateur chefs wanting to go even one step further, there is the sous vide option.

The sous vide technique was once a secret of great chefs worldwide, but will be familiar to *Masterchef* fans. Sous vide is a method of cooking food in vacuum sealed bags in a water bath or temperature-controlled steam environment.

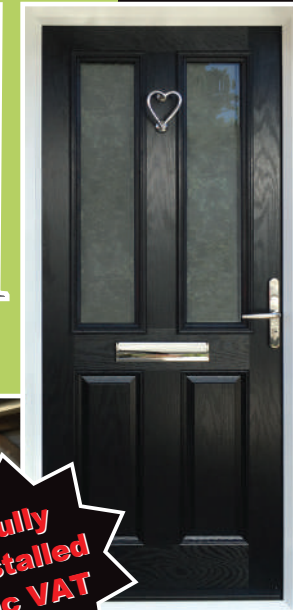
A number of sous vide products are now available, including built-in ovens which allow you to bake, roast, grill and sous vide, and water baths which sit on the counter top. Sous vide water baths start at around £300, while a top range sous vide oven starts at the £2,500 mark.

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HOME & DIY

COLOUR *me happy*

Why picking the right colours for the rooms in your house can lift moods, calm anxieties and even promote better health.

Green...is the colour of tranquillity. Evoking an abundance in nature, or briny oceanic depths, it restores calm and promotes peacefulness and reflection.

Paint: Any room in your home where you want to wind down.

Red...is the colour of love, fire and passion. A vibrant crimson can set pulses racing or spark stimulating conversations, which is exactly why you don't want it in your bedroom...

Paint: Ideal for dining room.

Blue...is the sleepest hue. Despite its reputation as the colour of coldness and sadness, blue is said to lower blood pressure and help promote a feeling of restfulness – making it ideal for bedrooms. Opt for softer, dusky blues over harsh navy and cobalt.

Paint: Anywhere you want some shut-eye.

Yellow...is not necessarily the most mellow, as too much in one room has been known to cause

feelings of frustration and anger. Just the right amount, however, and a space will feel brighter and happier.

Paint: Living room, but go for golden accents over floor-to-ceiling sunshine.

Purple...this regal shade can make you creative – so again, use it sparingly in the bedroom. The more vibrant and deep your purple, the more it will stimulate your brain, so pick softer lavenders if you want a more soothing effect.

Paint: Study or playroom.

White...far from being bland and cold, white promotes light and airiness, making it the best choice for a poky or dingy bathroom.

Paint: The bathroom.

Orange...aptly, orange can make you hungry, so avoid splashing this colour around your home gym. Go bold and bright to promote an atmosphere of energy and joy.

Paint: The kitchen or dining room.



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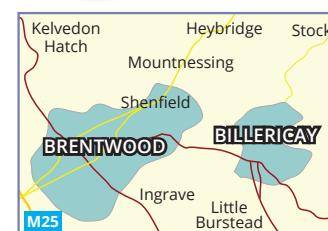
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Koulsdown is a bespoke outdoor furniture business that has a cooling gel mattress, cushions, pillows and pads.

Koulsdown make beautiful tables and chairs, suites, love seats, poster beds, tables and sun loungers specifically to your requirements from a wide range of materials from carbon fibre, polycarbonate, wood and aluminium.

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Koulsdown also include solar panels incorporated into furniture that provide power to built-in stereo, contactless charge points for phones and tablets, speakers built into side

tables and sun loungers. We also, have in our range a multifunctional speaker pillow that is blue tooth compatible to any phone.



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

ART ATTACK

Let's be honest – not everyone has the requisite access to dead animals and large amounts of formaldehyde to create their very own front-room Damien Hirst installation. For people who want the look of a multi-million-pound, wall hanging artwork without spending the big bucks, all you're going to need is some glue, a heat source, and a whole load of crayons...

Anyone (with deep pockets) can shell out a load of cash on an obscure David Hockney or Claude Monet, but to add some artistic flair to your walls and keep things personal, why not create your very own unique melted crayon masterpiece with a little help from the kids?

First, buy a large pack of multicoloured crayons and a canvas of any size. Before you start gluing, you should arrange the crayons in the order you want to glue them on the canvas – you can choose any colours you want, but be aware that blacks, browns

and greys tend to dilute the brighter tones.

Apply the hot glue gun to the crayons on the canvas by using a single line of glue for each crayon, matching each crayon with the edge of the canvas to keep the crayon line straight. You can add a personal touch at this point by creating a cardboard cut-out and pasting that to the canvas. The melted crayons won't run on this area. Then you can affix a photo to the area that is untouched by colour.

Alternatively, you can add a unique addition later by joining your kids in putting hand prints over the melted crayon.

Put down newspaper on the surrounding areas and tilt the canvas at an angle at which the colours will flow easier – and then begin to heat the crayons with a hairdryer. Watch as the crayons begin to stream multi-coloured streaks down the canvas, to create a quirky and colourful piece of unique art that won't cost the world.



HOME & DIY



BUSINESS & FINANCE

KICK STARTERS

changing the world

Over a decade ago, Peter Jones of *Dragon's Den* said that entrepreneurship was "the new rock 'n' roll." These days we live in a world where the billionaire residents of Silicon Valley are constantly coming up with ways to revolutionise our everyday existence – but which of these up and coming entrepreneurs are looking to make waves in our global society over the course of 2017?



Kelly Lovell

Lovell is the executive producer and host of *YOU Effect*, a user-generated global media network that collates and shares the opinions of industry leaders from across the world. This entrepreneurial Facebook pledges to be gossip free and dedicated to sharing the latest news in social innovation and its positive impact across the globe as she seeks to connect young business minds with each other.

Hyder has been called the "Zen Master of Marketing" by *Entrepreneur* magazine, and as the founder and CEO of award-winning Marketing Zen Group, she has seen her organisation grow by 400 per cent annually since its start in 2009.

Her clients include publicly held Fortune-500 companies, as well as privately held small businesses and non-profit organizations across the globe. If that wasn't enough, she has also authored a range of books and shared the stage with President Obama and the Dalai Lama.



Shama Hyder

Self-made tech entrepreneur Vanderveldt has a vision of getting a mobile device into the hands of every woman and provide them with access to financial literacy and mentoring tools in order to create a new generation of female business leaders and entrepreneurs through her company EBW2020 LLC, which stands for Empowering a Billion Women by 2020.



Sarah Vanderveldt

Rampton's success story is one of true grit and determination. A worksite accident in 2006 left him with a damaged leg and doctors saying he'd never be able to walk on it again, but Rampton beat the odds and even used his time in a hospital bed to teach himself to sell products over the internet. Now he is the founder and CEO of *due.com* – a free digital wallet that lets users make and accept payments online.



John Rampton



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SECRET CODE:

LONDON BRIDGE IS DOWN

When the Queen dies a secret plan dating back 60 years will swing into operation. It will start off with four words – 'London Bridge is Down'.

They will be spoken to the Prime Minister of the day, senior civil servants and Government officials who all know that London Bridge is the codename for Her Majesty.

Operation London Bridge, which has been secretly rehearsed for decades, covers every aspect of her funeral and her lying in state. Britain will be in mourning for 12 days.

It will be Sir Christopher Geidt, the Queen's private secretary, who will first contact the Prime Minister on a secure line with the code words, no matter what time of day it is.

From the Foreign Office's Global Response Centre in London the news will go out to the 15 governments outside the UK where the Queen is also the

head of state, and the 36 other nations of the Commonwealth for whom she has served as a symbolic figurehead.

The public will find out in a newflash after newspapers and television and radio stations have been told.

Although it is likely that many people will find out through social media, Facebook and Twitter.

The day after her death, Prince Charles will be crowned King and Camilla his Queen.

Prince William would become the Prince of Wales once his father took the crown, giving Kate the title of Princess of Wales, once held by Diana.

The state funeral will begin by her coffin being taken to Westminster Abbey by gun carriage, where it will be led by the Archbishop of Canterbury, Justin Welby.

The funeral will have 2,000 guests and there will be a procession before the Queen's body is taken by road to Windsor Castle where she will be buried in the royal vault.



THE RACE TO NO.10

Thought that you were done with massively influential and political votes for the time being? Think again! As Theresa May instigates a snap election due for June 8, we look at some of the numbers behind her decision to summon the voting public to the polling booths once again.

► **34** The percentage of people who didn't turn out to vote for the 2015 General Election. That's around 22 million people – more than voted for any singular party at the election (the Conservative Party managed around 12 million votes that year).

► **17** The Conservatives' working majority in the House of Commons. The Tories have 330 MPs, Labour have 229, the SNP 54 and the Liberal Democrats have nine.

► **331** The number of days Theresa May will have been Prime Minister on June 8, having been invited to become Prime Minister by the Queen on July 13, 2016.

► **764** The number of days between the last general election (on May 7, 2015) and the next (including both election days).

► **21** The number of points that Theresa May's Conservatives lead Jeremy Corbyn's Labour by, according to a voting intention survey published by YouGov just hours before the Prime Minister announced plans for a snap election.

► **13** The number of MPs that voted against the proposal to hold a snap election, including Labour's Clive Lewis and Dennis Skinner.

► **7** The number of times Theresa May asserted to the media that she would not be holding a snap election, and would instead wait until the planned time in 2020.

► **946** The number of words in Theresa May's statement outside 10 Downing Street on Tuesday, April 18.

► **2** The number of former party leaders standing for re-election in June. Liberal Democrat Nick Clegg will be contesting Sheffield Hallam, while Labour's Ed Miliband is back to run in Doncaster North.

► **1** The number of votes you need to concern yourself over – your own!



LOCAL NEWS

from your neighbourhood



Billericay end season on a high after eventful few weeks

Billericay Town FC ended the season on a high note with a hard fought 2-1 win over Needham Market to seal eighth place in the Isthmian League Premier Division.

Billericay dominated the early stages of the game and thought they had taken the lead through Joe Ellul in the 17th minute only to see the goal ruled out for an infringement.

Clear chances were hard to come by in the first half.

After top scorer Billy Bricknell was brought on at half time and manager Glenn Tamplin changed shape to a 3-4-3, the Blues edged in front just before the hour. In the 54th minute, Jamie O'Hara's corner was headed on by Ellul and Jack Robinson hooked the ball home from five yards.

Town continued to dominate and, after Needham equalised, Billericay regained the lead through Robinson's second of the game.

The team were celebrating cup success earlier last month when they swept aside Tonbridge Angels 8-3 to lift the Ryman League Cup. However the game didn't hit the headlines for the football. It was the

squad's rendition of R Kelly's *The World's Greatest* that went viral and even got a reaction from R Kelly himself.

Meanwhile, manager and owner Glenn Tamplin has spoken out after Jamie O'Hara confronted an abusive fan following the recent game against Leatherhead FC. Tamplin said O'Hara pushed the fan away because the former Tottenham star was receiving abuse which included being spat at and having objects thrown at him.

Tamplin said he was disappointed there was no protection provided by stewards or officials but stressed O'Hara's reaction was wholly unacceptable.

He commented: "Billericay Football Club doesn't condone any reaction to provocation therefore we have deducted Jamie two weeks wages and made it very clear to him that any future incidents of a similar nature will lead to him being released from the club.

"Having spoken to Jamie this morning and witnessed the sorrow and regret he has in relation to the incident we believe that it was an over exuberant action of self-defence and deem the decision we have made to be suitable punishment."

Shock as teen found dead



Tributes, including a balloon release from Lake Meadows Park, have been paid to a schoolgirl who was found dead last month.

Harriet Nicol, 16, who was originally from Billericay, went to St Martin's School in Hanging Hill Lane and was also a member of Fusion Performers Drama and Dance School in the town.

The tributes to Hannah include a GoFundMe page set up by Charlie Dell which will be raising money for a teenage suicide charity. As **VISION** Billericay went to press, nearly £7,500 had been raised in just two days.

To donate, go to <https://www.gofundme.com/raising-money-for-suicide-awareness>

Readers asked to help police find scooter gang

Police want **VISION** Billericay readers to help them find a gang who subjected a local man to a terrifying assault last month.

The 52-year-old man was driving a grey Renault Megan in Billericay High Street at around 5.10pm on Wednesday April 19, when a scooter rider approached and kicked his car causing the wing mirror to come off.

Further up the street, the car stopped again in traffic at the junction with Radford Way. When a second rider caught up and pulled up in front of the car, the victim got out to speak to the gang and was punched in the face by one of the scooter riders. All the gang fled the scene shortly after.

One of the scooter riders has been identified as being white and as being between 17 and 25 years old. At the time of the incident, he wore a red crash helmet over a ski mask and black clothes.

Another rider is described as white, aged between 17 and 25 and about 5ft 10ins tall. At the time of the incident, he wore a black crash helmet over a black

ski mask and rode a black scooter.

Anyone with information should contact Pc Papaicovou at Basildon LPT on 101 or report crime online at www.essex.police.uk/do-it-online.

Running to remember those we have lost



A woman from Billericay raised nearly £6,000 in memory of her dad and sister when she took part in the London Marathon last month.

Laura Irvin took part in the 26.2 mile race in memory of her dad Trevor and sister Claire, who died within just a few years of each other.

Trevor died from duodenal cancer in 2010 then just one year later, Laura and her family received the devastating news that Claire had been diagnosed with cervical cancer.

She explained: "Claire fought long and hard for 18 months but sadly it was in vain. Aged 34, she lost her life tragically and despicably in July 2013. Mum and I will never recover from our loss or the suffering dad and Claire endured in such close and unfortunate succession."

Now though, Laura is firmly focused on the future. She took on the gruelling race in aid of Hospice UK, the national charity as a tribute to St Luke's Hospice where Claire died.

She explained: "We live and fight on and remain grateful for all we have. The local hospice Claire died at was incredible. From the toast, to the made up beds to the rose bushes, it made the worst time of our lives that little bit easier. The kindness, the safety, the warmth."

Laura completed the marathon in four hours 21 mins and at the time of going to press, had raised £5,748.07.

You can add to the total by going www.justgiving.com/fundraising/Laura-Irvin



ON PATROL WITH... THE PASTORS

Pastors bring peace to the community

Street Pastors currently patrol Brentwood and Billericay High Streets between 9pm and 2am on Friday and Saturday nights. Their volunteers are all members of local Christian churches who without judging anyone, just want to help people who are or become vulnerable whilst out in the night time economy.

We patrol in a blue uniform and carry Water, lollies and flip flops to be ready to help. We offer water

to help hydrate and flip flops for ladies who can no longer bear walking in their high heel shoes. We carry first aid equipment, foil blankets and other equipment. We clear up broken glass as we go and remove bottles from the street.

If you see us out then we would love to chat to you and tell you more about us. We are on Facebook and Twitter and email on Billericay@Streetpastors.org.uk



Thorn in the side of the town could be transformed



A property described as an embarrassment to the residents of Billericay for well over a decade could be transformed after a planning application to turn into flats was lodged last month.

Dawson Developments want to be given permission to convert Elizabeth Cottage, on the junction of the High Street and Norsey Road, into six apartments.

Documents submitted to Basildon Council's planning service say they hope the proposal will win councillors' support.

They read: "Elizabeth Cottage has been a 'thorn in the side' to the council and an embarrassment to the residents of Billericay for well over a decade and, at last, through a recent purchase transaction there is the opportunity to restore the building to practical and economic use, eliminating the one 'unfortunate scar' on the town, much to the benefit of residents and visitors alike."



Derby delight for thousands on Bank Holiday

Thousands of people flocked to the Queen Elizabeth II Field in Billericay on Bank Holiday Monday as the Soapbox Derby, organised by the town's Rotary Club, returned for the second time.

Sixty weird and wonderful handcrafted karts took part in the event with prizes being given to the fastest karts and to those who entertained the crowd the most with cooked breakfasts, pirate ships and even Superman, just some of the vehicles to make their way around the course, which featured number of 200 mm jumps.

One of the teams taking part in the event – the DISCOvery TURBO – spoke to the rotary club's newsletter before the event – their kart was a rolling DJ booth called Push It.

Team leader Sotirios Lioutas said: "We will probably be the funkiest kart you'll see in the derby this year. We hope to be the coolest, fastest gravity-powered disco soapbox on the day. We love a challenge. Plus an opportunity to get our hands dirty and work on a project for a good cause, and oh yes, it also unleashes our groovy alter egos."

"One of us went last year. He had a fantastic time. It didn't take much effort to pitch the idea to the rest. Good cause, good family day out, good-out-of-work activity."

The team had a great race clocking up the fifth best absolute time, the second best time in their category and the sixth best dance performance.

Predictably, some karts didn't cross the finish line and some needed a bit more help but others really got the hang of it.

All of the profits raised went to charities supported by Rotary. In particular this year, it included major donations to two local schools, the Hamelin Trust and Little Havens Children's Hospice. Money will also be given to Medecins sans Frontieres, Aquabox and Rotary Foundation – End Polio. The event raised £26,000 for charity and a similar amount is expected to be raised this year.

Next year's event will take place on May 7. To register your interest, go to www.billericaysoapboxderby.co.uk



becoming cheryl

It may not have been the easiest journey for the ex-Girls Aloud star, but new mum Cheryl has finally found joy in both her career and her private life.

When 19-year-old wannabe Cheryl Tweedy first stepped into the audition room of ITV's *Popstars: The Rivals*, it was evident the show had unearthed a true star in the making. Charming and sweet, with an endearing shyness, she was an instant triple threat with her impressive pop vocal skills, hip-hop dance moves and stunning looks.

For Cheryl, becoming a star was not just a fanciful dream, but a long-held ambition she had worked tirelessly towards having grown up on Newcastle council estates surrounded by drug and alcohol abuse, crime and poverty. "There were lots of users in my area. Heroin was there for the taking. I could have taken that route, but I always maintained my ambition and I'm proud of myself," reveals Cheryl.

One of five children, raised single-handedly by their mother Joan Callaghan, Cheryl has said in the past that her childhood, while happy, was often tough as her mother worked tirelessly to not only feed her brood, but also nurture them – always finding money for her daughter's dance and singing classes, no matter what.

In 2004, as the band started to take off, she met and began dating Chelsea and England footballer Ashley Cole. The couple were a formidable force in British media: good looking, successful, and rivalled only by the Beckhams. For their London wedding in July 2006, *OK!* magazine reportedly paid them £1million for exclusive rights.

Over the next few years, Cheryl's star only grew brighter. The first member of Girls Aloud to pursue a solo career, her debut effort *3 Words*

went straight to number one, and she also became a judge herself – replacing Sharon Osbourne for the fifth series of *The X Factor*. But sadly, as Cheryl blossomed from WAG into National Treasure, cracks began to show in her marriage, and in 2010 she and Cole separated, citing his 'unreasonable behaviour' as the cause.

Through heartbreak, the 33-year-old beauty has always been defiant. During her divorce, she released her second album, *Messy Little Raindrops*, storming the charts as a way of countering the emotional angst. When she was hired and then swiftly dropped from the American version of *The X Factor*, she didn't go into hiding but into the studio, where she promptly worked on her third album – *A Million Lights*; another smash hit.

Cheryl married a second time, to Jean-Bernard Fernandez-Versini after a three-month courtship, only to end the relationship after 18 months. Having had enormous success in her career, it was evident she was seeking fulfilment in other areas. Joy came from someone whom she met almost a decade ago on *The X Factor*: One Direction star Liam Payne. Despite the 10-year age gap between them, the couple seem to be having the time of their lives and, after months of unconfirmed pregnancy speculation, welcomed a son in March.

"We are all madly in love and overwhelmingly happy with our little arrival," she gushed in an adorable Instagram post of Payne holding the newborn. As she embarks on this new phase of her journey, Cheryl is living proof that no matter where you come from, you should never be afraid to dream.





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BEAUTY

Spring Sheer

Ditch winter's charcoals and greys and be fearless with these five spring make-up trends.



Watercolour shadow

This gorgeous trend was all over the spring/summer 2017 catwalks, and it's easy to achieve even away from the flashbulbs. Take several shimmery shades – pastel lilacs, blues, greens and pinks all work – and dust over different areas of the lid, gently blending as you go. Finish with a touch of gold in the inner corner to brighten.



Glitter lips

Yes, you read that correctly: GLITTER ON YOUR LIPS! Make-up artist Pat McGrath sent models out at the DKNY show with lips that were painted, dusted with fine glitter then drenched in gloss. Whether you like a little sparkle – or a lot – this is one look that will get you noticed. Though not very practical for kissing...

Pink all over

This may sound like a daring look, but done right it's super-feminine and pretty. Using an all-purpose colour (Stila's convertible colour dual lip and cheek cream is perfect!), dab a light wash over your eyelids and then blend that down to the top of your cheekbones. Finish with a dab on your lips.



Golden glow

If colour isn't your thing, you'll be delighted to know that au naturel will also be a hot trend this spring. For a youthful, dewy glow, start with a cream foundation and use a highlighter or bronzer to contour cheeks. Keep lips natural, but finish with a dab of eye gloss – another must-have product for 2017.



Mermaid eyes

Seafoam green is the shade of the season and will leave you looking as lovely as Ariel herself. However, any green or aqua blue will work. The trick with this is to be bold, covering the lid and under the lashes with the same hue to create a bright and vibrant look.



FASHION

Formidable Fashion

As fashionistas go wild for Raf Simons' first collection for Calvin Klein, **VISION** takes a look at his career so far.

The excitement was palpable at the autumn/winter 2017 Calvin Klein show in New York earlier this year. The fashion set were seated, David Bowie's *This Is Not America* blared out, and leggy waifs and surly boys strutted out in marching band-inspired shirts, workwear denim and sharp tailoring for the first collection headed by Raf Simons.

Considered a maverick appointment, it was a given that the Belgian visionary would steer clear of the clean lines and sexy underwear ads the brand is synonymous with, and fresh from his success at Christian Dior and Jil Sander, make the brand great again.

Fearless and uncompromising, the 49-year-old has always taken the unconventional path.

Initially set on becoming a furniture designer – he graduated in industrial design and furniture design in Genk in 1991 – he fell in love with fashion when a friend took him to Martin Margiela's 'all-white' show in 1991.

In 1995 he launched his eponymous menswear label, which soon began grabbing attention for its skinny suits, deconstructed but simultaneously perfectly tailored lines, and the use of 'ordinary boys' over professional models. When the Jil Sander fashion house chose him as its new creative director in 2005, it cemented his status as one of fashion's most formidable forces.

Having begun a three-and-a-half-year tenure at revered French house, Christian Dior, in 2012, in Frédéric Tcheng's *Dior and I* documentary we saw first-hand how someone so passionate could sometimes flare up in the face of the frustrations that come from working under someone else's brand – only time will tell if Simons can reinvigorate Calvin Klein or simply be a passing moment in its long history. But given the rapturous applause he received in New York, the former is looking far more likely.



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BOOST YOUR MEMORY

Like anything, your memory must be maintained and regularly exercised to keep it in top working order. Try out this easy exercise over a four-week period – you'll soon find your brain reaching new heights of efficiency.

When you are about to go to sleep, think over what you did that day from the time you got up until you got into bed. Start with the time you woke up, then follow your entire day step-by-step until the time you went back to bed. Try to recall as much detail as possible, visualising in your mind each and every step from beginning to end.

Don't worry if in the beginning you can't remember much detail – you'll probably move rapidly from task to task or think of the day in larger, broader sections. It's important to really try to slow down and remember as much as you can to take in as much detail as possible. With time and practice, you will soon start to notice significant improvement in your recall of events and details during the course of the previous day.

This exercise has a number of benefits:

- It will improve your memory.
- It will improve your ability to visualise things.
- You will improve your concentration.
- You will be more perceptive throughout the day. If you know you will be recalling your day later, you'll naturally pay more attention to details as the day unfolds.
- Your powers of observation will improve. Eventually you will find yourself performing a modified recall of your day so far because you know that later that night you will be trying to recall it again.
- You will likely fall asleep faster because your mind will get tired. It's just like counting sheep at night in order to fall asleep, except you're giving your brain a jolly good workout as well.



GOING FOR GOLD

From helping fight inflammation to preventing heart disease and cancer, turmeric may be the most effective nutritional supplement in existence.

It's tasty, has been around for centuries and is a key ingredient in Britain's favourite dish – chicken tikka masala – but it's only recently that the full benefits of turmeric have been backed up by science. This gorgeously golden spice gives curry its orange tinge and has long been used in India as a medicinal herb. This is down to compounds found within the spice, the most important of which is curcumin, which has powerful anti-inflammatory effects and is a very strong antioxidant.

BENEFITS OF TURMERIC

Eases aches and pains – a powerful anti-inflammatory, a daily dose of turmeric can greatly benefit those suffering from joint problems and arthritis.

BOOSTS MOODS – by reducing inflammation in the brain, curcumin enhances the flow of neurotransmitters, and unlike traditional pharmaceutical antidepressants it gets to the root of the problem.

REMOVES YOU OF FREE RADICALS – curcumin has powerful antioxidant effects and fights those nasty cell-damaging atoms. Found in everything from fried food to air pollution, free radicals have been linked to both ageing and cancer and the fewer of them in our bodies, the better.

PREVENTS HEART DISEASE – several studies suggest that curcumin leads to improvements in endothelial function, which helps regulate blood pressure, blood clotting and various other factors.

BEATS CANCER? – while studies in humans are still in very early stages, lab and animal studies have shown promising effects of curcumin in the fight against cancer, by interfering with "several important molecular pathways involved in cancer development, growth and spread".

This wonder spice can be taken as a curcumin supplement (it is advised you check with your doctor), in tea or in food – pepper also helps it absorb into the bloodstream. While many of these studies are in their early stages, one thing is for sure: you no longer need to feel guilty about your weekly Indian takeaway.



KIDS

CABBAGE PATCH KIDS

Want to raise your child as an avid veg eater? The trick may be to start as early as possible.

When you start weaning your child, it's tempting to begin with mashed banana, pureed apple and yummy sweet strawberries. But it is now believed that by persevering with vegetables early on, a child is more likely to accept them and eat throughout childhood.

But if you've found yourself wiping liquefied carrot off the walls after it has been thoroughly rejected by your little angel, you may be cynical. The problem is, our taste buds have an innate leaning to two distinct tastes – salty and sweet – so veg can seem bland. Also, breast milk has a slightly sweet flavour, so most of us develop a taste for sugar before anything else.

The solution then is simply perseverance. It can take up to 10 attempts to introduce a baby to a new flavour, so even a few attempted mouthfuls in among other foods your

child prefers are small steps to the end goal. Unfortunately, when a child reaches around 10 months old, the fussiness can really kick in, so the golden window is between six to 10 months. But if your child is already older and showing adverse signs to veg, don't fret – there are still ways to change their minds.

Firstly, make food as fun as possible. Broccoli can be intimidating, but if you're a giant who needs to eat five trees to grow big and strong, this humble veg is suddenly a lot more exciting. If it's the texture your child struggles with, eschew pureed food for finger food like carrot and pepper sticks arranged artfully on a plate. You can also add different flavours your little one enjoys, so consider a hummus dip or peas pureed with butter or even bacon. It may take a little patience, but the results are more than worth it. So, keep calm... and carrot on!



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SHAKEN & STIRRED

cocktail for Spring

From James Bond to Tom Cruise, the humble cocktail has been a staple of every party-lover's back catalogue of booze. Here is a fantastic recipe for a spring cocktail that will revolutionise your reputation as a master mixologist.

MOSCOW MULE

With zingy ginger helping to warm your cockles in a cold snap, and zesty lime to provide a

cooling sensation in the heat, you'll be prepared to be the host (or hostess) with the most in any weather.

INGREDIENTS

- 2 parts vodka
- 1 part lime juice
- 4 parts ginger beer
- Lime wedges
- Mint

INSTRUCTIONS

Serve over crushed ice in copper mug and garnish with lime wedge and mint.



THE ANCHOR RIVERSIDE
Pub & Restaurant

Multi award winning venue

Perched on the bank of the river Crouch in Hullbridge is The Anchor. We specialise in modern British cuisine served in a smart and stylish setting and are the only restaurant in Essex that has been awarded the prestigious Michelin 'Bib Gourmand', given to establishments offering skilful cooking at exceptional value. We are also featured in the 2017 Good Food Guide, reflecting our bid to stamp our mark on the Essex culinary map.

Any restaurant boasting awards such as The Anchor is enough to excite the taste buds of any diner and our head chef Daniel Watkins is certainly leading the way in Essex gastronomy. His menus reflect the seasons wonderfully, with each dish perfectly balanced in both flavour and texture, whilst some of the techniques used in the kitchen at The Anchor are rarely seen outside of London. Combine this with a clear eye for detail and it is no wonder that each dish resembles a work of art.

With a picture-perfect location, relaxing bar and atmospheric dining room, we like to think The Anchor makes the perfect venue for a taste of exceptional, award-winning food.



THE ANCHOR RIVERSIDE
Pub & Restaurant



LIVE MUSIC

We have more great live entertainment as acoustic singer **Ben Eve** joins us on **12th May** and jazz specialist **Joe Gibson** returns on **26th May**!



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World's Weirdest Restaurants

There are a number of weird and wonderful eateries all over the world. So whether you're into eating a lot of one thing, in strange places or using unorthodox containers and utensils, there's definitely something for you.

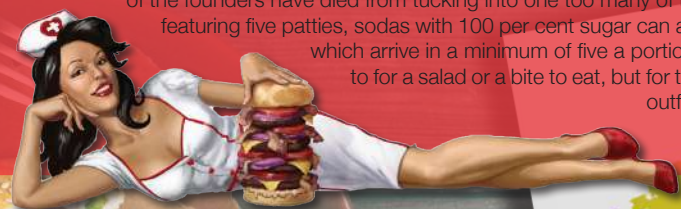
In the UK alone, the food market makes up one of the largest contributions to the high streets and accounts for a huge chunk of the economy. Within that, unique experiences and dining with a difference have become ever popular.

Across the pond, the food industry makes up an even larger portion of the US economy and again, the more unusual the better!

From restaurants that serve only pancakes, like the household US brand iHop (international house of pancakes), ones that go to town on the meat front, such as Meat Liquor in London, to the downright peculiar, such as Robot Restaurant in Tokyo, there's something for every colour or creed. Here is just a few food establishments with a twist from all over the world to wet your appetite.

Heart Attack Grill

This eatery is not one for the faint hearted. Sorry, excuse the pun! Located in Las Vegas, this establishment will have you brimming with food, laughing and even crying with pain from the feast that awaits. According to hearsay, people and one of the founders have died from tucking into one too many of their crazy burgers featuring five patties, sodas with 100 per cent sugar can and chocolate smores which arrive in a minimum of five a portion! It surely isn't somewhere you pop to for a salad or a bite to eat, but for the experience. Waitresses don nurse outfits and customers are given patient gowns on arrival. Go at your own peril!



Cereal Killer Cafe

The world's first ever cafe completely dedicated to your favourite breakfast staple...or treat in this case. Residing in London's Brick Lane, this place is sure to make the mind boggle. With more than 100 cereals on the menu, you're sure to find something tasty. What's more is that the menu spans American, global and British favourites, as well as an array of milks and toppings. The environment is edgy and nostalgic so prepare yourself for a pretty enlightening experience.



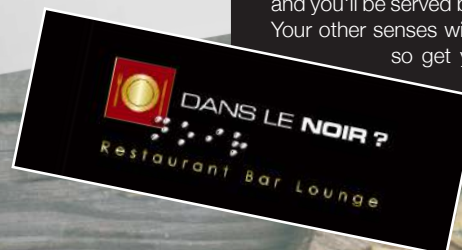
M6M Maldives

This postcard paradise is one for an extra special occasion. The island is already known for being one of the most beautiful in the world, whilst the beaches and clear waters are described as pure heaven. Located beneath the wonderous waters is an underwater adventure in the shape of M6M restaurant. The main room is surrounded by real fish and sea creatures, which can be seen through extra large glass windows. The decor is also not too shabby. The fresh seafood is not to be missed and the scenes will keep you mesmerized for hours. The head chef has led the decor and experience across the Ozen resort where the restaurant resides and it truly is paradise.



Dans Le Noir

Dining in the dark I hear you screech? This brand has restaurants all over the world but the idea began in France. Guests are led into darkness on arrival and shown to their seats by a hostess. But this not just a dining in the dark experience, it's a sensory journey and you'll be served by the visually impaired. Your other senses will be totally heightened so get yourself ready to taste and smell like you never have before.



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WHAT'S ON *in your area*

British Heart Foundation Quiz Night
Mayflower High School, Stock Road,
Billericay, Essex, CM12 0RT
Saturday, May 13

The evening is always a wonderful occasion with rounds on a variety of topics with prizes for the winning team and even a booby prize. Guests are invited to bring along their own drinks and nibbles to enjoy throughout the evening and of course there will also be the obligatory raffle with exciting prizes on offer. £5 per person Teams of up to 8 people. Doors open at 7pm for a 7.30pm start.

Dementia Awareness Week
Billericay Library, 143 High St, Billericay
CM12 9AB
5pm to 6pm Tuesday, May 16

Free Community Education Workshop that will help you learn about the causes of Alzheimers disease and other dementias.

Essex Wildlife Trust-Tracking & Field Signs
Hanningfield Reservoir Visitors Centre,
Hawkwood Rd, Downham, Billericay, CM11 1WT
10am to 2pm Saturday, May 20



Turn wildlife detective to learn how to spot the tell-tale signs of elusive wildlife, whether in woodland, by the water's edge or on grassland. Learn about the ecology of elusive animals and where they live and feed, then put the training into practice on an Essex Wildlife Trust nature reserve. Booking essential. £25 donation per person

Adele Tribute at Reids
Reids, 66-68 Laindon Road, Billericay, Essex,
CM12 9LD
Tuesday, May 23

Hello, this is the 'One and Only' Tribute, featuring singer Stacey Lee. For the show and a three Course Meal, tickets are £29.95.

Essex Sausage and Cider Music Festival 2017
Barleylands Farm, Billericay, Essex, CM11 2UD
May 26 to 28



The Essex Sausage and Cider Music Festival 2017 will feature live music, from tribute bands and artists, as well as plenty of entertainment and shows for children, as well as good beer and sausages.

Dirty Dancing, Outdoor Cinema - Picnic Style
Lake Meadows, Billericay CM12 0BW
Saturday, May 27



Book tickets to see Patrick Swayze and Jennifer Grey in the Classic romantic film outdoors! Spending the summer at a Catskills resort with her family, Frances 'Baby' Houseman falls in love with the camp's dance instructor, Johnny Castle. With pre-film entertainment the incredible 'Remedy Sounds', awesome musician, singer, beatbox and master of the loop pedal. For more visit www.moonbeamers.co.uk/whats-on/dirty-dancing-sat-27th-may-2017-830pm



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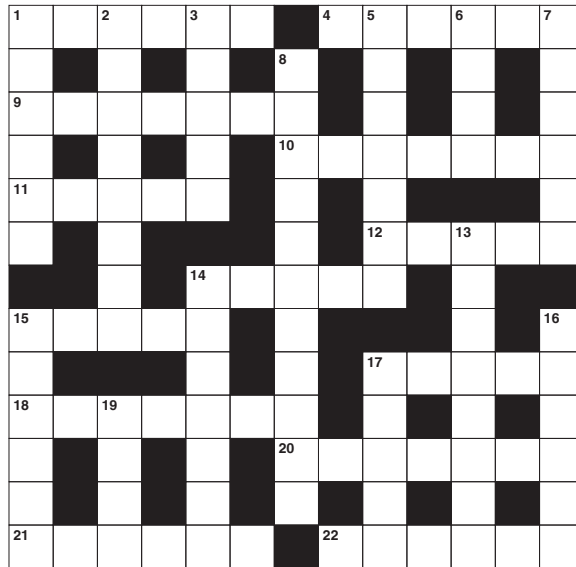
Answers can be found on the Contents Page 4

ACROSS

1. Stage plays (6)
4. Informal chatter (6)
9. Type of vermouth (7)
10. Planned one's actions (7)
11. Rope used to catch cattle (5)
12. Natural elevation (5)
14. Change (5)
15. Brown nut (5)
17. Strange and mysterious (5)
18. Nerve impulses (7)
20. One's savings for the future (4,3)
21. Flower arrangements (6)
22. Rejoices (6)

DOWN

1. Indentation (6)
2. Type of word puzzle (8)
3. Friend (Spanish) (5)
5. Land with fruit trees (7)
6. Fraud (4)
7. Hawk (6)
8. Annoying (11)
13. Push button by a house (8)
15. Overtakes (6)
17. County of SE England (5)



14. Sum of money paid to someone regularly (7)
16. Shelves (6)
19. ___ Novello: Welsh composer and actor (4)

DID YOU KNOW

- It is considered an act of treason to put a postage stamp with the queen's head upside down on an envelope.
- The British eat over 11.5 billion (1,500,000,000) sandwiches every year.
- England's first telephone directory was published in 1880 and had only 248 names and addresses (there were no telephone numbers as you had to call the operator and ask for someone's name to get connected).
- Nowhere in the UK is more than 70 miles (113km) from the sea.
- Our wonderful city London has not always had this name. In the past it has been called Londonium, Ludenwic, and Ludenburg!
- On average, 488 people are injured by zips and 3,078 people are injured by slippers every year in the UK.

SUDOKU

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		7					9



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TALKING TRAVEL

by Janette Bell of The Travel Boutique, Billericay

The Travel Boutique

The Travel Boutique celebrate their first birthday!

It's just twelve months since we opened the doors of The Travel Boutique for the first time.

After over 30 years in the travel industry and working my way through the ranks, in 2014 I proudly became co-owner of Independent Tour Operator Amathus Holidays www.amathusholidays.co.uk. After launching our successful Destination Wedding Specialist for Cyprus and Greece, www.cypriusweddingexperts.co.uk, in 2011, there was something that I had yet to fulfil, stretching back to the days of stamping brochures in my grandmother's Travel Agency. It was time to open my first High Street Luxury Travel Agency.



Seeing a gap in the market, I wanted to be able to offer our clients competitive pricing for bespoke and tailor-made travel combined with a level of luxury concierge service – something that you simply don't receive in your standard high street store.

Where better to do that but close to home in the busy town of Billericay Essex, and in May 2016, The Travel Boutique was born – my aim to provide a travel lounge where our clients can plan their holiday in comfort and relax whilst enjoying a cup of tea, coffee or maybe even a glass of champagne.

Now twelve months on, and with an established portfolio of clientele with a wish list covering the most simplistic and rustic to wonderfully grand destinations worldwide, I have enjoyed every moment of assisting our clientele with planning their holiday dreams, including bespoke tailor-made travel, special occasion holidays and honeymoons plus destination weddings abroad.

As we celebrate our first birthday, this coincides with the announcement of the appointment of our Manager, Zoe B, who will join The Travel Boutique in early May 2017. Some of you may already have met Zoe in her previous Management roles in Brentwood and Rayleigh, both with main stream and independent agencies, and have already had the good fortune of Zoe planning and organising your holidays.

We are very excited to have Zoe on board, chosen from a number of great candidates she stood out by far, excelling in every way she has a clear understanding of the concept of The Travel Boutique and what we aim to offer every one of our clients, no matter their required destination, duration or holiday type. It is clear that Zoe's passion for travel, knowledge and experience within the travel industry, together with her clear focus on a high level of customer care, will enhance what we already have to offer. It is our aim to take the stress out of planning your holiday, making it a pleasurable

We are celebrating our first birthday with lots of Holiday Giveaways and Special Offers!



experience from the moment you make your enquiry, throughout the planning stages and making the actual booking. But it doesn't stop there, with our Concierge level of service every box is ticked and checked and all the detail been thought through for you.

I have no doubt that by handing over the reins to Zoe she will take great care of our existing and new clientele alike, spreading her infectious passion for travel, whilst leading our team of Specialists at The Travel Boutique. Be in no doubt that when booking your holiday and travel arrangements with us, you are in more than capable hands.

If you are still unsure of your holiday plans for 2017, feel free to pop in and meet Zoe and the team to discuss some of the great options still available whatever your requirements. PLUS... 2018 Holidays are NOW ON SALE with many Luxury Family Holidays available across the Med at greatly discounted prices with Savings of up to 30% and with a deposit of just

£60 it means that you can secure your next year's holiday at the lowest possible price.

Our 2018 portfolio includes Kids & Couples in Med with the Exclusive and well sought after Luxury Sani Resort and Infinite Lifestyle all Inclusive IKOS Oceania & Olivia in Halkidiki, and the new for 2018 IKOS, Corfu, The Five Star Marbella Beach Corfu and the Luxury Domes of Elounda in Crete, Columbia Resort in Cyprus plus many more five-star family hotels in Spain, Portugal and The Canaries, with package and tailor-made options from Southend & Stansted as well as our Gatwick and Heathrow.

We also of course have our Kids & Couples Outside the Med programme which includes Dubai, Maldives, Indian Ocean, India, Sri Lanka and other wonderful far off destinations.

Janette Bell Owner of The Travel Boutique, Billericay

To celebrate our first Birthday and throughout the month of May 2017 – we have lots of daily giveaways to enhance your holiday and save you £££s. Plus all holiday bookings made before 31 May 2017 and travelling in 2017 and 2018 our clients will be offered, with our compliments, Resort Taxi Transfers and Complimentary Airport Lounges on a long list of destinations

which offer savings, in addition to early booking discounts of up to £200 per booking.

So feel free to pop in and meet Zoe and the team by calling us on 01277 563193 or drop us an email to enquiries@thetravelboutique.co.uk or make it personal by contacting Zoe directly on zoe.blackman@thetravelboutique.co.uk



MUSIC TO YOUR EARS

Bored of searching for the latest hip festivals in your own back yard? Why not turn your attentions to the continent with this handy rundown of five of Europe's most incredible music festivals coming up this year?

BILBAO BBK, Spain

When: July 6 - 8

Price: £38 - £95 (three-day pass)

Set in Spain's beautiful Basque country, this mountainous festival is an absolute bargain, with a three-day ticket including camping going for just £95. This year's confirmed headliners include Depeche Mode, The Killers, The 1975 – plus the rare opportunity to see the Beach Boys' Brian Wilson playing his influential album *Pet Sounds* live.

ROSKILDE, Denmark

When: June 24 - July 1

Price: £114 - £229 (eight-day pass)

With a line-up that includes Foo Fighters, A Tribe Called Quest, The Weeknd and G-Eazy, the eight-day fest is looking to please everyone with an event that could topple our beloved Glastonbury from the peak of the European festival charts.

SECRET SOLSTICE, Iceland

When: June 16 - 18

Price: £158

Not only does this festival give music lovers the chance to see The Prodigy, Foo Fighters and

Richard Ashcroft, it does so in the breathtakingly beautiful surroundings of Iceland. Enjoy all that the four-day event has to offer, and you can still have time to visit nearby nature spots like the incredible Blue Lagoon.

EXIT FEST, Serbia

When: July 6 - 9

Price: £29.70 - £97.40 (four-day pass)

A festival – in a fortress. Within the ancient walls of the Petrovaradin Fortress, situated on the River Danube just outside Belgrade, music lovers can sit back in security and enjoy the tunes from everyone from Rag'n'Bone Man and Liam Gallagher to iconic electronica influencers Faithless.

SZIGET, Hungary

When: August 9 - 16

Price: £55 - £235 (seven-day pass)

Held on an island in the middle of Budapest, Sziget showcases every genre from EDM to heavy metal, with more than 1,000 performances taking place each year. This year's highlights include Bad Religion, Kasabian and Billy Talent all in one afternoon.

SPORTING SPRAINS and WORSE

If you thought boxing, horse riding and skiing were the toughest athletic pursuits, think again. Here are the UK's most dangerous top five sports by injury records.

Football 18.9%

Who would have thought that a casual kickabout down the park could land you in A&E? But football is statistically Britain's most dangerous sport, with one in five admitting to sustaining an injury whilst playing. Though footy injuries are rarely fatal, they be vicious, and regularly include sprained ankles (40 per cent of all injuries), knee injuries (32 per cent) and concussion (13 per cent).

Running 9.4%

Unless you accidentally career off into an unseen ravine it is unlikely your morning jog will land you into any real trouble. However, injuries from poor technique, ill-fitting shoes and overuse can still be pretty debilitating. Among the most common ailments are shin splints, blisters and pulled muscles.

Rugby 4.9%

They say rugby is a thug's game played by gentleman, but partakers of this brain-battering pursuit are actually four times less likely to suffer an injury than their footballing counterparts. Wounds range from superficial cuts and bruises to more serious concussion injuries and joint dislocations, not to mention those infamous cauliflower ears. Ouch.

Cycling (track, road) 4.5%

Sadly for cyclists, fatalities on bikes are still high with 125 deaths recorded last year on British roads. However non-fatal injuries put cycling fourth on our danger list with ailments mostly affecting shoulder blades, knees, groins and, yes, buttocks.

Swimming 3.2%

One might assume that if you follow the age-old advice of eating at least two hours before you take to the pool, you'll be fine and dandy, but surprisingly swimming is the fifth most dangerous British sport, with 90 per cent of complaints relating to shoulders. 'Swimmer's shoulder' is the most common injury caused by inflammation of the supraspinatus and biceps tendon, leading to joint pain and limited movement.





KNOCK NOKIA?

Are you tired of technology? Perhaps sent to sleep by the latest smart phones, or just plain bamboozled by all the showy gadgets on offer in 2017? Fear not. Nokia is bringing back one of its most iconic and almost indestructible handsets – complete with one sssssupremely popular game.

It's hard to keep up with every new development in the smart phone market these days, and Finnish tech corporation Nokia has noticed that many people are rejecting the latest models to take a trip down memory lane and dig out their old handsets. With no social media access or glitzy gadget peripherals and integral apps, the newly re-released Nokia 3310 appears to be every modern technophile's worst nightmare – but for nostalgic phone fans, this latest development is music to the ears.

First released at the turn of the century, the apparently invincible Nokia 3310 developed a reputation for durability that would put modern handsets to shame. But the modern update on this classic phone at least has some key differences from the original.

The handset is noticeably slimmer than the original Nokia 3310, which sold around 126 million units before it was discontinued in 2005. It's also almost half the weight – the original was 133g whereas the new model is 79g. It also houses a camera, something which was unheard of in the original phone's era, but fans of the traditional set-up shouldn't get too pent up about this photographic addition – it's only a 2MP (megapixel) tiddler.

But the real positive comes with the return of one of the greatest games ever to grace the tiny screen of any mobile. You can forget your Clash of Clans and Candy Crush, because the new-old Nokia once again exhibits Snake – albeit a slightly modernised version with better graphics.



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FORZA FERRARI

Seventy years ago, the very first Ferrari hit the streets – and seven decades on, the prancing horse is still an iconic sight on the road and the racetrack. To celebrate the company's milestone, we look back on the history of Italy's most prestigious automotive manufacturer.

The legendary Enzo Ferrari (1898-1988) began his motoring career as an Alfa Romeo driver in 1924, but within five years he found the Scuderia Ferrari – which assisted gentlemen drivers in racing cars – in his hometown of Modena. In 1938, Alfa Romeo brought the Scuderia under its control, but Ferrari disagreed with the move and left in 1939 to set up his own racing company. Under the terms of the split from Alfa, Enzo was unable to use his own name on his cars until years later.

HORSE POWER

The iconic Cavallino Rampante (prancing horse) was adopted from the emblem of Italian WW2 fighter ace Francesco Baracca, who painted the design on his plane. Enzo Ferrari was given permission to use the design from Baracca's mother, who believed it would bring the car manufacturer good luck. Ferrari placed the black horse on a canary yellow background (the colour of Modena) and topped it with the tricolour of Italy. The rest, as they say, is history (or is that 'horse'-tory?).

THE FIRST FERRARI

The first racing car to bear the Ferrari moniker was the 12-cylinder 1.5-litre Tipo 125, which was released in 1947. Just two models of this original car were created, neither of which exist today. The legacy of the Tipo 125, however, continued in various forms, not only were parts from the two

models re-used in subsequent Ferrari productions, but in 1987, Michelotto produced a replica of the initial car which the company still owns.

A WINNING FORMULA

The first Ferrari driver to claim the Formula One World Championship was Alberto Ascari, taking spot in 1952. Scuderia Ferrari has produced the most championship-winning drivers – 15 – since Ascari's maiden victory. The most famous of these include Niki Lauda, Michael Schumacher – who won five consecutive titles – and Kimi Raikkonen. Ferrari also holds the top spot when it comes to the Constructor's Championships, with a whopping 16 victories from 1961-2008.

THE 200 CLUB

The Ferrari F40 was the last car approved for production by Enzo Ferrari himself – and in 1987 it made motoring history by being the first road car to break the 200mph barrier, hitting an eventual speed of 202.687mph. Only 1,311 models were produced.

THE FERRARI OF THE FUTURE

The latest supercar to roll off the company's production line is the Ferrari LaFerrari – the first of its kind to be equipped with an F1-derived hybrid solution that combines an electric motor capable of producing over 150 CV with the most powerful version of Ferrari's classic V12, which delivers a mighty 800 CV at 9,000rpm. The technical innovations in the LaFerrari are set to filter through the marque's entire range and will surely have a massive impact on future designs.



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