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# Editor's notes...



Nik Allen, Editor

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

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

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

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

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

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

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

Closer to home, in local news this month, a Go Fund Me page has been set up for a 'community hero' who was injured at the Rotary Soap Box Derby, a cardiac arrest survivor is taking part in a world record attempt and we hear the latest from the Street Pastors.

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

*Nik*

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22. LUG, 23. ROOMS, 24. ARCHAEOLOGY  
DOWN  
2. ORGANIC, 3. NIPPING, 4. EMPIRE, 5. RARE, 6. EARN, 7. OBSESSIVELY, 8. NEWSREADERS, 14. UTENSIL,  
15. DRIVING, 17. REMOTE, 19. NIGER, 20. EARTH



# LOVE peace PRIDE

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

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

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

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

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

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

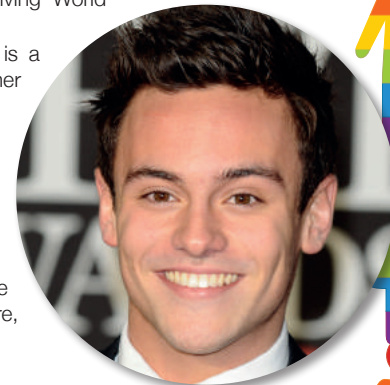
In the UK alone LGBT people are up to seven times more likely to be homeless, while gay couples are still unable to marry in Northern Ireland – the ruling party of whom, the DUP, are currently in coalition with Theresa May's Conservatives. And in the wider UN, homosexuality remains a crime in 40 per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

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

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

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

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





# COURAGE

*under fire*



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

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

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

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

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

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

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

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

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

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

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# Bonkers for Colour



HOME & DIY



SOPHIE ROBINSON

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

## *Embrace experimentation*

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

## *Understand the power of colour*

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

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

## *Inspiring creativity*

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

## *Her personal life*

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

Visit her website [www.sophierobinson.co.uk](http://www.sophierobinson.co.uk) or follow her on Instagram @sophierobinsoninteriors





# Everyday DIY FOR DUMMIES

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

## No hot water

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



Turn these taps

## A washing machine that won't drain

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



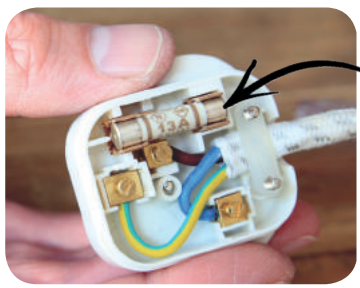
Empty the filter here



Check mechanism here

## A broken fridge light

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



Replace with correct fuse

## A blown fuse in a plug

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

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# MOOD Chart

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

### *Sensual*

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

### *Anxious*

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

### *Artistic*

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

### *Dramatic*

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

### *Playful*

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

### *Adventurous*

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

### *Happy go lucky*

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

### *Chaotic*

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



HOME & DIY





# Flair Room



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

## HOME GYM

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

## MAN CAVE

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

## MEDITATION SPACE

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

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

## GAMES ROOM

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

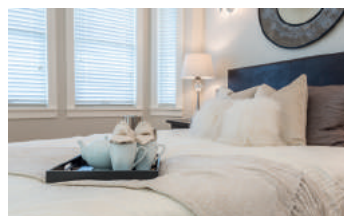
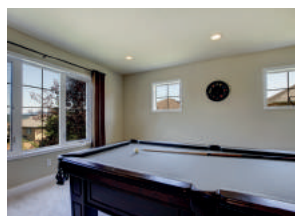
## B&B

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

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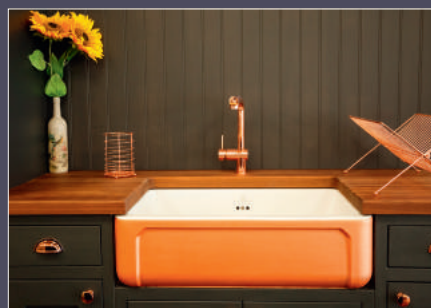
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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS

## Teenage cardiac arrest survivor to attempt world record

A teenage cardiac arrest survivor from Billericay is joining a Guinness World Record attempt which will bring together over 50 cardiac arrest survivors.

Supporting charity SADS UK, Ellie Nicholls, 19, will join the survivors in an attempt to beat the current Guinness World Record for the largest number of cardiac arrest survivors gathered together in one place.

The meeting will be at the Essex Cardiothoracic Centre in Basildon on Saturday, June 9.

In 2011 Ellie suffered cardiac arrest at school. PE staff and the office manager carried out CPR until the emergency services arrived and provided defibrillation.

She was taken to the Royal Brompton Hospital and diagnosed with a condition that affects the heart rhythm called CPVT. Her father and brother were later diagnosed with the same condition.

Ellie is now fitted with an S-ICD, a battery powered electronic device which is implanted into her chest to continuously monitor her heart rhythm.

If an abnormal or life-threatening heart rhythm is detected the device will deliver a therapeutic shock.

SADS UK helped put a defibrillator and training at



the school as her brother was shortly to become a pupil there.

Ellie said: "I'm looking forward to the Guinness World Record attempt and meeting other survivors like me. It will be good to talk to other people who can relate to my experiences which will hopefully reassure me that I'm not alone."

## Golf club sponsors new defibrillators

Two defibrillators have been installed in Billericay thanks to sponsors The Burstead Golf Club.

Billericay Acts of Random Kindness (BARK) posted on Facebook asking for the community's help to get defibrillators in schools.

A spokesperson from The Burstead Golf Club said: "We were really surprised that these were not already available in place.

"After already donating the funds for one that sits in

the High Street phone box we thought it would be nice to be able to do it again for two local schools.

"We contacted BARK and advised them that we'd be happy to order them and supply as a donation."

The defibrillators have now been installed and ready for public use should the need arise.

The spokesperson continued: "Now they've been installed we're really pleased with them. Hopefully they will never have to be used."





# ON PATROL WITH... THE PASTORS



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

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

The training and planning for School Pastors is going well and we hope to launch in Essex schools in September.

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

We always encourage them to link in with the council on a Monday morning as we want them to think about their future and what they can achieve. One guy expressed his upset as he was trying to



get his life back together but he had lost all his new documents, including NI number, NHS card and passport which he had been waiting for a while so he could get back into employment. He had left it securely in a bag in an area which unfortunately was subject to a routine council clear-up and he lost everything. This can be so disheartening for rough sleepers who find it hard to get off the merry-go-round. We gave him some advice and comfort and hopefully he will try to renew his documents again.

# Builders and timber merchants team completes 7km Mud Run



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

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

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

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

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

# BILLERICAY TOWN FC



# Promotion joy for The Blues

Billericay Town will be playing in the National League South next season after they sealed the Bostik League Premier Division title recently.

Celebrations began in earnest after Glenn Tamplin's men saw off Harlow Town at the AGP Arena 2-0. Although they had numerous chances to open the scoring in the first half, the Blues had to wait until the 42nd minute when Joe Kizzi put them in front but Town had to wait until the 87th minute to confirm the title when Adam Cunningham sealed the victory.

After the game, Town striker Jake Robinson took to Twitter to congratulate his friend for scoring the deciding goal.

The Blues ended the 2017-2018 season four days later as champions after a 2-2 draw at the AGP Arena against Folkestone Invicta. With the title and promotion already secured, a win would have seen Billericay exceed the 100-point mark. Ricky Modeste and Jamie O'Hara made

sure Town had a share of the spoils after the visitors twice took the lead. Before the

game, Cunningham paid tribute to his team mates.

He tweeted: "The time has come to be crowned champions! What a season it's been! 2 cups and the league title. Can not wait to celebrate with the boys, the fans and my family!!"

The win meant Billericay finished the season with three trophies adding the league title to their Essex Senior Cup and Velocity Sport UK cup final victory.

Harry Wheeler, joint manager, tweeted how proud he was of the team.

He wrote: "Great occasion today. More highs than lows in football & today's a massive high. Great goal from @Mrjamieohara1 to round it all off. So proud of all the boys & what they have achieved - treble in first season. Thanks to all the fans, you've been amazing. Time to enjoy the break @BTFC"

Off the field, planning has started for the National League South Campaign. Sam Deering has signed a new contract keeping him at Town until 2020.

Meanwhile Oli Sprague, Byron Lawrence, Liam Hughes, Luke Rooney, Sanchez Watt, Nick Wheeler, Kevin Foley, Jack Giddens and Billy Bricknell left the club.



## #TogetherWeSailAsOne



## 'Community hero' injured in Soap Box race



A Go Fund Me page has been set up for a 'community hero' after an accident at the Rotary Soap Box Derby event.

Jim Wroe, from Billericay's Round Table, was taken to hospital after fracturing his vertebrae as a result of an accident at the event recently.

Joe Lane, who set up the page, wrote: "As if this is not bad enough, Jim works at supporting vulnerable young people on the margins of society - he does not get sick pay."

"Luckily, after being transported to hospital for all the relevant tests, Jim shows no signs of permanent nerve damage, however, he will need at least a two-month recovery period."

Joe has asked for the community's help to raise £3,500 to put towards this.

He added: "Could we as a community help one of our own, who has spent many hours helping others, not only in his charity work but as a member of the Billericay Round Table who raises thousands of pounds for other people?"

To donate, visit [www.gofundme.com/Jimwroe](http://www.gofundme.com/Jimwroe)

## Event being held this month to help with mental health

A Health and Mental Awareness Day is being held in Billericay and everyone is welcome to attend.

The day, which is being held on Saturday, June 30 from 10.30am – 3.30pm, is an open invitation to anyone who would be interested in receiving information and advice from a fantastic group of mental health charities and organisations including Mind, Samaritans, Youthscape and ThinkTwice.

The event is for anyone who is directly or indirectly impacted by mental health issues, or simply would

like to receive more information.

There will be information about how charities can help you or someone you know experiencing either anxiety, depression, suicidal thoughts, self-esteem or self-harm. Mental health seminars are also running throughout the day. For more information, visit [www.bitly.com/billericay-hama](http://www.bitly.com/billericay-hama)

## RiZE Festival announces more acts

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

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

Sean Paul has announced that he will be joining the line-up. Performing on the Saturday, this dancehall legend, Grammy Award winner and much loved hit maker extraordinaire is a remarkable addition to the line-up.

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

RiZE Festival has also confirmed that additional artists joining this already incredible line-up across four stages are; Ash, BILK, Alma, Black Honey, Sam Henshaw, Jake Shears, Belly, Call Me Loop, Bad Sounds, Nick J.D Hodgson, Kawala, Danny Howard, Sam Divine, Icarus, Mele, Kideko, Cliq, Punctual, Mista Jam, Tom Zanetti, Majestic, Riton & Kah-lo, Jaguar Skills, DJ Target, Nathan Dawe, Conducta, Louis Berry, Gerry Cinnamon, Catherine McGrath, Cloves, Feet, Kara Marni, Into The Ark, Samantha Harvey, Alice, Spring King, Ten Tonnes, Sheafs, Taya, Mullaly, Kyko, Apre, Over Atlantic, Folly Rae and Bobii Lewis.

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

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

Tickets are priced from just £59.50+booking fee and on sale now. Visit [www.rizefestival.co.uk](http://www.rizefestival.co.uk) for tickets.



YOUR OWN LIFE ORGANISED is a brand new online stationery brand, soon to be your go-to link for gifts and lifestyle necessities.

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

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

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

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Photo credit: REX/Shutterstock

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





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

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

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

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

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

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

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

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

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

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

lasting  
between  
two

minutes and seven minutes.

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

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

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

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

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

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

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

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

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

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

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

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

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



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Advertorial

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materials dating back to 1939, producing their first roofing membrane in 1971. Protan is our preferred PVC single-ply flat roofing system and will cope with all climates. Millions of square meters are installed here and abroad with a proven track record stretching over four decades. Protan is predominantly an architect-specified roofing system, winning many awards serving the very competitive commercial sector.

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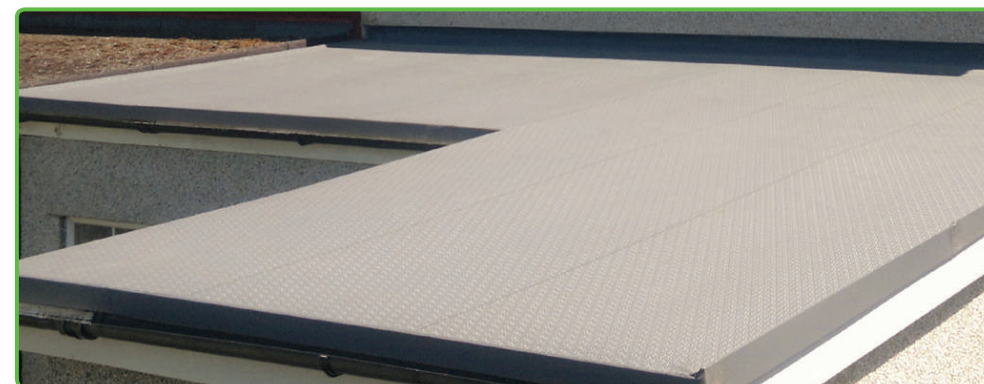
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After





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# flower POWER

GARDENING

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

## one

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

## two

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

## three

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

## four

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

## five

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

## six

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





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KIDS

child  
SAFETY  
week

June 5 - 11 2018



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

#### Keep any toxic substances locked away

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

#### Prevent burns & scalds

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

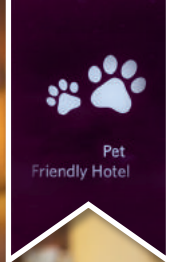
#### Avoid choking & suffocation

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

#### Be vigilant with water

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





# BED & BONIS

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

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

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

retiring with a G&T and organic pig's ear respectively. From £110 per night + £35 per dog, [goodwood.com](http://goodwood.com)

**TRIGONY HOUSE HOTEL & GARDEN SPA  
IN DUMFRIES AND GALLOWAY, SCOTLAND**  
Named best dog-friendly hotel in the UK at the Best Loved Hotel awards, this charming country house even boasts outdoor canine showers for freshening up post-walk. Dog bowls, bed and towels are provided, along with a welcome box of treats on arrival and a complimentary sausage for breakfast. From £95 per night + £9.50 per dog, [trigonyhotel.co.uk](http://trigonyhotel.co.uk)

**THE ABBEY HOTEL  
IN BATH, SOMERSET**  
This stylish hotel in Bath city centre is not to be sniffed at, offering pampered pooches their own beds, bowls and treats. And while dogs are not allowed in the main dining room, owners may take their meal in the lounge which offers the same menu. From £79 per night + £15 per dog, [abbeyhotelbath.co.uk](http://abbeyhotelbath.co.uk)



# The Wedding DOS & DON'Ts

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

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

✗ **DON'T be afraid of different lengths**  
The art of modern wedding attire is to give a nod to the old, while still keeping your look modern and fresh. So, go for that voluminous maxi dress if that's what you want, but equally, cute structured minis and flared-skirt midis are appropriate too.

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

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

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

✗ **DON'T feel like you have to spend a fortune**  
It's absolutely acceptable to wear a dress you've worn before, and if you do decide to indulge in an accessory or two, make sure they are pieces you will wear again and again.

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

✗ **DON'T wear ridiculous shoes**  
While it can be tempting to rock those skyscraper heels you bought on sale last week, you could well be setting yourself up for a day of misery, so make sure you wear some comfortable but still stylish heels.





# the odd couple

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

Like wine and cheese, tea and sympathy and Laurel and Hardy, beer and chocolate simply belong together. Though quite why this delectable pairing is only becoming common knowledge now is likely down to

the boom in recent years of both craft beer and gourmet chocolate, as anyone who has downed a can of Stella and scoffed a Mars bar while waiting for the last train home would hardly declare it a defining culinary experience.

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

For example, any bar of chocolate that is at least 50 per cent cocoa will work beautifully with a blonde ale, as the natural sweetness of the beer counteracts the bitterness of the chocolate, lending both a delightfully smooth flavour. Correspondingly, a rich, caramelly stout balances out the sweet creaminess of milk chocolate.

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

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

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



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SUMERSBY

# WHAT'S ON

*in your area*



WHAT'S ON

## Late Night Shopping Event

**We Are Barleylands, Barleylands Road, Billericay, CM11 2UD**

**Thursday, June 7, 6pm – 10pm**

We are hosting our first (hopefully of many) late night shopping events.

On the night you will get to see all the new stock before anyone else, massively discounted end of line stock, discounts throughout plus other tables selling and promoting.

For further details, visit [www.facebook.com/events/2048744552009635](http://www.facebook.com/events/2048744552009635)

## Charity Lunch

**Billericay Methodist Church, Western Road, CM12 9DT**

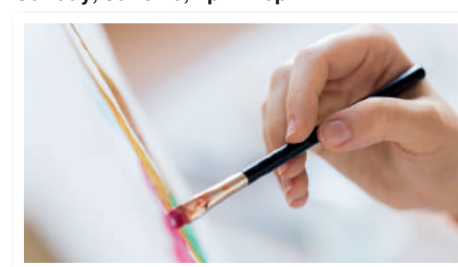
**Saturday, June 9, 12.30 – 1.30pm**

A tasty two-course snack lunch and drink for only £4.50. The proceeds this month are going to Chernobyl Children's Lifeline, supporting children affected by the aftermath of the Chernobyl nuclear disaster. Call 01277 622297 for more details.

## Summer Flowers Painting Workshop

**The Reading Rooms, 73 High Street, Billericay, CM12 9AS**

**Sunday, June 10, 2pm – 5pm**



An enjoyable Sunday painting workshop taking inspiration from the vibrant colours and textures of beautiful summer flowers with practising artist and tutor Michelle Parsons.

With guided tuition drawing and colour exercises will lead into an acrylic painting on canvas that is forever summer.

You will take away drawn sketches, colour studies and a finished acrylic painting on canvas.

All art materials and refreshments are included in the cost - £40.

Tickets available from [www.easelandcanvas.co.uk/workshops-and-classes](http://www.easelandcanvas.co.uk/workshops-and-classes)

## Summer Craft Beer Festival in Billericay - Father's Day

**The Craft Beer Shop, 34 Radford Way, Billericay, CM12 0DX**

**Friday, June 15, 3pm – 10pm**



Bring your dad to the festival and he gets a free Father's Day beer or a free growler.

Exciting beers on tap from the best UK breweries.

Get your free tickets to ensure you get in (limited number of people allowed on premises). [www.eventbrite.co.uk/e/summer-craft-beer-festival-in-billerica-fathers-day-tickets-45371815321](http://www.eventbrite.co.uk/e/summer-craft-beer-festival-in-billerica-fathers-day-tickets-45371815321)

## Volunteer Billericay 2018

**Billericay Library, 143 High Street, Billericay, CM12 9AB**

**Saturday, June 16, 10am – 4pm**

The Billericay Volunteers Network is proud to announce the launch of its first event, 'Volunteer Billericay 2018'.

This will be your chance to meet with community champions and learn about the volunteering opportunities available across the town.

For information, visit [www.billerica volunteers.com/volunteerbillerica](http://www.billerica volunteers.com/volunteerbillerica)

## Mental Health Awareness and Resources Day

**Billericay Baptist Church, Perry Street, Billericay, CM12 0NS**

**Saturday, June 30, 10.30am – 3.30pm**

An open invitation for anyone who would be interested in receiving information and advice from a group of mental health charities and organisations.

Come for as little or as long as you would like.

Visit [billerica baptist.org.uk/Groups/304529/Mental\\_Health.aspx](http://billerica baptist.org.uk/Groups/304529/Mental_Health.aspx) for more information.



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# ROCK ON

HEALTH & FITNESS

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

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

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

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

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

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

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

## BUILDING BICEPS LIKE THE ROCK

**LOW CABLE CURLS** 7 sets x 8-12 reps.

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

**MACHINE PREACHER CURLS** 3 sets x 8-12 reps.

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

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

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

**PREACHER CURLS** 3 sets x 8-12 reps

Photo credit: Frank Masi, SMP



# (not quite) DUTY FREE?

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

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

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

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

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

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



Photo credit: Tooykrub/Shutterstock.com

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# Saving Face

They're an internet behemoth beset by the biggest scandal to hit social media – but what did Cambridge Analytica do with the data they harvested from Facebook, and how are CEO Mark Zuckerberg and co. attempting to avoid a far-reaching PR disaster?

It's the biggest scandal of the social media age – a spate of 'data harvesting' on an industrial scale that may well have secured Donald Trump the White House, and very certainly went against what many believe to be a central part of Facebook's privacy settings.

And when a whistle-blower for a company called Cambridge Analytica revealed the extent of the company's gathering of personal data from the social media giant, it raised serious questions over the safety of any user who had committed private details to the walls and webpages of Mark Zuckerberg's site.

Over 87million users – including the CEO himself, it was revealed in his recent Senate hearing – had their personal data mined with the express intent of

companies and political campaigns being able to deliver information, much of it false or intentionally misleading, straight to users in a way that would make it seem acceptable, even factitious. This included building a system that could target US voters with personalised political advertisements based on their psychological profile – a concept used to great success by Donald Trump's winning campaign, which worked closely with Cambridge Analytica.

Mark Zuckerberg was duly summoned before a Senate committee to explain how the data breach happened, with revelations that the social media company had received a number of warnings about its data security policies in recent years, and had known about the Cambridge Analytica data breach since 2015 leading to a #DeleteFacebook campaign on fellow social media platform spreading.

A commitment to better privacy has been Zuckerberg's reaction, but there's certainly more to come from this seismic shift in how people perceive what they write on Facebook... and who else may be reading it.

Photo credit: Bakhtur Nick/Shutterstock.com & AlexandraPopova/Shutterstock.com





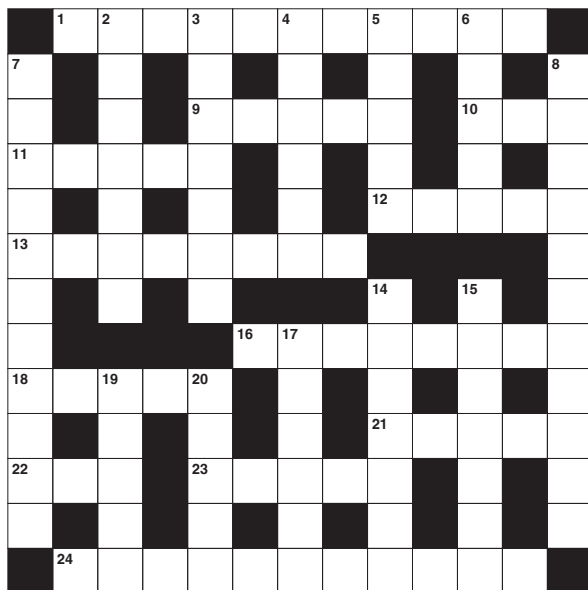
# PUZZLES & TRIVIA

## ACROSS

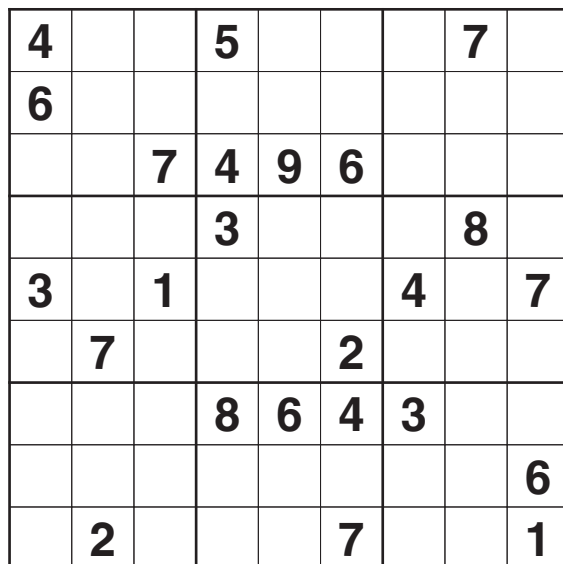
1. Dejected; discouraged (11)
9. A written document (5)
10. Herb (3)
11. Pointed; acute (5)
12. Exposes to danger (5)
13. Eg physics and biology (8)
16. Standards (8)
18. Place where something happens (5)
21. Flaring stars (5)
22. Carry a heavy object (3)
23. Chambers (5)
24. Study of human history (11)

## DOWN

2. Derived from living matter (7)
3. Biting sharply (7)
4. Extensive domain (6)
5. Less common (5)
6. Acquires through merit (5)
7. Compulsively (11)
8. Eg Huw Edwards and Fiona Bruce (11)
14. Implement (7)
15. Controlling a vehicle (7)
17. Far away (6)
19. African country whose capital is Niamey (5)
20. Our planet (5)



## SUDOKU



## DID YOU KNOW

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

## SIX QUESTIONS TO ASK BEFORE CHOOSING A CARE HOME

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

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

### Should I choose in-home care or residential care?

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

### Can mum or dad afford the fees to live here?

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

### What is the home's Care Quality Commission rating?

Check the home's score at [cq.org.uk](http://cq.org.uk). On top of this you can also ask for the home's staff retention rate.

### What kind of care do they specialise in?

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

### Is it the right location and when can I visit?

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

### What is the food like?

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



Howard Lodge's grounds.

## "It was the best decision we ever made"

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

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

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

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

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

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

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

All photos: ST MICHAELS HOMES LTD



Helen Rowlan and Debbie Marshall with their mum Peggy Drummond.



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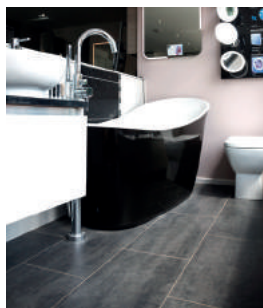


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