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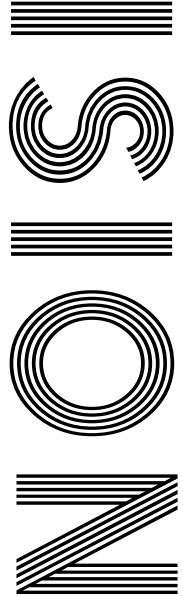
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*The media backlash following
the star's tragic death*



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Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** BillericayShenfield. I was recently asked to do a talk to a small community group. These events can be anything from raucous to sombre, but they're a great way to reach out and communicate what we do, as well as showing the way businesses and communities can benefit from having a dedicated, hyperlocal magazine on their doorstep.

In the aftermath, people generally mill about, but on this particular occasion I was bowled over by the number who came up to me to tell me how much they loved the magazine.

I had a retired lady saying how delighted she was to have such a high-quality title drop through her letterbox; a building contractor truly impressed with the feedback his advert was getting; and a young lad who used the title to check out what events are happening in the local area.


The point is, three very different demographics each find something inspiring and worthwhile in what we provide each month, and in the reader/advertiser relationship that fuels the whole thing, it's a shared passion for keeping the E local.

In publishing, it's easy sometimes to become lost in deadlines, spreadsheets and statistical analysis; but there is nothing quite like face-to-face feedback and hearing genuine praise.

So please keep the feedback coming - good and bad. You, our readers, are the best voice we have.

Nik

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A MOUNTAIN AMONG MEN

A full-page background image of Kobe Bryant in a yellow and purple Los Angeles Lakers jersey, number 24. He is in a dynamic pose, jumping with his arms outstretched, looking upwards. A basketball is suspended in the air above his head. The background is dark and out of focus, showing the basketball hoop and some arena lights.

The outpouring of emotion and admiration for the late NBA star Kobe Bryant has felt insurmountable. We reflect on the achievements of one of the greatest 'ballers' ever to play the game, and reflect on the legacy he has undoubtedly left behind.

Kobe Bryant was a giant, in more ways than one.

The 6ft 4in shooting guard graduated from high school in 1996 and was drafted by the Charlotte Hornets before being traded to the Los Angeles Lakers where he spent his entire 20-year professional career. His achievements as a sportsman at the top of his game barely need repeating, but as the fourth-highest points scorer in NBA history, his domination on the court was unrelenting.

Not that points-scoring was the sum total of Bryant's powers. Handsome, charismatic, stylish and an inspiration, his demeanour and his candour won him fans – both from the street and of celebrity status – all over the globe.

Regardless, his talent saw the Lakers won five NBA regular season championships, and on each occasion they went on to clinch the play-offs. He was the first player to have 30,000 career points and more than 6,000 assists, while TNT and Sporting News accredited him as the NBA Player of the Decade for the 2000s. Reuters even went one further, naming him its Player of a Generation.

The fact that he lost his life in such tragic circumstances, and at the age of just 41, perhaps just solidifies Bryant's legacy. Retired only three and a half years, his sudden departure leaves an indelible imprint on basketball's history.

Sure enough, across the sporting world the tributes poured in. Social media tumbled into a state of mourning, Paris Saint-Germain and Real Madrid held on-pitch minute silences before home games, while AC Milan players wore black armbands. In addition, talk-show hosts, journalists, broadcasters and fans the world over tried to find the words to rationalise an accident that had also claimed the lives of his 13-year-old daughter Gianna and seven other passengers.

In the immediate aftermath, a petition was set up on Change.org attempting to push forward with a plan for Bryant's image to be emblazoned on the official NBA badge. At the time of writing, it had garnered more than three million digital signatures.

And even in death, Bryant's sterling work will continue. He was official ambassador for the American non-profit After-School All-Stars organisation, set up the Kobe Bryant China Fund, and was a huge donor to the Call of Duty Endowment. And with wife Vanessa, he also founded the Kobe and Vanessa Bryant Family Foundation.

And in 2018, he became the first ex-professional from the world of sport to win an Oscar for Best Animated Short, for his film *Dear Basketball*.

Every one of these initiatives, projects, investments and achievements reached out to entertain, engage and enthuse people of all backgrounds. Bryant's ongoing legacy is to continue to give back – from the basketball courts to the back yards. It's a moral and an ethos that many of us can follow, and all of us can benefit from.

OTHER SPORTS STARS TO DIE IN AVIATION CRASHES...

| Chelsea FC Vice-chairman: Matthew Harding, died 1996, aged 42

| Racecar Driver: Colin McRae, died 2007, aged 49

| Swimmer: Camille Muffat, died 2015, aged 25

| Brazilian Football Team: Chapecoense died 2016 – 19 players, 14 staff members, 9 board members, 4 journalists

| Leicester City Chairman: Vichai Srivaddhanaprabha, died 2018, aged 60

| Footballer: Emiliano Sala, died 2019, aged 28



WHAT A WASTE

The media falls into the spotlight in the aftermath of Caroline Flack's death

Few things in 2020 have gripped, challenged and wrestled with the nation's conscience more than the death of Caroline Flack.

The popular TV and radio presenter took her own life in her east London flat on February 15, the final act in a tumultuous few months that saw a high-profile career in the spotlight of *Love Island* and *The Xtra Factor* descend into a place where the 40-year-old felt she simply couldn't go on.

While we may never know how much Flack's bust-up with boyfriend Lewis Burton contributed to her troubled state of mind, what was evident in the months and weeks leading up to her death was a bustle of unrelenting media attention.

Immediately, questions were raised as to what contribution front-page headlines in *The Sun*, *Daily Mail* and others had made to such a devastating conclusion to her life, and examination of the actions of the media is certainly on the agenda.

Ultimately, society is divided over the extent to which our information outlets are to blame. The tabloids are drilled into servicing PR agencies in giving the entertainment world's biggest names as much coverage as possible, so it becomes remiss to suppose that using a vehicle to court positive publicity can't then run the risk of that machine going rogue. And yet the hounding of Flack, certainly in the aftermath of the domestic abuse claim, had surely equated to bullying by the end.

While the finger continues to be pointed at the red tops, perhaps it's the wider media, notably Twitter, that should garner more of our attention. We live in an era where the quietest voice in the most remote location can fire vitriol straight into the cerebral matter of anyone in the world, at any hour.

Social media has made everyone a publisher and has given a platform to the most controversial – and it is here to stay.

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HOME & DIY

Inspirational Tea Towel

You will need: A stencil • Washed and ironed tea towel • Access to a printer
• Acrylic paint • Dura-Lar/Mylar • Foam brush • Masking tape • Iron • Craft
knife • Cutting surface, e.g. cardboard

How to make:

- Decide what the tea towel will say. Perhaps an inspirational quote or mum's iconic catchphrase? Then, print from your computer to use as a stencil.
- Tape the stencil onto the cutting surface. Put a piece of Dura-Lar on top of your stencil. Then, cut out using a craft knife. Children should always be supervised by an adult whilst using the knife.
- Place the cut Dura-Lar stencil over the towel. Using a foam brush, dab the stencil with acrylic paint.
- Once completely dry, heat-set with an iron on a cotton setting for 10–15 minutes.

- To make this more child-friendly so the whole family can get involved, use fabric pens instead, and decorate the tea towel with messages and drawings.

Ombre Tie Dye Tote

You will need: Plain white tote bag • Rit dye • 1 cup of salt • Gloves • Clamp

How to make:

- Pour the Rit dye into a clean bucket of hot water. Add salt and stir.
- Wet the entire bag with water. Then, lower it into the dye about halfway, or as far as you want the ombre to start.
- Clamp the tote in position, and leave for a few minutes to set. Move the clamp up 1–2 inches every few minutes to create the ombre effect.
- Rinse with cold water until the water runs clear. Then, machine wash.

Mason Jar Photo Vase

You will need: A photo • Mason jar • Paint and brush • Painter's tape • Clear spray paint • Paper cup

How to make:

- Put painter's tape on the area of the jar you don't want painted. Then, paint your desired colour.
- Remove the tape before the paint dries.
- Attach your picture to the inside of the jar using painter's tape.
- Spray the jar with clear spray paint to seal the paint.
- Place a paper cup inside the vase and fill with real or artificial flowers.

5 *surprising* USES FOR DISHWASHER TABLETS

Whether you have bulk bought enough dishwasher tablets to clean your whole street's washing-up three times over, or if you have mistakenly purchased the wrong brand for your dishwasher, it can be handy to know what else you can do with these clever little tablets.

CLEAN YOUR OVEN

Your oven is one of those kitchen appliances that always seems to need cleaning, but oven cleaning kits can be expensive, so why not use a dishwasher tablet instead?

Simply soak the oven with warm water for 10 minutes, rub the tablet across the surface to remove stubborn grease and stains and rinse.



REMOVE CRAYON MARKS

Unfortunately, children love to draw on the walls, and if they do so with crayons, you are in for a tough job trying to remove the marks. Fortunately, dishwasher tablets are perfect for this task. Just crumble a tablet into water to make a paste and gently rub the affected area.



ELIMINATE COFFEE CUP STAINS

If your beloved coffee cup has seen better days but you are adamant you don't want to throw it away, then a dishwasher tablet could be your saviour. All you need to do is fill your cup three-quarters full with warm water, add a dishwasher tablet, leave for one hour and then rinse with hot water.



GET RID OF CAR OIL STAINS

If your vehicle has the nasty habit of leaking oil stains onto your driveway or in your garage, then simply make a thick paste using a dishwasher tablet and some warm water, scrub into the stain and rinse with a garden hose.



CLEAN YOUR TOILET

Dishwasher tablets contain bleach so are ideal for making your toilet bowl sparkle. Just drop in a tablet, wait for it to dissolve and scrub as normal.



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WHY 'En Provence' IS EN VOGUE

It's peculiar how interior design tastes evolve and rearrange themselves, to the extent that what probably counted as 'thrown together' a couple of decades ago is now the very height of seductive chic.

In the 1990s, when patterned wallpaper and friezes were all the rage, the sight of some exposed brickwork would lead most homeowners to call in a plasterer.

Wind forward 30 years and the En Provence trend is based so much in that rustic, 'just arrived', minimum-fuss ethos that it's difficult to look beyond the simple, stylish beauty that's on show.

Of course, flaky brickwork and some old, semi-scrubbed paintwork isn't the sum total of this trend, which, predictably, is inspired by the holiday homes and rustic outbuildings of southern France. Away from the walls, rooms take on a sense of detail within simplicity. A table and chairs provide an honest focal point; rugs, towels and throws

adorn walls and furniture, while bamboo, flowers and sprigs of pattern force the eye away from the distressed elements and into the beauty of interior excellence.

The En Provence look takes inspiration from shades, designs and styles of the 1970s. Imagine driving through the night to arrive at a semi-dilapidated farmhouse buried deep in the foothills that give way to vistas over the Mediterranean. Imagine brushing away the cobwebs to find a space untouched by modernity and contemporary tastes, where furniture is placed dramatically and the smell of freshly uncorked red wine begins to fill the air.

It is a design style almost out of wartime innocence – where comfort comes in the essentials, not the excessive.

Try it yourself – simple furniture, exposed brickwork and splashes of pattern; unmatched fabrics, wrought iron and wood; and most definitely no fluffy carpets.

Photo credit: Livingetc.com



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A Design for Life



He is the interior designer seemingly plucked straight out of the Georgian era; he decorates himself in velvet, Merlinesque sleeves and looks like an upper-class Dave Grohl. And yet, amid silly comparisons and quiet scoffing, we all owe Laurence Llewelyn-Bowen a huge debt of gratitude.

Laurence Llewelyn-Bowen had a wealthy upbringing around south-east London, albeit not one free of challenges and heartache – his father died when he was just nine years old. "I think the shock of that really propelled in me a sense of wanting to achieve something special," he says. "It made me realise how finite life was."

"My father was an orthopaedic surgeon, so making a difference was a big incentive and made me feel as if I could follow him."

Exploring needlework and fine art, he graduated from Camberwell College of Arts and started his own design agency in 1989. The success of that coincided with the first fragments of reality TV on our screens, and, coupled with a surge in homebuyers which, by association, meant an increase in people wanting to apply perfect, personal artistic elegance to their homes, the interior designer inadvertently turbo-charged a 'home entertainment' revolution.

To be fair to the now 54-year-old, there was no one else who could lead out interior consultancy in the way he did... and continues to. From voluptuous to dynamic, detailed to deep, he has managed to evolve with the times – his contemporary collections now are a world away from anything he'd have been seen to be championing in the early days of *Changing Rooms*, even if his go-to shades are still of the darker variety.

Add in flair, finesse, and that must-have presenting quality of being quite comfortable with telling people they're wrong – "I would only ever use the word 'mistaken'" – and Llewelyn-Bowen's seductive appeal spans both genders, countless demographics and various tastes – one of our true, British design champions.

Photo credit: www.llb.co.uk, Facebook @officialLLB



HOME & DIY



HOME & DIY

it's a CLASSIC

Revealing Pantone's Colour of the Year

The idea of falling in love with a colour seems like an emotion straight out of an art critic's most opulent and emotive witterings. And yet, as far as Pantone's Colour of the Year for 2020 goes, such a bold, accessible and relatable shade should be to the liking of even those who'd rather steer clear of exhibitions and galleries.

While Pantone reinforces its lofty, slightly pompous, self-appointed status as the overseer of the holy swatch, it does at least apply an emotional narrative to the shades and tones represented, and in the seductive Classic Blue – that's colour 19-4052 to those in the know – there are many observations.

The institute pours admiration behind its simplicity, and certainly, as far as interiors go, it's arguably the most versatile selection in years. That's because Classic Blue offers credibility and reliability, echoing trust and dependency. As a foundation colour it sets up perfectly a raft of colour mixes – imagine a statement wall with white sofa and beige cushions; imagine deep-blue wardrobes and bed throws offset with rose red or black.

Ultimately, it is a colour that draws in and sets off in equal measure – it complements wood and brings out fabric. It is a tone that invites the opportunity to adapt into your own look.

In an era where bold shades have come to the fore, it's no surprise to see Classic Blue find its place. Arguably the bravest choice since turquoise in 2010, it's a world away from the multifaceted Living Coral of last year, which divided opinion.

The directive with Classic Blue is to embrace, embellish and embolden a shade that in previous decades would have been labelled a 'cold' colour. Pantone has surely seen to it that it'll never be viewed that way again.



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Upcycling



Photo credit: Laura Moss/www.thisoldhouse.com, www.architectureartdesigns.com, www.fabartdiy.com, www.onecrazyhouse.com

You may not think that there is much use for an old rain gutter, but with a little bit of imagination and a touch of DIY know-how, you can create several innovative and interesting storage solutions in your home.



A shoe rack solution

If you have children, you may notice that you have more shoes than space allows in your home, and nobody wants an array of muddy footwear left littering your living room. Thankfully, all you need is a rain gutter and a spare corner or alcove to hang in it.



A space-saving party platter

For those who love to put on a spread, this space-saving idea could be perfect for you. Thanks to the width, it's easy to put several gutters onto one table, helping to overcome problems with space. Simply cover the gutters in foil and fill with party food. They are perfect for banana splits, pasta salad, nibbles and fruit salad.



A kid's reading corner

Apparently a simple playroom is no longer sufficient for children nowadays. They need to have specific areas to promote different elements of their development, such as a messy play section, an imaginative play area, a chill-out zone and a reading corner. Luckily, several old rain gutters make the ideal set of shelves for a space-saving bookcase.



A wire-hiding solution

No one likes to have unsightly wires exposed throughout their home. However, with more and more electrical devices being purchased, cords and cables can be seen everywhere. Fortunately, by simply attaching a rain gutter to the wall below a table, desk or shelf, you can neatly contain the wires and avoid any accidents, as well as make your home appear less cluttered.



HOME & DIY

LOCAL NEWS

from your neighbourhood



£2million upgrade for town train station

Commuters have welcomed plans to upgrade Billericay after £2million proposals were given the go-ahead.

The station, which is run by Greater Anglia, will have an improved ticket office, a larger shop and an extension to create an additional shop and new bin storage area.

More than three million entries and exits are recorded at the station each year.

Lucy Ingram, who uses the train regularly to get to work, said: "The station needs a little uplift so it's good news.

"It's clear the station is getting busier and busier so

it is only right that money is invested to improve it for passengers."

A Greater Anglia spokesperson said: "We are very pleased these plans have been approved.

"They include improving the ticket office and retail facilities within the existing ticket hall and adding a new retail unit.

"Work should start in the spring and is due to be completed by the end of the year.

"We are committed to improving stations and facilities for our passengers.

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Photo credit: International Hairdressing Awards

Jim wins international award

A multi-award-winning Billericay hair stylist has added another accolade to his trophy cabinet.

Jim Shaw, owner and director of Essensuals Toni & Guy in Billericay, has just won one of the biggest prizes at the 2020 International Hairdressing Awards in Madrid.

The International Hairdressing Awards feature hairdressers from 51 different countries, with more than a thousand professionals from more than 30 countries in attendance.

Jim Shaw and salon premium stylist, Daisy Carter, were announced as the winners of the Best International Men's Commercial Collection category at the awards.

Nominees were required to submit a photographic collection of their professional highlights from the past year.

Speaking about winning the award for the second year in a row, Jim Shaw said: "To be recognised for the second year in a row at the International Hairdressing Awards for my photographic work is unbelievable.

"So much time, effort and skill goes into the images and the careful consideration of the models and inspiration of the shoot, on which myself and Daisy worked incredibly hard with our photographer, Tony Le Britton.

"Men's hairdressing is continuing to grow, and to educate others on men's hairdressing and creating the best men's imagery is of great importance to me."

Pervert jailed after sexual assault on schoolgirl



A Billericay man has been sentenced to four years in prison after he sexually assaulted a schoolgirl as she walked home in Stock.

Jamie Sharpe, 43, received four years in prison and five years on an extended licence period at Basildon Crown Court on Monday, February 3.

He was given an indefinite restraining order and was placed on the Sex Offenders' Register for life.

At around 8pm on Friday, June 28, the victim, a teenage girl, was walking alone in Stock Road.

She was approached by Sharpe from behind, who grabbed her by the waist, pushed her into some bushes and dragged her along a gravel path.

Members of the public heard the victim's screams and ran to help. Sharpe ran off, taking the victim's shoes with him.

Officers responded quickly and conducted a wide search, with the assistance of police drones, and located and arrested Sharpe some distance away.

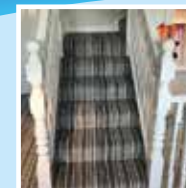
Investigations revealed that Sharpe had phoned his partner in a panicked state, asking her to pick him up, but did not tell her why.

Sharpe was found guilty of sexual assault following a trial at Basildon Crown Court on Monday, December 16.

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Landslip after Storm Dennis forced railway to close



A landslip in Billericay following Storm Dennis forced the railway to close, disrupting thousands of passengers.

It caused damage to the tracks between Billericay and Wickford on the Southend Victoria line on February 19.

Following a report from a train driver and an inspection by engineers, it was found that ballast, the stones that help keep tracks safely in place, had fallen away under a section of track.

As a safety measure, the Southend-bound line at this location had to close, with trains able to run in both directions on the adjacent line.

News from the local policing team

As the new Sergeant for Billericay and Wickford Community Policing Team, I, T/PS 77869 Childs, wanted to share with you our recent activity and successes. The dedicated Town Centre Team officers have been busy undertaking foot patrols in Billericay High Street areas, linking in with retailers and members of the public. We have also been patrolling our open spaces in Billericay to deter antisocial behaviour.

PC 77996 Sylvester recently joined the Streetlife Strollers on their walk at Lake Meadows, listening to their concerns and providing crime prevention advice.

Town Team officers, PC 70144 Turner-Morris and PC 75643 Papaiaiovou, recently attended a community meeting at St John's Church, Billericay, and were on hand to provide safety advice and crime reduction items such as purse bells.

I recently attended the Police Fire and Crime Commissioner (PFCC) meeting in Billericay with District Commander Chief Inspector 71176 Bradford. This proved to be an excellent opportunity to meet members of the public after the meeting,

who were able to share information and concerns, which helps to inform our patrol strategy so that we are targeting areas of most concern.

To keep officers more visible, we now have access to the facilities in Billericay Fire Station so officers can drop in without leaving their area. You'll also see the town centre officers on local buses, making use of public transport to reach patrol areas across the town and engaging with passengers.

Recent successes in Billericay have been the arrest, charge and remand of a male travelling into Billericay to commit offences, and two arrests and remands for a pair of travelling shoplifters who came to Billericay to commit these offences.

If you don't get the opportunity to meet us on patrol, you can contact us at basildoncommunitypolicingteam@essex.police.uk. Please let us know that your email is about the Billericay area so that it can reach your local team.

Ladybirds Song Group looking for new members

A singing group that rehearses in Billericay is on the hunt for new members.

The Ladybirds Song Group (LSG) is looking for new members who can join to perform popular songs from the 1950s through to the present day.

Pam Bickle from LSG said: "We're a group of friendly ladies who voluntarily sing for social clubs, church groups, organisations, care homes plus others in the South Essex area.

"We rehearse every Tuesday evening in Billericay but are busy throughout the week. It can be quite a commitment but we always try to be flexible around other interests, and it's incredibly rewarding.

"If you love singing and have your own transport please check out Ladybirds Song Group Facebook page and message us, or call Pam on 07891 554452."





Foodbank continues to welcome donations

Billericay Foodbank has thanked the community for its generosity and continues to welcome donations.

The Billericay Foodbank opens on Tuesday afternoons from 2pm to 4pm at St John's Church, Outwood Common, and can receive donations then or on Thursdays between 1pm and 2pm.

Bob Simpson, from Billericay Foodbank, said: "Thanks to the generosity of churches across Billericay, individual members of the public, schools, community groups and shoppers at Waitrose, Sainsbury's Local and the Co-op in Queen's Park, we receive donations on a regular basis.

"We always need tinned foods: meat, vegetables, fruit and fish are especially welcome. We have lots of baked beans and pasta. Donations of personal

hygiene products, toiletries and nappies are helpful.

"We are in touch with local schools, the housing office in Outwood Common, doctors' surgeries and other social and welfare organisations, asking them to let people know about the Foodbank.

"We also use social media outlets and are developing a website. Over the year or so we have been open we have seen an increasing number of people benefitting from the support we offer.

"If you want to find out more or know someone who might benefit from the help we offer, please call 07707 466262 for an informal chat.

"We can deliver to those who cannot get to us, and we are a friendly bunch."

Please visit www.billericayfoodbank.org.uk for more information.

Soul Spirit and Wellbeing Festival returns

Anyone looking to live a more environmentally friendly lifestyle is being encouraged to attend the second annual Soul Spirit and Wellbeing Festival (SSWF) on April 5.

Taking place at Ramsden Bellhouse Village Hall from 11am to 4pm, it will help you understand how to live a planet-friendly life.

There will be eco-fashion, animal-kind skin and health products as well as tips on how to limit food packaging – you're invited to bring your own containers to decant foods like pasta, rice and cereals plus herbal blends to make you happier and healthier.

There will also be more than 30 stands offering a whole range of stress-easing, mood-boosting therapies, including crystal therapy and massage, Latin Dance-Fit, crystal healing and Menocize – a new yoga discipline for the menopause.

Organisers of SSWF said: "This time round it will be bigger and better."

Tickets are priced at £3.50 each and will be available on the day. The first 50 guests will receive a healthy goody bag worth more than £100, along with special offers at the stands. There is free parking at the venue, which is fully accessible to all users.

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BILLERICAY TOWN FC

LOCAL NEWS BILLERICAY



Photo credit: Nicky Hayes Photography

Ricay book their place in cup final

Billericay FC created history on February 11 as they booked their place in this season's Essex Senior Cup Final.

They will face National League side Dagenham & Redbridge FC in the final on March 31 at Colchester United's Community Stadium.

The Blues booked their place after a 2-0 semi-final win over Waltham Abbey, thanks to a Jake Robinson brace.

Billericay boss Jamie O'Hara and his players dedicated their semi-final success to fan Joyce Symes, who passed away in the build-up to the game.

Joyce was a lifelong fan, and her husband Ron visited the players in the dressing room after the win against Waltham Abbey.

O'Hara felt his players did Joyce proud.

He said: "I said to the boys, 'That was for Joyce and Ron.'

"They're loyal people to this football club and have been around for a long time supporting us home and away.

"I told the boys, 'Whatever

happens, give them something to be proud of,' and I think every single one did.

"I thought the boys were really good.

"Waltham Abbey were a tough side to break down and they have some good players, but I think we created more than enough chances to kill the game off.

"We had spells where we could have been better in the second half but we missed five or six really good chances, so it could have been a bigger scoreline.

"But, overall, I was happy with the performance. It's been a great route to the final for us, to be fair.

"We had to get it done against Grays Athletic in the quarter-finals and Waltham Abbey.

"Now we have got ourselves to a final, which is something everyone at the club wanted."

Billericay's run to the final of the Essex Senior Cup had seen them memorably record a 3-2 victory against League One side Southend United in the Third Round before beating Basildon 1-0 in the following round.

A thrilling 4-3 win against Grays Athletic followed, before the semi-final win against Waltham Abbey.



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LOCAL NEWS

from your neighbourhood

LOCAL NEWS SHENFIELD



Choir pays tribute to brave Lily

A choir from Shenfield has paid tribute to a schoolgirl who passed away after a brave battle with cancer.

The Buskerteers Choir, which has a choir based in Shenfield, joined in a fundraising effort in January to raise funds for Lily Wythe, 14, who had an incurable form of brain cancer.

It was hoped money raised would help towards clinical trials for Lily in the USA, but sadly, on February 16, she passed away.

The Buskerteers Choir was quick to pay tribute to Lily. In a Facebook post it said: "Brave Lily, our hearts are broken."

"Sending all our love to Lily's family on behalf of all Buskerteers."

The emotional post also featured a video of a live rendition of 'Yellow' by Coldplay.

News of Lily's passing was shared in an emotional

post on her Facebook page which had been tracking her progress and the fundraising effort by the community.

It said: "It's with the heaviest of hearts we announce the passing of our beautiful brave Lily."

"On February 13 Lily suffered a huge seizure, she was ventilated and we were transferred to Addenbrooks Paediatric Intensive Care Unit."

"On Friday she was removed from breathing apparatus and seemed to be doing well."

"During the evening she struggled to breathe alone, she also had regular intervals where she was unresponsive and continued to have seizures."

"She fought long and hard all-day Saturday into this morning. We are utterly heartbroken but we couldn't be more proud of our girl. Fly high beautiful, cancer free and forever 14-years-old."

Overdue books can be returned with no charge

Anyone with overdue items from Shenfield Library is being urged to hand them back in March.

As part of a book amnesty, Shenfield Library, on Hutton Road, will accept forgotten library books from March 1 to 31 with no late charges.

During the month of March lost library cards can also be replaced for free.

A spokesperson from Essex County Council said: "It's not just about books; any library item can be returned as part of the book amnesty."



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Campaigners continue fight to save library



Campaigners bidding to save Shenfield Library are urging people to attend a public meeting on March 7.

The meeting, being held at Shenfield Parish Hall, will start at 10am with updates being given on Essex County Council's (ECC) plans for the future of the library.

Campaigners, who have organised the meeting, say it is not a protest but an opportunity to hear the latest news on the library and the site.

Those invited to attend include local and ECC councillors, Essex library managers and an architect to explain the current situation.

The campaign invitation says: "The aim of the meeting is to provide up-to-date information about ECC's proposals to demolish the present building, and replace it with 10 flats and a library, possibly a café, nursery and other commercial activity, on the ground floor.

"It is vital that residents are aware of the proposals to redevelop Shenfield Library so that they can take part in the public consultation which ECC has committed to offering.

"Please come and support this meeting. We need to show ECC that there is ongoing local interest in the future of Shenfield Library."

ECC was asked to comment but hadn't responded at the time of going to print.

Step forward for town as it's put on the map

Commuters and residents in Shenfield have welcomed an updated underground map which now includes Shenfield.

Shenfield is listed as in an Outside Fare Zone as it was added ahead of Crossrail services starting.

Crossrail will connect Shenfield in the east with

Reading in the west, with stops through central London, providing quicker and more frequent services for passengers.

Despite the full opening of Crossrail being delayed until 2021 or later, the map has been updated with Shenfield now a fixture on the iconic map.

Commuter Amir Haji, who travels from Shenfield station every day, welcomed the updated map.

He said: "It shows how Shenfield will be better connected to London in the future so it shows progress."

Meanwhile, Paula Knipe hopes it will lead to an increase in house prices once services fully start.

She said: "It's strange to see Shenfield listed like that but it shows we are not far from better services.

"It means central London is closer, and hopefully that means house prices will go up and Shenfield will become an even more desirable place to live."

Cricketers set to perform on the world stage

Shenfield is set to leave its mark on the world stage of cricket as two cricketers aim for glory.

Former Shenfield High School pupil, Mady Villiers, is jetting out to Australia with the England Women's squad for the T20 World Cup.

Mady is part of a 15-strong England party hoping to go one better this time, having finished runners-up in the World Cup in 2018.

In March, Shenfield will be once again represented on the world stage as Peter Rider leads England over-50s at the World Cup in South Africa.

Peter said: "Our target has to be to go one better and reach the final at Newlands.

"In Cape Town the intense itinerary is problematical with potentially seven games in 16 days. That is followed swiftly by two Silver Ashes in one day internationals.

"For me, the biggest challenge is to rotate the 16-man squad in group games and arrive at the semis with everyone relatively fresh and injury free."



Mady Villiers, left; Peter Rider, right

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Community marks Holocaust Memorial Day

Shenfield schoolchildren, along with groups across the community, took part in an event at Shenfield Library to mark Holocaust Memorial Day (HMD).

HMD is an annual commemoration that marks the liberation of Auschwitz-Birkenau, which was the largest Nazi death camp, while 2020 will also be the 25th anniversary of the genocide in Bosnia.

It's a day when people around the world are encouraged to remember those murdered in the Holocaust under Nazi persecution and in subsequent genocides.

The theme this year was Stand Together.

It explored how genocidal regimes have deliberately encouraged hatred against certain groups to split society, and how this division can be challenged by people standing together with their neighbours and speaking out against oppression.

In Shenfield, a display of information and life stories of survivors was made available. Alongside it was a collection of life stories and information about the Holocaust and subsequent genocides.

Visitors could explore stories of bravery and resistance in a specially created booklist which was made available to reserve free of charge.

Storm causes chaos across the town



Torrential rainfall and strong winds caused chaos across Shenfield as floods and fallen trees blocked roads.

The aftermath of Storm Dennis caused disruption for motorists for several days. Among the areas affected were Hall Lane where vehicles became stuck in deep water. Elsewhere there was disruption on the railway, with services from Shenfield either delayed or cancelled as the railway became blocked because of fallen trees.

Shelley Townsend from Shenfield said: "Everyone knew the rain was coming but I don't think many expected as many floods as we saw. There were a few roads that were flooded and only those with large vehicles could get through it."

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5G technology – what is it, how does it work, and what impact will it have on your life?

The days when mobile phones were used to simply phone people are gone... and they're not coming back.

Our portable connectivity has advanced so far, so fast, that we now find ourselves in a place where, seemingly, anything is possible.

The vast majority of the UK currently operates on 4G technology – or 3G if you're having a bad day. Where simple phone mechanics have morphed into full web and app connectivity, 5G will offer users the kind of burst in speed that would make even Usain Bolt appear slow.

Users will need a 5G device – no software update to a 4G phone is going to bring you the bursts of acceleration you're hoping for. The 5G network is built on millimetre waves, and while that means a higher frequency, it also means a smaller range. The end result is that these waves don't travel as far as 4G waves, so the installation of huge quantities of nodes for maintaining the signal are the reason why there's such a slow rollout of tech.

While the experts circumnavigate those problems, what the technology means for us is rapid functionality. Say goodbye to buffering of any sort, enjoy an entire download of the Fortnite game in 10 seconds, or a whole hour-long Netflix show in four seconds... and that's HD too, obviously.

As for its arrival, the whole of the UK is expected to be 5G ready by 2022, with various mobile networks 'switching on' cities a few at a time.

As with any early adoption of tech, the secret is probably to hold off at first. Early 5G handsets are expensive, and creases in the system are still being ironed out. Within a couple of years the nation's internet connectivity not only be at the very peak of optimum performance, but it will be affordable too.



TECHNOLOGY





WORLD WIDE WEB REACHES 30

What started out as an idea for scientists to share information went on to change the world 30 years later.

Sir Tim Berners-Lee's initial idea, called Mesh, was originally described by his boss as, "Vague but exciting."

It wasn't for another year, in 1990, that he started writing code for the project, which had taken on a new name: the World Wide Web.

Thirty years on, and Berners-Lee's invention has more than justified the lofty goals implied by its name. But with that scale has come a host of troubles, ones that he could never have predicted when he was building a system for sharing data about physics experiments.

He is well aware of the problems. In his annual letter marking the anniversary of the WWW he writes: "While the web has created opportunity, given marginalised groups a voice and made our daily lives easier, it has also created opportunity for scammers, given a voice to those who spread hatred and made all kinds of crime easier to commit."

"It's understandable that many people feel afraid and unsure if the web is really a force for good. But given how much the web has changed in the past 30 years, it would be defeatist and unimaginative to assume that the web as we know it can't be changed for the better in the next 30. If we give up on building a better web now, then the web will not have failed us. We will have failed the web."

He has a solution, but it is radical: a sort of refoundation of the web, creating a fresh set of rules, both legal and technical, to unite the world behind a process that can avoid some of the missteps of the past 30 years.



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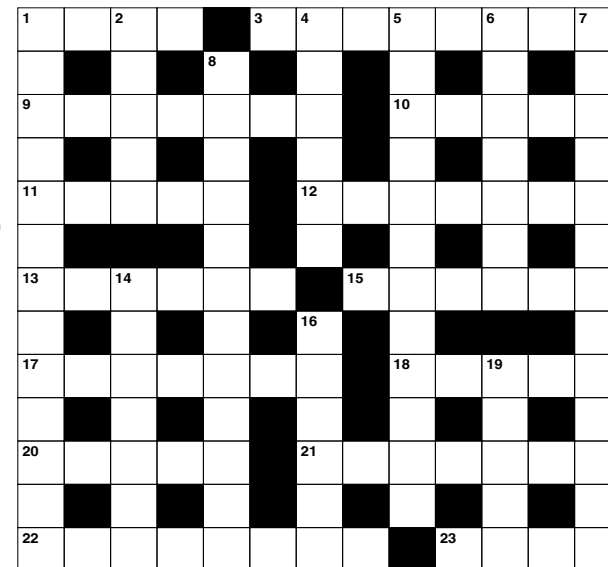
Answers can be found on the Contents Page 4

ACROSS

- Unwell (4)
- Coming out of (8)
- Freezing (3,4)
- Italian cathedral (5)
- Herb (5)
- Mode (7)
- Make tidier (6)
- Adjust in advance of its use (6)
- Sharp tooth (7)
- Shady spot under trees (5)
- Ornamental stone (5)
- Chanted (7)
- Overabundances (8)
- Dairy product (4)

DOWN

- Perfect likeness or double (8,5)
- Requiring much mastication (5)
- Change (6)
- Reallocate (12)
- Traditional piano keys (7)
- Amiably (4,9)
- Despair (12)
- Antiquated (7)



- Reach a destination (6)
- Lifting device (5)

DID YOU KNOW?

- ▶ Hong Kong has more skyscrapers than any other city in the world
- ▶ Australia is the only country that covers an entire continent
- ▶ Canada's lakes and waters contain about 20 per cent of all fresh water on Earth
- ▶ There are more than 60 languages spoken in Kenya
- ▶ The United States of America is made up of 50 states and the District of Columbia
- ▶ Brazil has won the most World Cup titles
- ▶ Queen Elizabeth II is the Head of State of St Lucia
- ▶ Papua New Guinea speaks the most languages in the world, with more than 851 individual languages listed

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Travelling AFTER BREXIT

PLANNING A HOLIDAY IN EUROPE THIS YEAR?
HERE IS EVERYTHING YOU NEED TO KNOW
REGARDING TRAVEL POST-BREXIT



Regardless of whether you view Britain's belated exit from the European Union on January 31 as a cause for celebration or commiseration, the need for clarity over how the move will affect our day-to-day lives is one we all share, particularly when it comes to travel.

The good news is that, thanks to Boris's Withdrawal Agreement, we now find ourselves in a transition period until at least December 31, 2020. Put simply, almost nothing will change during this time, meaning when visiting any EU country you'll follow the same protocol as you always did.

Planes, ferries, coaches and trains are all operating as before, and you do not require any kind of visa to move across the continent. Your existing passport is still legal, and while it will need to be valid for the entirety of your trip, you won't need to have at least six months left on it as you would when visiting countries outside the EU. A full UK driving licence will also maintain the same privileges as before.

As with any holiday or business trip, it's advised you get full travel insurance to cover yourself and your possessions, though UK-registered EHICs (European Health Insurance Cards) will still be valid throughout 2020. Tech junkies and pet lovers can also rest easy in the knowledge that making calls, sending text messages and using the internet on mobile phones or tablets will not change, and pets with valid passports will also be able to travel as before.

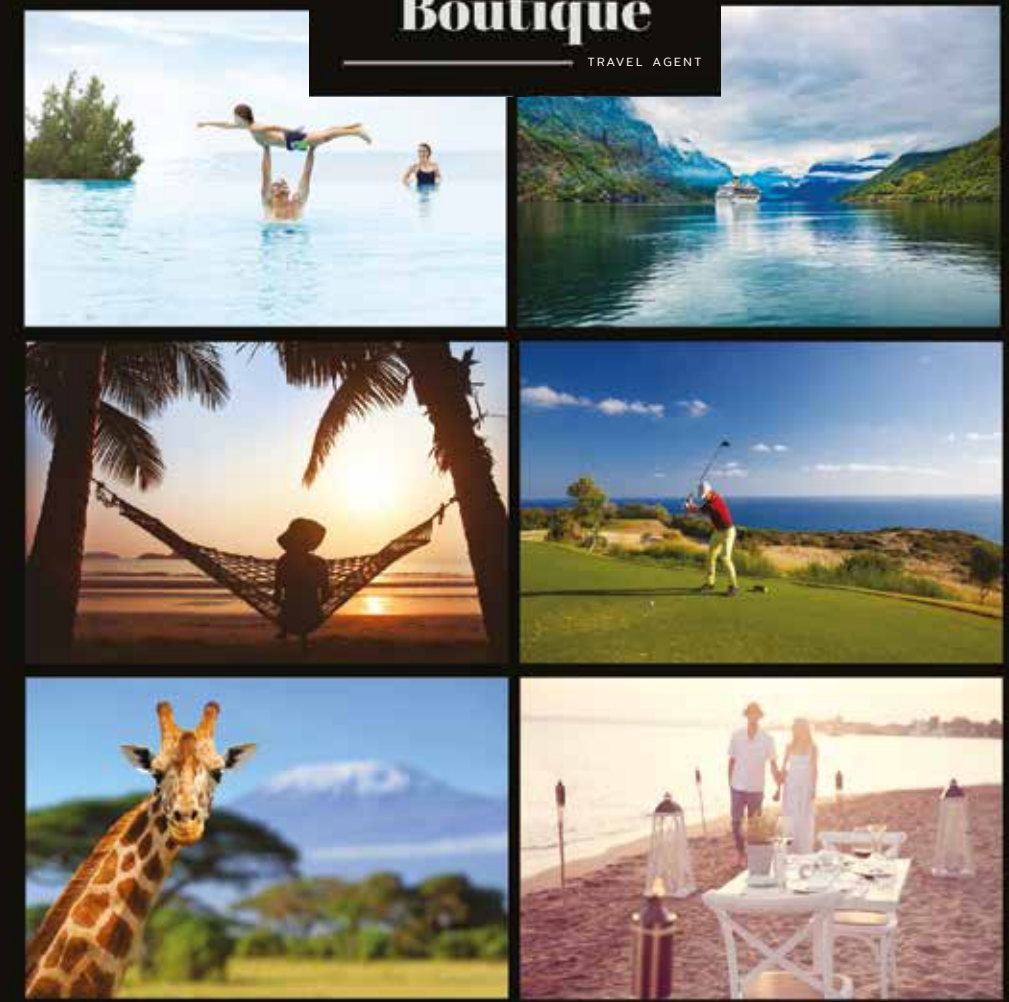
What comes after December 31 will all depend on the deals Boris and co hammer out over the coming months. Until then, book that vineyard tour in France, the skiing adventure in the Swiss Alps, and that much-needed beach vacation in Croatia, safe in the knowledge that the legacy of Brits abroad is here to stay, for now at least.



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BRITISH BULLDOGS

TYSON FURY PROVES HE'S THE BEST IN THE BUSINESS IN A GOLDEN ERA FOR BRITISH BOXING

A late night, an early morning, a highlights package – however you consumed Gypsy King Tyson Fury's catastrophic defeat of Deontay Wilder in Las Vegas on Saturday night, the seventh-round stoppage ranks as one of the most memorable boxing contests in history.

Our British heavyweights are now the undisputed bulldogs of the sport. With Anthony Joshua holding the IBF, IBO, WBA and WBO titles and Fury not just taking Wilder's WBC belt, but swiping it off him with such ferocity that the American must wonder if he can ever mentally recover himself from such a beating, our reputation as supreme kings of the ring is assured.

Fury will look back on his efforts and view them less as a victory and more as a total demolition. Having controversially been denied victory in the first drawn fight back in December 2018 – a contest he dominated despite having to dramatically pull himself up off the canvas in the final round – this was arguably the most hotly anticipated rematch since his namesake Mike battled Evander Holyfield for a second time in 1997.

While Fury came close to a sensational upset in that first fight, many regarded him as still being on the path back to full competitiveness. He had dropped out of the sport in the preceding two years, battled drug addiction and depression, and ballooned to 29 stone. In hindsight, if Wilder's unbeaten record was shown to have been under such severe threat in the first match, it was hanging by a thread in the second, particularly when he was floored in the third round by a right hook to the side of the head.

The American, slipping and flailing repeatedly in the minutes that followed with a suspected burst eardrum most likely affecting his balance, then suffered the ignominy of being put down by a body shot in round five; and when the white towel was lobbed pleadingly into the ring in the 99th second of round seven, history had been made... and how.

Fury may be brash, eccentric, and with a level of showmanship that can verge on uncomfortable – his rendition of 'American Pie' in the ring afterwards left many shoe-gazing and happy to stay away from the camera lens – he retains a level of humility perhaps only rivalled by Joshua. "What a fighter you are," he said to Wilder as they hugged after the contest, even if, in truth, his opponent had been totally schooled on the path to a first, devastating, professional defeat.

Fury is a devout Christian who thanks a higher source for getting him back on the road to salvation. In return, he is philanthropist, reportedly donating huge sums to charity.

Of course, no sooner had Fury's arm been lifted by referee Kenny Bayless, was the talk of a showdown with AJ, a bout that would rank as the most lucrative in the history of the sport, and, certainly from a British boxing perspective at least, the most anticipated ever.

It is a division rich in talent, with Dillian Whyte, Dereck Chisora, Andy Ruiz Jr, Oleksandr Usyk and Joseph Parker all waiting in the wings. Whether any dare risk reputation and health against the might of Fury, and whether any will be granted the opportunity, remains to be seen.

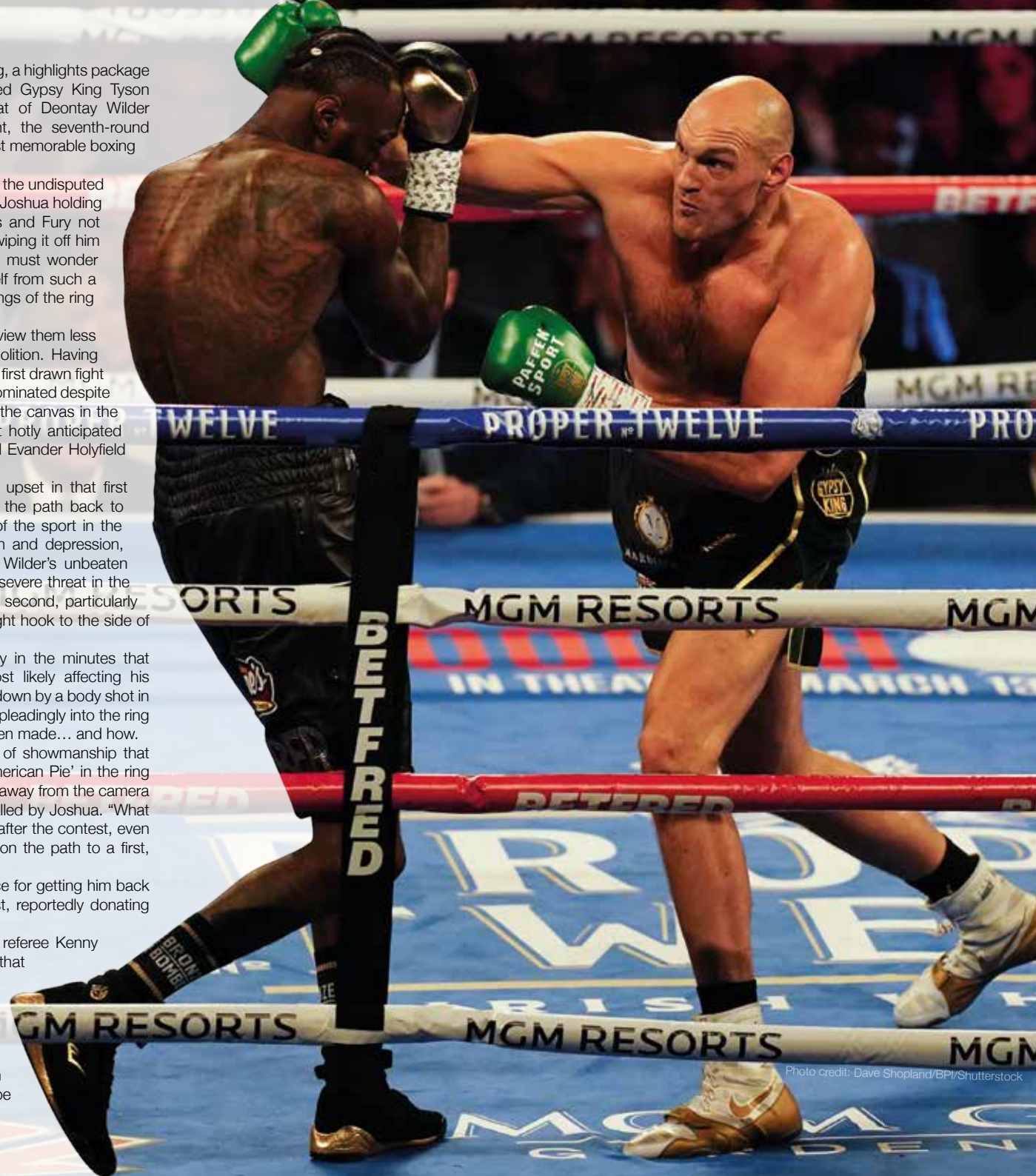


Photo credit: Dave Shopland/BPI/Shutterstock

PLANT OF THE MONTH:

Asparagus

Asparagus is a highly sought after and popular vegetable owing to its subtle flavour, array of health benefits and the fact that it is only in season for a short period of time. Unfortunately, this also means that it can be quite expensive. However, it is surprisingly easy to grow your own.

How do I plant asparagus?

Although you can grow asparagus from seeds, it is much easier to plant one-year-old dormant plants, known as crowns, which you can buy from your local garden centre or online. The ideal time to plant these is in March or April.

- Choose a sunny spot for your crowns, with well-drained soil
- Do not replace an old asparagus bed with new plants
- Clear away any weeds and add garden compost to the area
- Dig a trench that is roughly 30cm wide and 20cm deep
- Add some organic matter to the bottom of the trench
- Soak the crowns in compost tea for 20 minutes before planting
- Place crowns in the trench 40cm apart
- Top with 5cm of organic matter, such as well-rotted manure

When can I harvest asparagus?

Unfortunately, you have to be patient when growing your own asparagus and you should not harvest them for the first two years after planting.

Once you reach the third year, you can harvest your spears from mid-April for six weeks by cutting each individual spear with a sharp knife, roughly 2.5cm below the soil, when they are no more than 18cm tall.

If the weather is warm, you should be able to harvest new spears once every 2-3 days.

Pests to look out for include:

- Slugs and snails. Control these pests using eggshell barriers, copper tape and biocontrol.
- Asparagus beetle. Pick off adult beetles and larvae by hand and drop in warm, soapy water to kill them.



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GARDENING



the perfect window box

With spring nearly upon us, your thoughts may have already turned to brightening up your garden with an array of beautiful flowers that look and smell divine. However, if you don't have a lot of outdoor space, you may have decided to showcase a window box instead.

HOW TO PREPARE YOUR WINDOW BOX

STEP ONE: If you have used your window box before, start by emptying it out. You need to remove all the soil and start afresh for the new season.

STEP TWO: Fill your window box with potting mix (not potting soil, as this is designed for flowerbeds), leaving 1-2 inches free at the top.

STEP THREE: Smooth the mix down and gently press to remove any air pockets.

STEP FOUR: Start at one end of the box and begin planting. It can be a good idea to decide on the layout and order of your plants before you start. Gently break apart the bottom of the root base before you plant, to encourage growth.

STEP FIVE: Install a soaker hose or drip line to ensure that the roots of your plants get sufficient water.

STEP SIX: Invest in a high-quality fertiliser that promises to encourage root growth.

PERFECT PLANTS FOR WINDOW BOXES

- Petunias, geraniums, nasturtiums and begonias – all of these pretty flowers will flourish in a window box.
- Strawberries – this delicious fruit can be grown in a very small space, making it ideal for window boxes.
- Chillies – look for a sunny spot and these spicy peppers will thrive.
- Ivy and cyclamens – perfect for window boxes that are often in the shade.
- Chenille plants, creeping jenny and sweet potato vines – these trailing plants are great for brightening up a dull house wall.
- Garden herbs or lavender.



Totally Tropical

We can all become bored with the same old plants and flowers in our gardens, so why not spruce things up with a variety of species that offer a tropical flourish all year round?

CHUSAN PALM

There is something so elegant about a palm tree. While it can transport minds instantly to those carefree holidays, the *Trachycarpus fortunei* is actually a hardy presence in a garden and retains its stunning presentation throughout winter. In fact, you may need to protect it more during summer, with regular watering during the growing season and partial shade helpful.

This plant can withstand temperatures as low as -9°C, though you should make sure the soil below is well drained. When pruning, remove the lower leaves when they become discoloured (brown) or untidy.

BAMBOO

Like the Chusan palm, bamboo plants are surprisingly strong and fiercely weather resistant. The black bamboo (*Phyllostachys nigra*) provides a stunning blend of black stalks and green sprays of colour, growing in clusters and clumps, with an ability to spread quickly. Be warned, though, these plants can grow to a height of more than five metres.

GINGER LILY

To add to these green tropical twins, try a ginger lily (*Hedychium aurantiacum*). Orange in its infancy once it has pushed up through the beds, it produces red florae in the later parts of summer.

MUSA BASJOO

An evergreen perennial with large paddle-shaped leaves, this Japanese banana plant splays out its leaves and can grow to an impressive height without the awkwardness of a large trunk.

BEAR'S BREECHES

Finally, complement your tropical spread with bear's breeches (*Acanthus mollis*) – a high-standing perennial which offers resplendent purple and white flowers. All you need to finish the tropical theme is a pina colada and some sunshine.



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What's in your pet's

In all likelihood, you probably haven't thought that much about what ingredients are in your pet's food. You have simply picked a brand that is well known, cost effective or that you know your pet will eat.

However, maybe it's time you started to look a bit more closely at the preservatives that your preferred pet food contains.

Why do pet companies add preservatives to pet food?

Preservatives are essential for dry pet food as without it the fat in the food would oxidise and go bad. Wet pet food, on the other hand, does not need to have preservatives added as the seal on the can or pouch will keep the contents fresh. Preservatives are also added to pet treats.

Are preservatives bad for pets?

There are some preservatives that are natural, and these do not have a detrimental effect on your pet's health; in fact, they can be beneficial for your pet. However, chemical preservatives that are added have been linked to cancer and other health issues.

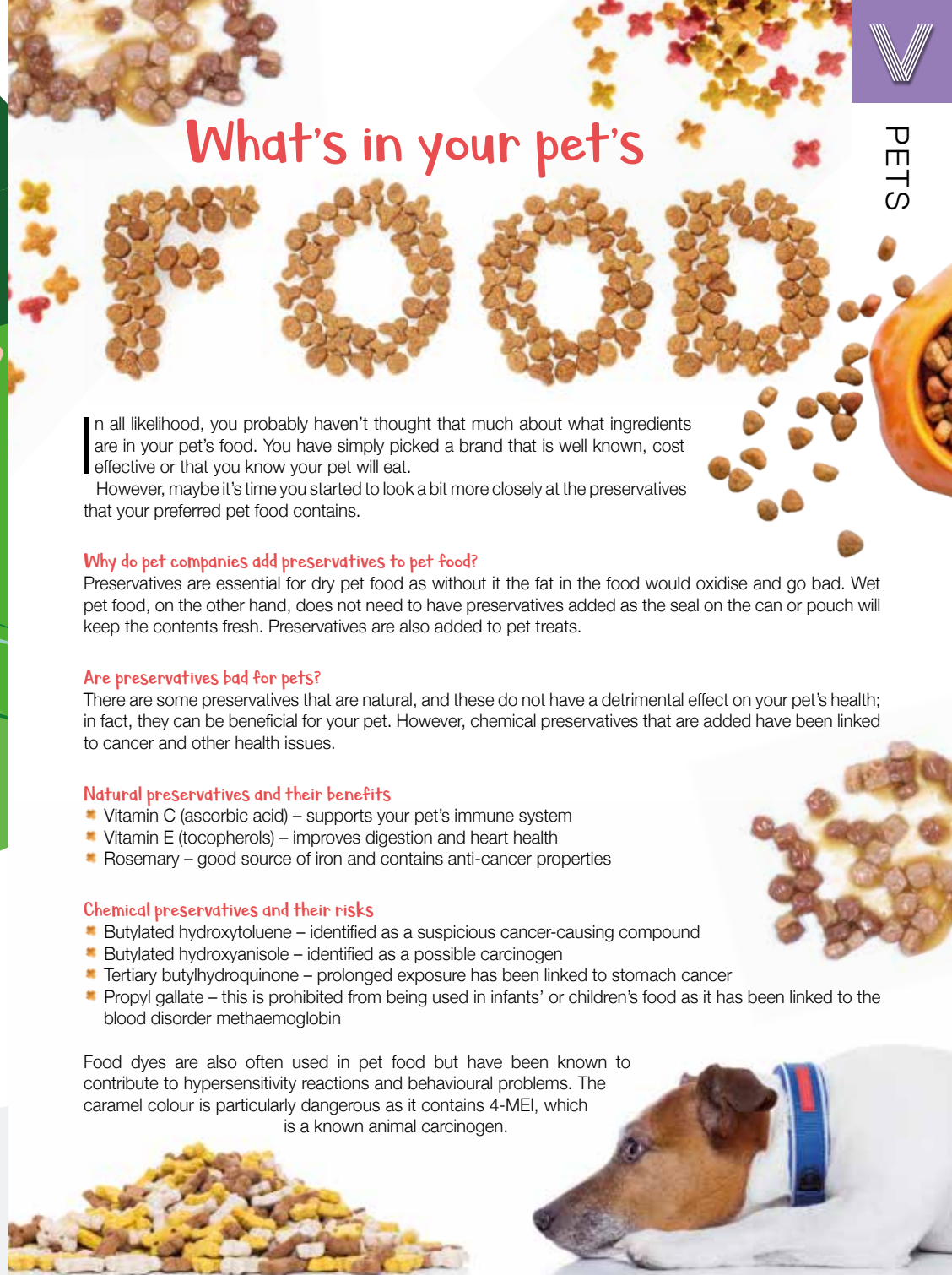
Natural preservatives and their benefits

- ✦ Vitamin C (ascorbic acid) – supports your pet's immune system
- ✦ Vitamin E (tocopherols) – improves digestion and heart health
- ✦ Rosemary – good source of iron and contains anti-cancer properties

Chemical preservatives and their risks

- ✦ Butylated hydroxytoluene – identified as a suspicious cancer-causing compound
- ✦ Butylated hydroxyanisole – identified as a possible carcinogen
- ✦ Tertiary butylhydroquinone – prolonged exposure has been linked to stomach cancer
- ✦ Propyl gallate – this is prohibited from being used in infants' or children's food as it has been linked to the blood disorder methaemoglobin

Food dyes are also often used in pet food but have been known to contribute to hypersensitivity reactions and behavioural problems. The caramel colour is particularly dangerous as it contains 4-MEI, which is a known animal carcinogen.



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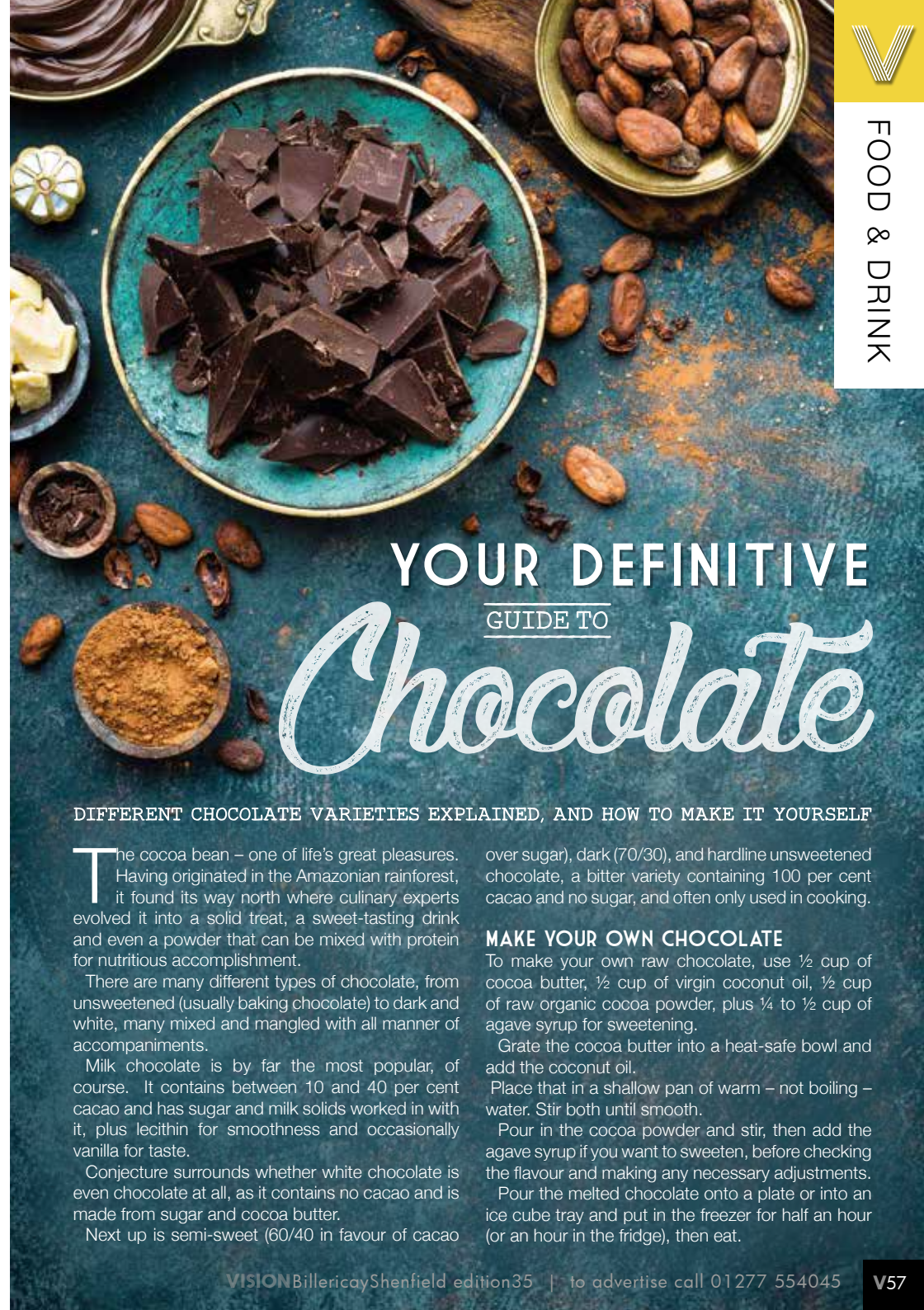
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FOOD & DRINK



YOUR DEFINITIVE GUIDE TO Chocolate

DIFFERENT CHOCOLATE VARIETIES EXPLAINED, AND HOW TO MAKE IT YOURSELF

The cocoa bean – one of life's great pleasures. Having originated in the Amazonian rainforest, it found its way north where culinary experts evolved it into a solid treat, a sweet-tasting drink and even a powder that can be mixed with protein for nutritious accomplishment.

There are many different types of chocolate, from unsweetened (usually baking chocolate) to dark and white, many mixed and mangled with all manner of accompaniments.

Milk chocolate is by far the most popular, of course. It contains between 10 and 40 per cent cacao and has sugar and milk solids worked in with it, plus lecithin for smoothness and occasionally vanilla for taste.

Conjecture surrounds whether white chocolate is even chocolate at all, as it contains no cacao and is made from sugar and cocoa butter.

Next up is semi-sweet (60/40 in favour of cacao

over sugar), dark (70/30), and hardline unsweetened chocolate, a bitter variety containing 100 per cent cacao and no sugar, and often only used in cooking.

MAKE YOUR OWN CHOCOLATE

To make your own raw chocolate, use ½ cup of cocoa butter, ½ cup of virgin coconut oil, ½ cup of raw organic cocoa powder, plus ¼ to ½ cup of agave syrup for sweetening.

Grate the cocoa butter into a heat-safe bowl and add the coconut oil.

Place that in a shallow pan of warm – not boiling – water. Stir both until smooth.

Pour in the cocoa powder and stir, then add the agave syrup if you want to sweeten, before checking the flavour and making any necessary adjustments.

Pour the melted chocolate onto a plate or into an ice cube tray and put in the freezer for half an hour (or an hour in the fridge), then eat.



Fine Foodies

We have ten of the finest foods to keep you looking young and healthy on both the inside and outside. Here are the first five and; see next month for the next five.

Olive oil
A staple of the life-enhancing Mediterranean diet, olive oil has long been touted as a superfood. In fact, it was four decades ago when researchers discovered that the monounsaturated fats in olive oil were a major factor in the low rates of heart disease and cancer on the Greek island of Crete, so get drizzling.

Natural yoghurt
High in protein and packed with calcium, yoghurt heals you from the inside out. The high calcium content helps ward off osteoporosis while the abundance of live bacteria is great for your gut.

Berries
An easy way to get one of your five a day is to put

a handful of berries into your morning smoothie. Both raspberries and strawberries contain ellagic acid, which protects against UV rays and can help thwart wrinkles, while blueberries are rich in vitamin C – aiding blood circulation – along with potassium to beat puffiness.

Broccoli
Not only is broccoli loaded with vitamin C and fibre, it also contains a natural compound called nicotinamide mononucleotide (NMN). Also found in cabbage, cucumber and avocado, this compound may slow down the ageing process by reducing the inflammation that causes ageing and by protecting cells.

Sweet potatoes
Like most vegetables that are red, orange or yellow in hue, sweet potatoes contain disease-fighting carotenoids. In fact, just half of a medium-sized sweet potato with the skin on provides twice your daily recommended intake. A super spud indeed...



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How to make an

EGGCELLENT

Easter bonnet

With Easter just around the corner, now is the ideal time to start preparing some fun and simple Easter crafts for you and your children to enjoy making together over the holidays.

With four different designs to choose from, your kids are guaranteed to want to create one of these showstopping Easter bonnets.

1. The Traditional Bonnet

Perfect for those who want a simple design that will not be too difficult to make. Simply take a plain straw hat and then staple or glue on a variety of paper flowers, baby chicks, feathers and felt Easter eggs. You can be as OTT with the decorations as you like, but ensure that the glue has completely dried before attempting to wear your bonnet.

2. The Easter Nest Bonnet

If your kids love making those chocolate Easter egg nest cakes, then they will be absolutely besotted with this quirky bonnet that only requires a few materials to make. All you need is some shredded yellow tissue paper, some small speckled Easter eggs and the hat itself.

3. The Flower Bonnet

This beautiful bonnet boasts an array of multicoloured tissue paper flowers that can be as big and bold as you like. You can make these flowers by cutting out and layering circles of different-coloured tissue paper and then connecting them together with a pipe cleaner.

4. The Easter Bunny Bonnet

If you have some felt lying around then this is the bonnet for you. Simply cut out a selection of different-coloured bunnies from your felt using a stencil and then glue them around the crown and the brim of the hat. You can also write an Easter message in felt letters if you wish.

Photo credit: www.netmums.com

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EAU MY GOD

HOW MUCH WATER SHOULD WE ACTUALLY BE DRINKING EVERY DAY?

It has become the 'cure all' catchphrase, hasn't it? Feeling tired? Lacking energy? Got dull skin? A little peckish? Then have a glass of water. So accustomed have we become to this information that it's easy to believe a tall, cool glass of H₂O can fix all of the world's ills.

Why is it, then, that so few of us actually manage to drink what we should? The Natural Source Waters Association believes that 89 per cent of us Brits aren't reaching optimum hydration, leading to fatigue, headaches, mental foggy and a general feeling of 'meh'.

It is a well-known fact that a human can survive up to three weeks without food, but only three to four days without fluids. This is because our bodies are made up of 60 per cent water, meaning that even a 2 per cent drop in the total fluid levels prevents cells in our bodies operating at full efficiency. At this point, you are technically dehydrated, and it is not uncommon to feel emotional, weary and unable to concentrate.

Your goal, then, should be to aim for eight glasses (250ml each) of water per day, which is around two litres. At first this may feel excessive, but like all good habits it will soon become second nature. Handily, there are many tools designed to help us drink more, from fitness apps which encourage us to log our water consumption, free water fountains and even drinking bottles with in-built counters to help us keep track.

Another burning question is whether other beverages help us stay hydrated as effectively as water, and the answer, sadly, is no. Sure, coffee, tea, soft drinks and even alcohol will improve our fluid levels to an extent, but nothing quite hits the spot like good old-fashioned H₂O. So if you want to be the best version of you this year, get drinking.

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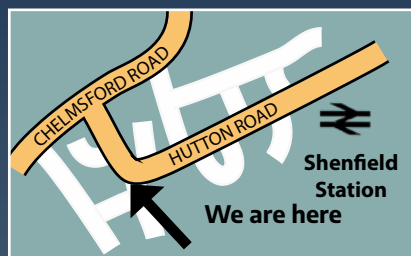
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MUSCLE

mania



HEALTH & FITNESS

Did you know that muscle burns more than twice the amount of calories as fat? Plus, it continues to burn energy even after you have stopped working out.

Men and women alike can incorporate the following muscle-building techniques into their workout routine.

SQUATS

Squats, either with a barbell or without, are a great exercise for building muscle throughout your entire body, although their primary focus is on the quadriceps, hamstrings and calves.

DEAD LIFTS

Dead lifts should be a staple part of your muscle-building routine, working your hamstrings, quadriceps, glutes, back muscles and entire core.

DIPS

If you are looking to build up your chest, triceps and shoulders, then dips are the ideal muscle-building exercise for you. Unlike press-ups, parallel bar dips force you to lift your entire body weight, resulting in a more effective workout.

PULL-UPS

The back is a muscle that is often forgotten; however, it is vital that you build strength in your back if you want your core to be strong. Pull-ups are the perfect exercise for building up your back and biceps.

BENCH PRESS

The bench press is a vital exercise for increasing upper body strength. Focusing primarily on the chest, shoulders and triceps, this popular exercise should not be limited to men; women can also enjoy the benefits of bench press.

OVERHEAD PRESS

Incorporating your whole body, the overhead press is particularly beneficial for your shoulders and your arms. Depending on your weight and fitness levels, men can expect to lift anywhere between 55 and 200 pounds, whereas as women can lift between 15 and 100 pounds.

ROWS

If you want to work your upper back, both barbell and dumbbell rows are a good idea. Barbell rows focus on your back muscles and lats; however, if you want to work your shoulder blades more, then dumbbell rows should be your go-to exercise.



Do you need physiotherapy for 'down there'?

If you've hurt your shoulder or have experienced knee pain, you'd probably seek the advice of a physiotherapist; post-baby or transitioning into menopause, that shouldn't be any different.

What is pelvic health physiotherapy?

This is more commonly known as women's health physiotherapy. Women's health physiotherapy is a growing field of physiotherapy and one that all women need to know about.

The facts:

Despite the high incidence of leakage, muscle separation or vaginal discomfort, it's shocking that women aren't seeking help or being assessed for these conditions. Many women accept that 'oops' moment, because having a baby or going through the menopause is 'natural' and therefore we just have to put up with it, but we don't.

What is a pelvic floor?

One in three women will experience urinary incontinence in their lifetime. That's an incredible number of women experiencing pelvic floor dysfunction and relying on pads, avoiding exercise, restricting their fluids or not having sex through fear of leakage. Our pelvic floor is designed to lift and support our bladder, bowel and uterus and 'seal the pipes shut' when we move, sneeze or jump.

The good news is many of these issues can be improved and in many instances resolved through treatment, advice, management and return to exercise that is core and pelvic floor safe.

Should you seek help from a women's health physiotherapist?

Evidence suggests that women often report their symptoms years later (with the average of seven years before most women look for help). But our physical health is as important as our mental

Aishling Burke is a Chartered Physiotherapist and a specialist working in the field of men and women's health with a clinic at Spire Hartwood Hospital. She carries out post-natal reviews on mums at any stage of their life, while hosting regular workshops on pelvic health.



health. Once a parent, we are always post-natal, so going to a women's health physiotherapist can occur at whatever stage in life you are in. We talk, ask questions and with your consent, assess your posture, how you breathe, check for tummy muscle separation and perform a vaginal (internal) examination that checks your pelvic floor muscles' strength and endurance. It proves to be a really good way of women getting the best understanding of their pelvic floor and how to engage their muscles properly.

If pelvic floor dysfunction is holding you back, please seek the advice of a women's health physiotherapist. Many NHS Trusts now have dedicated women's health physiotherapy clinics so ask your healthcare provider to refer you. Alternatively, seek the help of a private therapist who can help you back on the road to pelvic floor health.



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22 Apr	Varicose veins , from 7pm Mr S Jacob, Consultant General Surgeon
22 Apr	Snoring , from 7pm Mr P Chatrath, Consultant ENT Surgeon
12 May	Upper limb , from 7pm Mr A Al-Sabti, Consultant Orthopaedic Surgeon

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*Mini consultations are an opportunity to ask any questions you have and are not a formal outpatient consultation. If you wish to proceed to surgery or your consultant suggests that further treatment may be necessary, a full outpatient appointment will be required to assess your suitability for surgery/treatment.

Aishling has a free information evening in May.
For more information search



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Prediabetes

Everything you need to know

In England, one in three adults has prediabetes, an astonishing 50 per cent of us. Prediabetes is a condition where blood glucose levels are higher than normal. Left untreated, the glucose levels will only increase further. This is when prediabetes develops into type 2 diabetes. But the good news? It's both preventable and reversible.

Most people with prediabetes don't know they have it. This is because many people will not experience symptoms. Those who do may find themselves being thirstier than normal, needing to go to the toilet more frequently, feeling tired, having blurry vision or having skin tags.

So there's no warning. It's only when the condition develops into type 2 diabetes that symptoms begin. If you or your doctor suspects you have prediabetes, you will most likely be given a blood test.

The good news is that prediabetes is reversible with the correct changes to your diet and lifestyle, including avoiding sugar and processed food, taking regular exercise, reducing your alcohol intake, losing weight and stopping smoking.

Preventing type 2 diabetes has to be better than living with type 2 diabetes. Even if the condition is properly managed, anyone with type 2 diabetes can expect a significant impact on their health, including dying up to 10 years earlier.

If you are overweight and over 40 years of age, you're very likely to already have prediabetes. The only way to be sure is to have a blood test.

Other simple ways to help naturally prevent or treat prediabetes include eating a low-carb or low GI diet, avoiding processed foods, giving yourself a 12-hour eating break between dinner and breakfast and drinking plenty of water.

In terms of healthy diet, one size does NOT fit all. By understanding what foods affect you most, you can improve your health by making informed food choices. No diets, no hunger and no calorie counting – just a healthier you. This is where www.prolongevity.co.uk can help.

DIAGNOSTIC CRITERIA FOR DIABETES AND PREDIABETES		
NORMAL	PREDIABETES	DIABETES
FPG: <5.5	FPG: 5.5-7.0	FPG: >7.0
OGTT: <7.8	OGTT: 7.8-11.1	OGTT: >11.1
HBA1C: <42	HBA1C: 42-47	HBA1C: >47
HBA1C: <6.0	HBA1C: 6.0-6.4	HBA1C: >6.4



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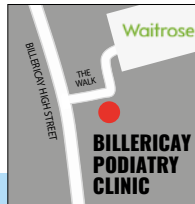
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Hot off THE RUNWAY



FASHION

OUR FAVOURITE AUTUMN/WINTER TRENDS FROM FASHION MONTH

Fashion Month is over, which means that the Autumn/Winter 2020 trends have officially been unveiled. Here are some of our favourites, along with ways in which you can sport the trends instantly...

EMBELLISHMENTS

Good news for magpies, as embellishment is one of the biggest trends of the AW20 season. Embellished accents are a great way to liven up existing autumn/winter pieces, especially since colour palettes tend to be more muted and understated. Adding some embellishments in the form of a sequinned belt, a decadent brooch, or even a glittery strap à la Self-Portrait is an AW20-approved remedy for a dull autumn/winter wardrobe.

PRINTS

Another great way to add some punch to your autumnal wardrobe is to pile on the print. Leopard print isn't going anywhere, as it stormed the world's runways in all forms; our favourite being a stunning floor-length coat by Tom Ford. Tailored suits – which

also dominated the catwalks – were given an AW20 makeover thanks to subtle and not-so-subtle print detailing, meaning you can rock two trends in one if you so dare.

90S STYLE

Don't get rid of your 90s wardrobe just yet. Victoria Beckham resurrected Spice Girls era platform boots, while *Clueless* style tartan skirts and slip dresses reigned supreme throughout Fashion Month. And thankfully, these are all available to buy right now. Wear tartan skirts with warm polos, tights and knee-high boots while there's still a chill in the air, and save the slip dress for your next girls' night out.

PONCHOS

The poncho is back, but did it ever really leave? Rag & Bone, Longchamp, Carolina Herrera, and a host of other designers debuted their reimagined ponchos on the runway, proving that the poncho is here to stay for another season. Dress it up or dress it down – the styling options are virtually endless.



Photo credit: ASOS.com, chcarolinaherrera.com

The strongest treatment for hair is you



A lot of people ask me what can they do to help with thinning or balding hair without having to go for surgery and this question led me on a quest for seeking out the best serums, supplements and non chemical based products on the market that actually have a positive effect for hair growth.

It wasn't until the summer of 2018 before I discovered a new technique which had been around for some time but had been used mainly for healing joints and muscle damage, and this was called PRP.

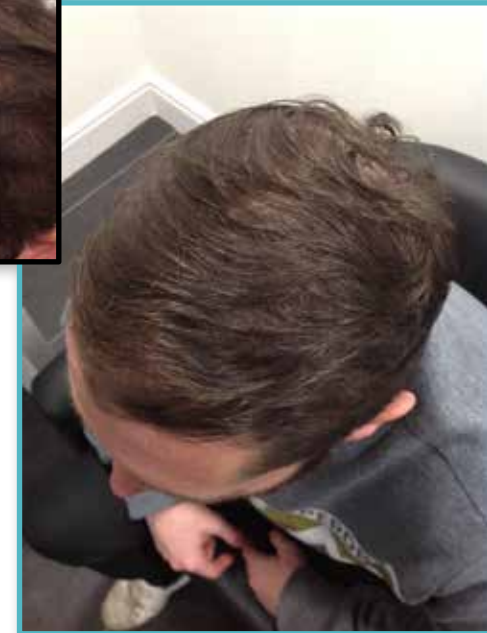
PRP stands for Platelet Rich Plasma, which essentially is your own blood spun in a special machine called a

centrifuge which separates (with the help of an anti-coagulant if you want to get technical!) the blood. At the top of the test tube the PRP comes out as a rich golden serum which is packed full of platelets. It's these platelets that if you had a cut would race to the injury and start to repair the tissue. In hair, the platelets are injected into the upper epidermis of the skin and act as feed for the root ball of the hair to increase mass, which in turn makes the hair follicle thicker and stronger.

The best analogy I can find is looking at two daffodil bulbs (come on it's nearly spring!) in two separate pots. At the beginning the bulbs are the same size however, one we didn't water and didn't use any 'miracle gro' on – this bulb produced a flower but



BEFORE



AFTER

wasn't very strong and eventually died off and went back into hibernation. The other flower was fed and watered and grew up to be strong, lots of flowers for a long time – this is what PRP does for your hair.

Here at the Regrow Hair Centre, we specialise in PRP using the best quality tubes and centrifuge administered by professional PRP specialist nurses who have now delivered more than 2000 injections between them.

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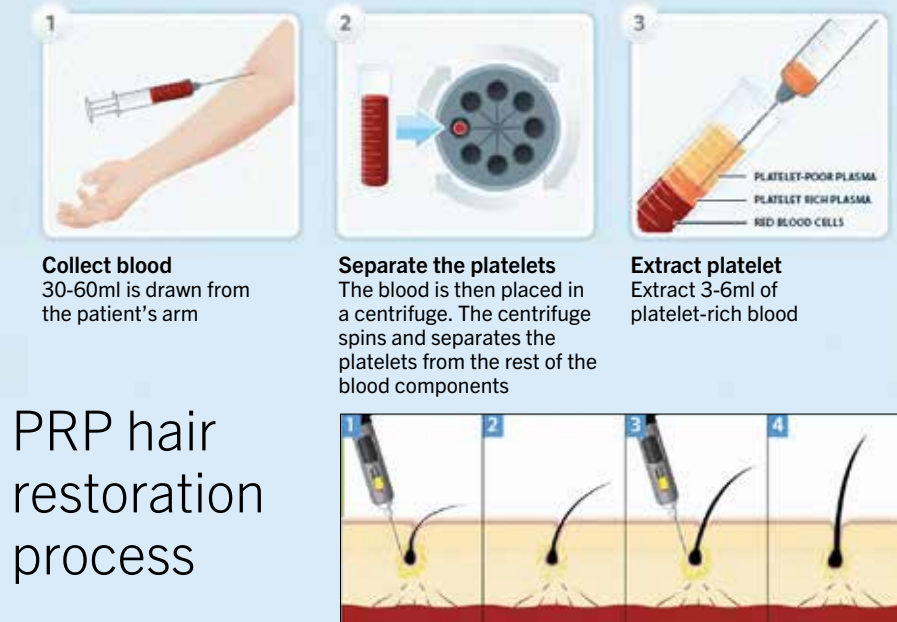
The Regrow Hair Centre specialises in surgical and non surgical hair treatments where we create bespoke treatment plans for the individual. No person is the same and we tailor every treatment plan to the needs of the patient. We are a family run business and are focussed on giving you results using non chemical based treatments.



For a Free Consultation and to use the PRP offer please call us on 0800 246 1606 quoting Vision Magazine.

I look forward to seeing you in the near future,

Lawrence



PRP hair restoration process

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LET'S
GET

Messy

Why is it that the simplest things in life often turn out to be the most complicated?

The messy topknot bun, for example. This should be an effortlessly easy and chic updo that can take you from day to night in a matter of moments; however, this seemingly simple do can be tricky to get right.

HOW TO ACHIEVE THIS LOOK:

STEP 1: Do not wash your hair – this updo works best on hair that has not been recently washed.

STEP 2: Brush your hair thoroughly to get rid of any knots or tangles.

STEP 3: If you are prone to flat hair, spray a volumising spray or dry shampoo to your roots.

STEP 4: Create a high ponytail, right on the top at the back of your head.

STEP 5: If you have long hair, tip your head upside down to ensure that you get the ponytail right up to the crown of the head.

STEP 6: Once secure, divide your hair into two sections.

STEP 7: Twist your hair around into a bun shape and secure with pins.

STEP 8: You should now have a bun that looks similar to a ballerina's. Now for the messy part.

STEP 9: Slowly pull a few strands out from the bun to frame your face – not too many.

STEP 10: Slightly loosen the bun to add more volume.

STEP 11: Optional – alter the shape of your bun using pins to secure in place.

STEP 12: Finish with a light- to medium-hold hairspray to keep your look in place.

OTHER MESSY UPDOS TO TRY:

The messy side bun – best for bad hair days.

The big messy mohawk – best for medium to long hair.

The bohemian braided updo – best for greasy hair.



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THE LAW REGARDING GRANDPARENTAL CONTACT



Grandparents often approach us at Mullis & Peake LLP to get help understanding their contact rights. If there is a breakdown in the relationship between yourself and the children's parents, it can mean that the children do not get to spend time with their grandparents.

Currently, the law offers no automatic right for grandparents to spend time with their grandchildren; however the courts do tend to acknowledge and value these relationships. Grandparents often play an important role in the lives of their grandchildren, and the bond between a grandparent and grandchild can be just as strong as a parental one.

A way of resolving this could be attending a Mediation session, which can be cost effective and less stressful than court intervention. This would involve inviting the other party to a meeting, whereby a qualified mediator will attempt to resolve the issues. If mediation is unsuccessful or the other party does not wish to participate, then

an application for a Child Arrangements Order (CAO) can be made. A CAO is an order setting out where a child will live and who they will spend time with.

Generally, it is only those with parental responsibility of a child who can apply for a CAO and grandparents do not automatically have parental responsibility. The Court will look at each case on an individual basis and make the decision as to who the child will live with and spend time with. The first concern of the court when considering a CAO is always the child's welfare.

If you are a grandparent in need of legal advice regarding spending time with your grandchildren, please get in touch with the family team at Mullis & Peake LLP Solicitors. We specialise in all aspects of family law and can help guide and advise you on the processes and options available to you. Our qualified solicitor/mediator can assist in potentially resolving the issue without having to issue court proceedings.

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Release the PRESSURE

EQUITY RELEASE – WHAT IS IT AND WHAT ARE YOUR OPTIONS?

Equity release, on the face of it, sounds like a great idea. You've worked hard, invested in a home that you own, and are of an age where you'd like to start monetising some of what's contained in those bricks and mortar.

In the simplest terms, it's the action of taking out a cash loan on your house. You don't pay anything back until your property is sold, usually when you die.

cent of the value of a £1million home might mean giving up 65 or 70 per cent of it.

Lifetime Mortgages

A much more popular option is a Lifetime Mortgage. The loan comes with a fixed interest rate, and while there are no payments to make, the interest charged is 'rolled up' and deducted from the final sale price of your home.

That means a £50,000 loan will see the repayment amount increase every year. You'll not only pay interest on the initial loan, but on the interest itself. These lenders do protect against negative equity – where the size of the debt is actually greater than

the value of the home – but it could well be the case that very little of the asset is left to pass on to loved ones by the time the house is sold.

Summing up, equity release is often viewed as an expensive way of liquidating your biggest asset, and is typically only available to those aged 55 and above.

THERE ARE TWO TYPES OF EQUITY RELEASE:

Home Reversion Scheme

This is where a company buys a slice of your property (say, 25 per cent). It makes its money on the profit made from that investment when the property is sold, with an (expected) uplift in value. For the investor this is obviously a long-term investment, so the price offered for that quarter of your property will be well below market value.

Looked at the other way round, to monetise 25 per



ON THE MONEY

Financial advice from our financial adviser Karyn Vogel
Contact 01277 654153



UNIVERSITY CHALLENGE OF DIGS AND TUITION

Recently it has become more widely accepted that university isn't the only route to satisfying and rewarding employment. Apprenticeships and vocational training are among the other paths available; and there are many instances of success in business by those who entered a workplace direct from school and worked their way to the top.

Equality of opportunity may still have some way to go but increasing numbers of able youngsters from what are classified as deprived areas of the UK are now applying for university places. The 2019 figures from the Universities and Colleges Admissions Service state that: "In England, the number of young people applying from the most deprived areas has increased six per cent to 38,770. In Scotland, young applicants from the most deprived areas have grown by three per cent. In Wales, applicants from the most deprived areas remained at 1,390".

As for the situation across the spectrum, it was revealed that 39.5 per cent of 18-year-olds in England made a UCAS application, a new record. In Northern Ireland the rate was 46.9 per cent, Scotland 32.7 per cent (not including Scottish further education college undergraduate applications) and Wales 32.9 per cent.

HELPING OUT WITH COSTS

With accommodation costs and tuition fees to be met by most students (assistance may be granted in some cases UK-wide and for eligible students from Scotland), planning ahead for university costs makes sense and can be more effective if it involves parents and wider family such as grandparents.

The sooner saving for university begins the better. Investing in a Junior ISA (JISA) every year (2019–20 annual limit £4,368 per child) can produce a useful sum, accessible on reaching 18. We can advise on JISAs and other savings and investment products to enable family members to help with university and life beyond, whilst also providing for their own future needs.

At HCR we take the time to understand our client's unique planning needs and circumstances, so that we can provide you with the most suitable solutions in the most cost-effective way. For a free review of your current financial situation, please contact Karyn Vogel on 01277 654153.

¹UCAS, July 2019

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Q What Can Coversure Brentwood Help With?

A With our wide suite of insurance products, it'd be easier to list what we can't help you with! Whether it's insurance protection for your house, your business or even your van, we can help you find the cover you need for less.

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Q How Can You Save Money On Your Insurance?

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TOKYO 2020

THE NEW SPORTS



SPORT



3. KARATE

In the latest instalment showcasing sports set to debut or return at the Olympics in Tokyo later this year, we take a look at karate.

During the Ryukyu Dynasty, martial arts were banned by King Sho Shin, but they continued to be practised in secret. By the 20th century, Japanese universities had karate clubs, and in the 1960s and 1970s, martial arts movies were bringing this unique form of combat to popular culture.

It's perhaps surprising, then, that it's taken until 2020 for karate to make its Olympic debut, and even now is being presented as a non-permanent addition.

The sparring discipline of Kumite will feature three weight classes for male (67kg, 75kg and +75kg) and female (55kg, 61kg and +61kg) competitors, and there will be no mixed-gender contest. There will be 10 entrants in each category.

Rules in Kumite state that opponents face each other on an 8x8m mat, for three minutes or until one has an eight-point lead over the other.

Three points are awarded for ippon (a technique with clean connection and good form), two points for waza-ari (throwing opponent with control and accuracy, but not to extent of ippon) and one point for Yuko (a throw that places the opponent on their side).

There will also be a Kata discipline, in which judges will award points for technical (techniques, focus, correct breathing, stances, timing, transitional movements and conformance) and athletic (speed, strength and balance) performance. A total of 10 female and 10 male athletes will compete for gold, silver and bronze medals.

Karate has previously been an event at four leading athletic competitions – the 2018 Asian Games, and the 2019 African, European and Pan American Games.

It is apt, then, that the sport will be making its Olympic debut in its homeland.



RIGHT PLACE

right time



HOW, EVEN AT 35, CRISTIANO RONALDO REMAINS A CONSTANTLY EVOLVING MODERN-DAY SPORTING ICON

The enigma that is Cristiano Ronaldo continues to enchant, endear and entertain at every turn.

A seemingly ageless talent whose presence in the sporting arena is as strong as his appeal is ubiquitous, the Portuguese has always made the almost insurmountable task of remaining impactful appear largely effortless.

The secret to staying relevant occupies a strand picked up by so many great stars... of sport, the big screen, music, fashion and more: don't outstay your welcome.

"I have always been of the mind where I know when it is time to go," he says. "We can all do things for too long and that is when the gloss begins to fade a little."

Ronaldo's perception of when to stick and when to twist can be measured with the same exemplary precision as his leaps, salmon-like, that end with a header being powered past the flailing dive of an opposition keeper. Growing up as a kid in the system at Sporting Lisbon, he was only 18 when he switched to Manchester United, but as a career progression the time was right to step up.

Arguably, he did the same thing again when, in 2009, and at the peak of his powers in the Premier League, he left to join Real Madrid for a then world record fee of £80million.

And just as it appeared he would see out a glittering career in the Spanish

capital, a surprise switch to Juventus in the summer of 2018 flawed any notions that the player capped 164 by his country didn't still have within himself the passion and desire to freshen things up again.

Ronaldo, the man, is both effortlessly simple and hopelessly complicated. He is a brash, brazen, power-driven personality who, by the same token, will frequently be reduced to tears in interviews.

He is a man who has put a barrier between himself and the mother of his first son Cristiano Jr, yet whose dedication to all four of his children – Eva, Mateo and Alana all followed in 2017 – is unrelenting.

He is a man demerited and scorned on social media as much as he is admired and praised... someone who thrives on the spirit of competition and never backs away from bestowing his personal image on anyone who will listen; and yet, in almost the next breath, he offers humility, charity, compassion, the like of which some will tell you is apparently absent from the modern game.

Ronaldo's defining impact will always have to be that made on the pitch, of course. The legacy of a sportsman should be centred precisely in sport itself, but it is indisputable that he has played a defining role in enriching our perception, understanding and appreciation of modern entertainment culture, and for that, no matter what our sporting allegiances, we have to applaud him.

RONALDO IN STATS

(FIFA) Ballon d'Or: winner in 2008, 2013, 2014, 2016, 2017

FIFA World Player of the Year: 2008

Holds the record for the most goals in... Champions League (129), European Championships (nine), FIFA World Cup (seven), Nations League Finals (three)

League title wins: 6 (in 3 different countries: England, Spain, Italy)

Champions League wins: 5

European Championships wins: 1 (Portugal, 2016)

Total number of goals scored for club and country: 724

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SPORT





DASHCAM

REC TO THE RESCUE

The rise of dashcams, and why more motorists are installing them

If you're familiar with the phrase 'where there's blame, there's a claim', you'll know we're living in an era when most people in most areas of society are being held accountable for their actions.

And on the roads, that's certainly the case, with £1.2billion of car insurance claims paid out in just the first quarter of last year.

Many of us have found ourselves in a position where an event on the road becomes the subject of dispute, and more and more now motorists are protecting their side of the story with dashcams. From just £20, and available front and back, footage can prove invaluable in the event of a claim needing to be made.

Typically, dashcams have been plugged into car cigarette lighters, but increasingly now, compatible cams can be wired into the

battery, meaning that even when parked and with keys out of the ignition, the camera will start recording whenever it detects movement.

More expensive models can offer immediate playback, increased file storage and GPS, but whether investing heavily or just setting something up to get you covered when zipping in and around town, protecting yourself – and your story – could end up saving you thousands.

And who knows, if you catch something really remarkable, your subsequent YouTube upload could go viral, landing you enough to drive something new off the forecourt... dashcam pre-fitted.

The ultimate question behind dashcams ends up being this; rather than asking, can you afford to install one, can you actually afford not to?

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WHAT'S ON

in your area

Gone Too Soon Bereavement Support **French Martini, 2 Western Road,** **Billericay, CM12 9DZ**

Third Monday of the month, 7pm – 9pm

Gone Too Soon Bereavement Support is for parents who have lost a son or daughter of any age, in any circumstances, recently or sometime ago.

For more information, call Lyn for a chat on 07387 805406 or email lyn-currie@hotmail.co.uk

You can also visit www.gonetoosoon.online

Charities Table Sale

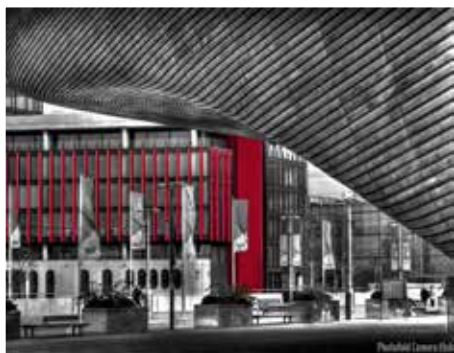
Billericay United Reformed Church,
99 Chapel Street, Billericay, CM12 9LR
March 14, 9.30am – noon

Billericay United Reformed Church is holding a Charities Tables Sale. There will be items for sale to raise money for local and national charities.

Items for sale will include cakes, jams, handicraft, toiletries, jewellery, books, bric-a-brac, greeting cards. Refreshments will also be available.

Photofold Camera Club

The Fold, 72 Laindon Road, Billericay,
CM12 9LD
March 17, 8pm



Are you interested in photography? Member evenings are designed to entertain and educate so that you can get more from your hobby.

On March 17, our guest speaker will be award-winning National Trust photographer Justin Minns presenting 'A Year on the Coast'

For further information, visit www.photofold.org.uk or call Chris on 07341 835879.

Annual Spring Fair

Shenfield Parish Hall, 60 Hutton Road,
Shenfield, CM15 8LB
March 21, 10am – noon



Photo credit: Google Maps

The Brentwood, Hutton and Billericay branch of Bloodwise will hold its annual Spring Fair, with stalls including home-made cakes and preserves, spring plants, books and tombola. Admission is 50p.

Bach to The Beatles

Billericay United Reformed Church,
99 Chapel Street, Billericay, CM12 9LR
March 21, 7.30pm

Billericay Choral Society presents a concert of vocal music, from baroque to today.

Tickets are £10, available from Slipped Discs in the High Street, call Maggie Kingston on 01277 625667 or email dougnewlyn@tiscali.co.uk

Charity Lunch

Billericay Methodist Church, Western Road,
Billericay, CM12 9DT
April 4, 12.30pm – 1.30pm

A two-course snack lunch and drink for only £4.50. Proceeds will go towards a development programme for Guide leaders on the island of Aruba in the Caribbean. There is no need to book.

Soul Spirit and Wellbeing Festival

Ramsden Bellhouse Village Hall,
Church Road, Billericay, CM11 1RN
April 5, 11am – 4pm

Pick up plenty of inspirational ideas on how to live in a more planet-friendly way.

Tickets are £3.50, available on the day. For more information, see the local news pages.



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Cosmetic Surgery

Thursday 19 March 2020

From 6:30pm with Ms Kallirroi Tzafetta,
Consultant Plastic Surgeon.

Ear pinning and Nose reshaping

Thursday 19 March 2020

From 6:30pm with Mr Paul Chatrath,
Consultant ENT Surgeon.

Cataract Surgery

Tuesday 24 March 2020

At 6:30pm with Mr Niaz Islam,
Consultant Ophthalmic Surgeon.

Haemorrhoids

Thursday 26 March 2020

From 6:30pm with Mr Veerana Shatkar,
Consultant General Surgeon.

Weight Loss Surgery

Thursday 26 March 2020

At 6:30pm with Mr Sanjay Agrawal,
Consultant Bariatric Surgeon.

Knee Surgery

Wednesday 1 April 2020

At 6:30pm with Prof Kevin Cheah,
Consultant Orthopaedic Surgeon and
Mr Jesse Holloway, Physiotherapist.

Children's Ear, Nose and Throat Disorders

Monday 20 April 2020

At 6:30pm with Mr Anurag Jain,
Consultant ENT Surgeon.

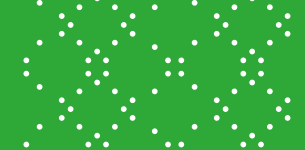
Women's Health – Menopause and HRT

Wednesday 22 April 2020

At 6:30pm with Miss Seema Bagtharia,
Consultant Gynaecologist and Mrs Linda Griffin,
Men's and Women's Health Physiotherapist.

To book your place or find out more, go to
nuffieldhealth.com/book or call **01277 554181**

*Time frames indicated may vary depending on choice of consultant, type of diagnostic investigation, and procedure package. A referral may be required before a consultation or diagnostics. ^Interest-free loans are subject to status and provided by our medical finance partner.



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