

2020
VISION

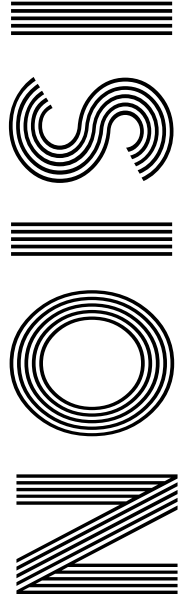
UK'S
NOT SO
SMART
MOTORWAYS

LOVE IS IN
THE AIR

Online dating tips

CHOCAHOLIC

Ways to use leftover Easter eggs



FREE

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MARY BERRY

Celebrating the cook's career as she turns 85

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At the time of print all content in VISION was relevant and up to date according to COVID-19 government guidelines

Editor's notes...



Nik Allen, Editor

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

As you will know, we're all about keeping the local - that's Andy the architect, Bev the beautician, Claire the, err, clairvoyant! The point is, whatever the product,

service or craft, we make a point of supporting local trade over the big brands and multinational conglomerates. Why? Well, for trust, for expertise, for local knowledge and for the familiarity of a personal touch that can only come from small businesses, independent experts.


There's a wonderful contrast between the pandemic that's sweeping the globe and the idea of going right back to the smallest tradespeople in the heart of our communities, but it's one we have to throw all our weight behind now. Why? Because those who suffer from a commercial downturn as a result of coronavirus won't be the big chains - they've got resources aplenty and can take the strain.

It's Andy, Bev, Claire and others - their partners and their dependants - who will rely on 'business as usual'. Once these small businesses are gone, there's little chance of them coming back.

Some of us may be spending time away from the office over the coming weeks, so let's make the most of it. If you are in good health, support the local businesses by getting some of those outdoor jobs done - they need us now more than ever before. Remember to keep your distance and keep washing your hands.

Nik

ACROSS: 1. USHERS, 4. UGLIER, 9. INCLINE, 10. NEWNESS, 11. NIECE, 12. NOUNS, 14. WRONG, 15. AWASH, 17. CORGI, 18. CHASTEN, 20. CRAVING, 21. ELECTS, 22. SHAGGY
 DOWN: 1. UNIONS, 2. HACHENDA, 3. RAISE, 5. GLOWING, 6. IDLE, 7. ROASTS, 8. BENEVOLENCE, 13. UNERRING, 14. WHATNOT, 15. ACCEDE, 16. KINGLY, 17. CRASH, 19. AGUE
 WORD LADDER: WILD, WILL, WALL, GALL, GALE, GAME



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Diagnosis & Solution: This could be a number of problems and could be as simple as a small adjustment to your hinges.

Common Summer time problem

Lawn mower stone chips & broken glass








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(not so) SMART MOTORWAYS

ARE SMART MOTORWAYS ONE OF THE TRANSPORT INDUSTRY'S LEAST CLEVER IDEAS?

The concept of the smart motorway is, on initial inspection, a good one... a smart one, in fact. It uses active traffic management to increase the capacity of a motorway, with the main premise being to free up the hard shoulder for regular traffic use.

Also factoring in variable speed limits, the aim is smoother flow of traffic, quicker journey times, a reduction in both noise and air pollution, and fewer road traffic collisions.

On that basis, the concept, first introduced back in 2006 on the M42 in the West Midlands, is a sound one. The vast majority of us will have been in a situation where overhead information boards divert, guide and advise us in smart motorway settings, and we'll have experienced the benefits.

Sure enough, more than £2billion of contracts

have so far been issued in order to extend, renovate and convert existing routes into smart motorways, with the M1, M4, M5, M6, M60 and M62 all actioned. In addition, other variations, such as controlled motorways, dynamic hard shoulders, all lane running and through junction running routes – which use the same concept but cannot be fully utilised for hard shoulder use, for instance, because of bridges – have come into effect.

However, in recent years, the effectiveness and safety levels of this traffic management solution have been called into question. Despite a conversion cost of between £5million and £15million per mile, the Campaign for Better Transport has consistently claimed no positive impact on CO₂ emissions.

Most alarmingly, though, is a swell of evidence suggesting that rather than reducing collisions and

accidents, smart motorways are actually causing them.

This point was first raised by the RAC, who discovered that motorists' confusion over whether a smart motorway was, effectively, 'in use', led to many driving on the hard shoulder when they were not permitted to.

Then, in January of this year, a Freedom of Information Act revealed a 20-fold increase in near misses on smart motorways, caused when a motorist has broken down and has with no hard shoulder or safe space to retreat to.

The original M42 pilot scheme offered emergency refuge areas (ERAs) 500m apart – that's less than a third of a mile. The logic therefore is that anyone sensing they are breaking down can 'limp' to the next safe space.

However, some stretches of the M25 have these spaces up to 1.6 miles apart, leaving motorists in real danger in the event of mechanical failure or a collision, with no means of removal. In real terms, this has led to 38 deaths on smart motorways across the UK.

To that end, Police Federation of England and Wales chief John Apter said, "I do not like the term 'smart motorways' because it infers they're a good idea. They're anything but, and a recipe for disaster. It's a death trap. It's inherently dangerous and putting lives at risk."

It seems a full-scale review of smart motorways is imminent, and this apparently innovative measure to alleviate the ever-increasing demands we have on our roads could find itself consigned to the annals of road traffic experimentation.



It's a date...

TOP TIPS TO GET YOU BACK IN THE GAME

Are you single, spent too long huddled around your radiator and run out of shows to binge on Netflix? Now's the time to revamp your online dating profile, ready for when you can start getting out there again – hopefully in time for a summer romance...

NAIL THE PROFILE

- ♥ Use recent and unfiltered pictures. Most people who are serious about dating prefer to see the real you as opposed to manipulated images. Don't just post selfies – include pictures with friends too.
- ♥ Be honest. Don't lie about your age or your past, and if you're between jobs, that's fine too.



- ♥ Be open, but don't give it all away – mention that you like travel, for example, but leave it to them to find out what your top five destinations are.

FIRST DATE TIPS

- ♥ Activities such as minigolf or bowling are low-pressure ways of getting to know someone.
- ♥ Avoid the conventional cinema, but an open-air cinema is a fun alternative. And a great excuse to cuddle if the weather turns chilly.
- ♥ Go to a comedy club to see if you share the same sense of humour.
- ♥ If you both listed a love of food on your profiles, then dinner should definitely be on the cards.
- ♥ Stay safe. Let someone know where you are going, and share your location via WhatsApp once you get there. Have someone nearby so they can come to the rescue, if needed.

RED FLAGS

- ♥ Run away if they're a sore loser or an ungracious winner on your activity date.
- ♥ If they spend longer staring at their phone than into your eyes, hit the road.
- ♥ Beware if they have absolutely everything in common with you – they might have stalked your social media.
- ♥ Everyone has a past, but constantly mentioning their ex is not okay.
- ♥ Neither are any of these things: ordering for you, being overly critical of everything, and arriving late with no excuse or apology.

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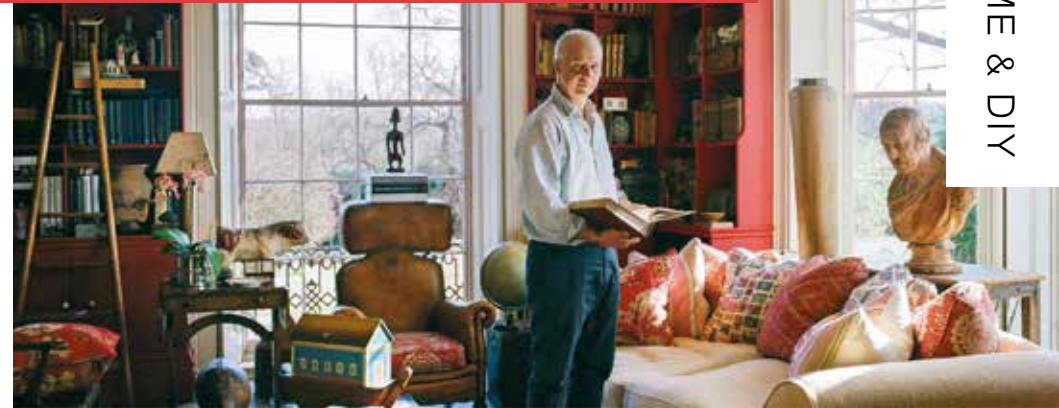


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THE WORLD IN YOUR LIVING ROOM



HOME & DIY



Recreating the idea of interior discovery from one of the UK's most dynamic brands

The fact that interior designer Andrew Martin delivers his brand of playful, adventurous, multifaceted design from a showroom in Chelsea is perhaps at odds with the area's formal, stuffy, rather bland feel.

Sure, SW3 presents arguably London's finest exemplar of posh, polished, Victorian and Georgian wealth, but its look jars slightly with the bright, breathless brilliance of a designer who recently celebrated 40 years at the front of a mode that celebrates intrepid spirit, hidden cultures and the world's kaleidoscope of customs and crafts.

Consider wallpaper that displays excerpts from *Pride and Prejudice*, or takes the form of old maps or sheets of stamps; think of stools, coffee tables, seats and sofas inspired by 1960s and 1970s looks, but that retain a cheeky modern-day irreverence; or what about Muhammad Ali, Kate Moss or Britain-themed cushions...?

From statement pieces to one-offs, Andrew Martin's position as an interiors visionary is exemplified in the sense that its flagship store in London has the feel of a mid-level nightclub. There is warmth, variety, detail and depth at every turn, but even the most playful of items has quality at its heart.

Founded by Martin Waller in 1978, the brand trod carefully through the somewhat cheap sheen of the 1980s, then flourished in the decade that followed as multiculturalism became a buzzword for style. Bolstered by the exposure of more than 20 books on the subject and a celebration of travel, in 2020 the Andrew Martin brand is now a platform for discovery in our own homes. And whether you've got a stool made to look like a petrified log is irrelevant.

"What we are about is detail, culture and the ability to have fun," says the founder. "It is about turning away from the formal and having fun – it is about injecting humour and philosophy into our surroundings, and this is something anyone is capable of."



Hone your health with HOUSE PLANTS

House plants have become increasingly popular in recent years, along with a sudden shift in focus on sustainability and the natural world around us. With the ability to not only brighten up your home and increase your productivity, these versatile plants can also boost your physical and mental health.

SPIDER PLANTS

These attractive plants are ideal for people who want a low-maintenance house plant that has the ability to improve the air quality within their home. Specifically, spider plants are great at removing formaldehyde from the home, which is known for causing eye, throat and nose irritations.

ALOE VERA

Chances are you have a moisturiser or other skincare product in your bathroom cabinet that contains this anti-inflammatory substance. So, why not have your own natural source of aloe vera in your home? Use the gel-like matter from the inner leaf to treat burns, sunburn, psoriasis and cold sores.

LAVENDER

The ideal plant for your bedroom, lavender is known for its calming and stress-relieving aroma. If you suffer from insomnia or find it difficult to switch off in the evening, a lavender plant can help soothe any restlessness, anxiety or feelings of nervousness that you are experiencing.

PEACE LILY

Not only will this beautiful plant lift your home this spring, it will also help to remove a whole host of toxins, including ammonia, benzene, xylene, formaldehyde and trichloroethylene. However, these plants produce pollen so should be avoided if you suffer with hay fever.

SNAKE PLANT

These clever plants are amazing at improving indoor air quality, but be warned, you need several plants for the job to be done properly, so this is a good choice if you are happy with an abundance of greenery in your home.



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HOME & DIY

WILDLIFE



biophilic design

BIOPHILIC DESIGN CAN BRIGHTEN YOUR MOOD, YOUR OUTLOOK ON LIFE AND YOUR HOME

For many years, people have been saying that feeling glum can be countered by getting outside and being at one with nature. But with wet, long winters, and given that many of us live in concrete jungles, spending time outdoors is neither practical nor desirable. The solution is to bring the outside in... biophilic design.

Of course, no one is suggesting you start knocking down any of the walls of your home or take inspiration from the set of the film *Jumanji* as far as interiors go; this is a subtle trend in which nature leads the way. And the best part? You get all the benefits of the great outdoors – calm, clarity, peace of mind – without having to go near a campsite.

HOW TO CREATE YOUR BIOPHILIC HAVEN...

Let the light in

Pull back the curtains, wash the windows and let the natural light flood in. If your home is naturally gloomy, use large mirrors to create the illusion of space and brightness, and don't forget to fill the place with fresh air too.

Go green

Not only does the colour green bring life and vigour to your home décor, it also possesses meditative qualities which quieten and soothe the mind.

Plant life

Possibly the most obvious way to bring nature into your home: is to buy a plant. Hanging baskets with vines that adorn your walls, potted herbs on your windowsill and a gorgeous succulent on your coffee table. Beautiful, oxygen-giving and living works of art.

Texturise

Reclaimed wood is very popular in interior design right now, and this characterful, evolving material also adds an earthy warmth to your home. Any natural material, in fact, is ideal for the biophilic trend, from wool blankets to granite countertops and stone ornaments – just be ambitious, and let the outdoors flow in.




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for all

A LIVING WALL...

MAKING A DIY LIVING WALL IN YOUR HOME

We'll go to extraordinary DIY lengths when it comes to making our homes look welcoming, inviting and homely, but why not just let nature do the job for us?

The growing trend in living wall art has reached the UK from its origins in south-east Asia, with green and flowering creepers adding benefits to your home that paint and wallpaper simply cannot provide.

Conservation – With the protection of nature and wildlife so talked about, the wall of your home can providing a truly functional base for new life, as well as improving air quality.

Money-saving – For only a small set-up cost, the subsequent insulation savings from prevention of heat loss can be considerable.

Peace and quiet – Your sea of green will also act as a noise insulator, softening the sound of passing traffic or people.

Visual evolution – Your living wall will grow, flourish and interact with walls, ceilings and furniture. It will reinvent with every passing season and disguise cracks, splits, faults and other wear-and-tear aberrations.

Here's how to make one:

Choose an appropriate wall. You'll need a space with good exposure to sunlight | Screw in the planters at the bottom. Make sure you have good soil | Plant and train your plants up through a mesh, adding hooked-on pots at regular intervals | Keep regularly watered (about once a week). Either water manually or install an irrigation system to water the plants for you on a timer | Fertilise to keep plants healthy | Experiment beyond the usual perennials and introduce flowering plants, herbs and even edible plants into your wall design.



HOME & DIY



HOME & DIY

MODERNISE YOUR mantel



You may not think that spring is the right time of year to be considering upgrading your fireplace, but you couldn't be more wrong.

As most people's thoughts turn to their outdoor space, winter-focused products such as fireplaces and their surrounds are cheaper and more readily available.

HOW TO CHOOSE THE RIGHT FIREPLACE MANTEL FOR YOUR HOME

Before deciding what mantel you want to use, you need to assess a number of key elements:

- > What type of fireplace do you have? Electric, gas or solid fuel?
- > What is your home décor like?
- > What size surround do you need?
- > What material would you prefer your mantel to be made of?

WHAT MATERIALS CAN I CHOOSE FROM?

Whichever type of fireplace you have, you will be able to find the perfect mantel or surround to suit your property.

MARBLE

Arguably the most luxurious type of surround,

marble is a unique type of rock, which means that no two marble mantels will ever be the same. Ideal for a classic or traditional-looking home, marble suits all fireplace types.

CAST IRON

Perfect for period properties, cast iron mantels are durable and make an impact. Although expensive, they are highly sought after by people who like original features, so purchasing a cast iron mantel for your home should be seen as a solid investment.

WOOD

A cost-effective option, there are many different types of wood to choose from to suit every budget. Some of the main advantages of wood are that it is extremely versatile, easy to fit and non-imposing, making it ideal for first-time homeowners.

TILED

Tiled mantels are perfect if you want your fireplace to be the stand-out feature within a room. There are many tile designs to choose from and they also act as a non-flammable barrier, making them a good option for a wood fireplace.

Photo credit: castfireplaces.co.uk, beckkovan.com



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HOME & DIY

Dishwasher

NO-NOS



A dishwasher is designed to make your life easier. That being said, there is nothing easy about trying to salvage your kitchen treasures.

Therefore, it is a good idea to know exactly what you can and can't put in your dishwasher.

1 SHARP KNIVES: If you have invested in a set of self-sharpening knives or the one that claims to be the sharpest knife in the world, don't go and ruin its reputation by putting it in the dishwasher, as the cycle can warp the metal and cause the blade to become dull.

2 CAST IRON PANS: Although cast iron is known for its durability, put it in the dishwasher and all that changes, causing rust and stripping its non-stick properties.

3 CRYSTAL: If you have a set of expensive crystal glasses, you will want to avoid cleaning them in the dishwasher as the high temperatures can cause them to chip and become cloudy.

4 ALUMINIUM PANS: Even if you have old aluminium pans that you are not worried about staining or damaging, putting these pans in the dishwasher can lead to other items becoming marked. Always check to see if your pans are dishwasher safe before adding them to the cycle because harsh dishwasher detergents can dull the finish.

5 WOODEN UTENSILS OR KITCHENWARE: Your wooden spoons or bowls, should never be put in the dishwasher as the very hot water can cause the wood to crack or become warped.



LOCAL NEWS

from your neighbourhood



Dental team set to take leap of faith this summer

Staff at a dental practice in Billericay are to take on a skydive challenge to raise funds for a charity close to their hearts.

The team at Grange Green Dental Practice are raising money for Dentaid by taking a brave leap of faith and doing a skydive on June 13.

In the UK, Dentaid provides free dental care for homeless and vulnerable people. The charity has a mobile dental unit that visits hostels, day centres and night shelters to provide emergency treatment for people who find it difficult to access dental care.

It also supports dentists around the world by providing equipment, running oral health programmes

and sending teams of volunteer dental professionals to help it reach more patients.

The skydive team from Billericay is made up of Emma Braybrook, lampros Flouris, Holly Crocker, Fabiola Thira, Elena Marfina and Jackie Parker.

Emma Braybrook, practice manager at Grange Green, said: "It is really sad that so many children and vulnerable people do not attend a dentist and we hope by doing this skydive we can raise money to support Dentaid's good work."

If you would like to support the team at Grange Green Dental Practice, visit uk.virginmoneygiving.com/Team/TheDentalDaredevils

Soapbox Derby postponed due to coronavirus

One of the most popular events in the Billericay calendar has been cancelled because of the coronavirus outbreak.

The Billericay Soapbox Derby, organised by the Billericay Mayflower Rotary Club, was due to take place on May 10.

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Photo credit: Basildon Council

New homes in town for veterans and key workers

Basildon Council has announced plans to build 30 new homes and improve existing accommodation in Queens Park Court, Billericay.

Armed forces veterans and key workers in the borough will be given priority on the homes.

Councillor Gavin Callaghan, leader of Basildon Council, said: "The scheme further establishes our first approach to housing in the borough and our commitment to ensuring that key public sector personnel like healthcare professionals, police officers

and teachers are given the best chance at finding a home."

Basildon Council's house-building company, Sempra Homes, has awarded the build contract to Davis Contractors.

Tom Davis, managing director of Davis Contractors, added: "We look forward to commencing the building works on site, to bring the vision of these new apartments to life."

The new build scheme of apartments will be made available on a shared- ownership basis.

Volunteers handed boost in bid to improve park

A group that looks after a Billericay park has been handed a boost after it was awarded funding to help maintain its high standards.

The Friends of Lake Meadows (FOLM) was awarded funding from Basildon Council's Sport and Physical Activity Development Grant scheme.

The application for funding was made by the FOLM, which has been awarded £504 to purchase workwear and equipment to raise awareness of the group and to help it continue to care for the park.

The park is maintained by FOLM, which is an independent local charity, with volunteers working in partnership with Basildon Borough Council and Billericay Town Council for the benefit of the community.

The volunteers help to care for the park, promote its benefits, improve its facilities and encourage conservation and wildlife.

Councillor David Harrison is chairman of the neighbourhoods and public spaces committee on Basildon Council.

He said: "I am pleased that FOLM made a successful bid that will help it further its efforts to maintain and improve a great park.

"Members of FOLM will benefit physically and mentally by keeping active whilst doing work that enhances the local area and helps the park to reach its full potential for thousands of visitors each year."

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Library bus vision becomes reality



An infant school in Billericay opened its new library bus with some star names in attendance.

Buttsbury Infant School officially opened its library bus on March 6 with Billericay town crier, Jim Shrubbs, cutting the ribbon to officially open it.

He was joined by the likes of Harry Potter, Little Miss Sunshine, The BFG and Matilda as children and parents got into the spirit of the occasion.

The double-decker library bus was the idea of co-chairs of the Parents' Association, Kate Walsh and Melissa Shelley.

Their vision was to provide an inspiring space where pupils could read, write, create artwork and study the outdoors.

In addition to this, it was intended to free up much-needed space within the school to be used for focused learning groups.

Melissa said: "We wanted the children to be inspired by their visits to the bus.

"There's lots on board, not just books but zoned areas where they can do bird-spotting, record the weather or sit on the beanbags for storytelling sessions.

"There are clipboards for our budding artists, poets and authors to use and the bus is adorned with flowers and artwork to stimulate the kids' imagination."

Kate added: "This project has been a culmination of many people within the wider Buttsbury community and so it was fitting to have our author and town crier from Billericay, the library and also Douglas Allen who served the refreshments.

"It made for a very personable feel to the event which was attended by so many."

The bus was financed wholly by the Parents Association via events it hosts throughout the year.

Boy benefits from life-changing build

The mother of a brave boy from Billericay has thanked the community for its support as fundraising continues to make life-transforming changes to her home.

Shelley Simmonds' son, Fraser, who turned seven years old on March 17, suffers from Duchenne Muscular Dystrophy (DMD), which is a muscle-wasting disease.

Fraser's mobility has become increasingly limited and the community has been raising funds to help pay for a downstairs bedroom and wet room which will transform the inspirational boy's life.

The fundraising bid, known as The Bedroom Build, has not only received monetary support, but also skilled workmen in Billericay and the surrounding area have offered their services for free.

The Simmonds family posted a video on social media of Fraser struggling to get up the stairs along with a thank you to those who have supported The Bedroom Build.

It said: "We'd like to say a huge thank you to everyone who has donated to Fraser's forthcoming Bedroom Build or who has held a fundraising event to help us. This video shows why a downstairs bedroom and wet room is so important, now more than ever.

"Fraser is seven years old and we are already starting to see the Duchenne decline - some of his physical abilities are becoming harder for him and he is noticeably more tired in activities which previously he had more stamina for - because his muscles are getting weaker.

"The build is going to change our lives. Much love, particularly to our local community in Billericay and the surrounding areas, you have been incredibly supportive."

For more information on The Big Build or to donate, visit www.gofundme.com/f/fraserandfriends





NEWS FROM YOUR LOCAL POLICE TEAM

We are aware of an increased number of burglaries in Billericay and have increased our patrols in these areas to deter, disrupt and gather intelligence.

Part of our strategy is to stop vehicles to check occupants; we hope you will understand if you are stopped.

We are grateful to our active citizens who have helped us deliver leaflets in areas vulnerable to burglaries if the door is not locked. Please remember: shut is not locked. Take a few minutes to check that your property is secure and report suspicious activity to us on 101 or via the website. If a crime is in progress and there is an immediate threat, call 999.

In addition to our Coffee with Cops events, we are hoping to work in partnership with the library so that we can provide another location to meet with the residents of Billericay. Look out for our Facebook posts and check the library noticeboard. You can follow our Facebook page: Essex Police – Basildon.

Facebook sites to provide their email addresses to us. This is so that we can directly contact the admin and alert them to our posts as necessary. If you are an admin of a page relevant to Billericay, please get in touch via the email below.

Since increasing our patrols and visibility in Billericay, we have had helpful, positive reactions and results, and have more operations planned for the spring and summer. 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.

Despite the coronavirus, we will still be out and about, keeping you safe and catching criminals.

We will be practising social distancing in our interactions to help prevent the spread and protect the most vulnerable in society. This does mean that events such as Coffee with Cops are postponed until further notice. Please keep in touch with your community policing team via social media or our email. If you see us out and about, wave from a safe distance, and we will do the same.

Howzat... cricket club look for new players



Billericay Cricket Club (BCC) is on the hunt for new players of all abilities to join its friendly club.

BCC was established in 1875, and over time it has developed strong community links through generations of the same families joining as players, coaches and supporters, all willing to help this amateur cricket club flourish.

It has a thriving range of male and female teams as well as a host of junior teams.

BCC has been located at the purpose-built Toby Howe Cricket Ground in Blunts Wall Road since 1996 and offers state-of-the-art facilities with potential for the club to develop into one of the leading Essex cricket clubs.

Andrew Maxwell from BCC said: "Above all, we pride ourselves on being an inclusive, family-oriented cricket club building with close ties with the local community, schools, charities and supporting the Rotary, Round Table and Lions service clubs.

"As an amateur club we are always interested in hearing from local business sponsors who may benefit from the club's widespread marketing reach."

For more information visit www.billericaycc.co.uk

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Take part in one of Essex's biggest charity cycle events

A family from Billericay is arugging people to take part in one of the region's biggest cycling events that raises funds for a cancer charity.

The Cubbin family from Billericay took part in the Ride for Helen last year, which raised £28,000 for the Helen Rollason Cancer Charity.

The family is now urging others to take part in this year's event, which has been postponed due to the coronavirus pandemic.

Josie Cubbin, 38, took part with her family: husband Will, 38; George, six; and Arthur, three, in his very own bike trailer.

Josie said: "We took part in Ride for Helen as a family last year and thoroughly enjoyed ourselves, so we definitely want to join in again.

"It is such a lovely friendly atmosphere and the kids love being outdoors."

The event is due to start at Crix in Hatfield Peverel with a choice of routes to suit all capabilities.

All ages and abilities are welcome to join in as individuals or as teams and included in the registration price is a fundraising pack, route maps, route signage, first aid support, mobile mechanic support and recovery, refreshment stops and a medal for finishers.

This year there are due to be six circular routes with distances of six miles, 15 miles, 30 miles, 50 miles, 65 miles and 90 miles, all starting and finishing at Hatfield Peverel.

Posting on their website, a spokesperson for Helen Rollason said: "In light of the current situation this event has been postponed.

"We will keep you updated. Thank you for your support."

Visit www.rideforhelen.co.uk for more details.

Community groups to get free use of building

Community groups in Billericay are invited to use a new £1.6million council building for free.

Billericay Town Council (BTC) is offering groups who want to run and organise services for the community the chance to use the new Chantry Way building, which is currently under construction, for free for the first three months after it opens.

The council is also offering £250 grants for new groups who can offer services from within the new

council building.

The services could range from coffee evenings, activities for younger or older people, or help for those who feel socially isolated in the town.

A BTC spokesman said: "Now is the time for you to start preparing, finding volunteers and planning how you can help and support our community."

To find out more information, email townclerk@billericaytowncouncil.gov.uk





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BILLERICAY TOWN FC



LOCAL NEWS BILLERICAY



Photo credit: Nicky Hayes Photography

Ricay made to wait in bid for cup glory

Billericay Town FC will have to wait a little longer to have the chance to get their hands on the Essex Senior Cup after the final was postponed because of coronavirus fears.

Ricay were due to play National League side Dagenham & Redbridge at Colchester United on March 31 for the chance to lift the county's biggest cup competition.

However, following the virus outbreak, competition organisers decided to postpone the game. A new date has not yet been arranged.

A supporters' coach will run to the final when the game is rearranged.

Following that postponement, surprisingly, Billericay's league season continued as National League chiefs initially decided not to postpone the league amid the UK's coronavirus outbreak.

However, Ricay were perhaps left wishing it had been postponed, if only for the trip to Welling on March 14, as they crashed to defeat.

The disappointing result was compounded by one of their worst performances in recent months, which led to manager Jamie O' Hara apologising to fans.

He said: "Want to apologise to our great fans for that performance today, we played like the season was over.

"It's unacceptable and I won't allow that to happen again, three home games now if they go ahead."

The game finished 2-0 despite a string of excellent saves by Alan Julian in the Billericay goal.

On March 16, the National League confirmed that all games would now be postponed until further notice amid the coronavirus pandemic.

One postponed event involving the club is the Billericay Town Supporters Society's race night.

The night will help to raise funds to buy a new defibrillator for the club.

For more information and the latest event details, contact the BTSS on matchdays, email btsstravel@gmail.com or via Twitter on @BTSS1880 or @BTSS_AwayTravel



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LOCAL NEWS

from your neighbourhood



Photo credit: Nick Fothergill

Public consultation planned as campaigners fight to save library

Council chiefs have said a consultation will take place before any changes are made to Shenfield Library as the community fights to save it.

On March 7 a public meeting was held at Shenfield Parish Hall, where both Essex County Council (ECC) and Brentwood Borough Council (BBC) provided an update.

The meeting was called by campaigners to give ECC an opportunity to provide the facts on their plans.

The latest plan, which involves demolishing the current building and replacing it with 10 flats and a library, has been met by strong opposition.

Councillor Susan Barker, the head of the library strategy at ECC; Juliet Pirez, the head of ECC Libraries; and councillor Chris Hossack, leader of BBC, were just some of the councillors who attended.

At the meeting, Susan Barker confirmed that ECC

would hold a full public consultation over the library plans. However, this is not likely until the summer.

BBC leader cllr Chris Hossack also confirmed that there are no vacant shop units available to use in Shenfield as a temporary location for the library, so the most likely option currently is a mobile container unit.

Shenfield Library Supporters Group said: "It is vital that residents are aware of the proposals to redevelop Shenfield Library so that they can take part in the public consultation.

"We need to show ECC that there is ongoing local interest in the future of Shenfield Library and support for a well-publicised, well-organised public consultation, sufficiently far in advance of the redevelopment proposals being submitted for approval."

For more information visit the Shenfield Library Supporters Group Facebook page.



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Boxing champ poses at restaurant



One of the world's most iconic boxing legends took time out of his diary to visit a Shenfield restaurant.

Floyd Mayweather visited Vault on Hutton Road on March 4.

The American champion, who recorded 50 wins and no defeats in his 21-year professional career, was not inconspicuous in his visit as he donned a Union Jack hoodie.

The 43-year-old was in the area, having visited Brentwood as part of his Legendary Icon Tour.

The event provided fans with a chance to hear stories from his incredible career, have photo opportunities, engage in a tell-all Q&A with some 'punchlines' and the chance to win a signed boxing glove.

Mayweather's visit to Vault was shared on both the restaurant's and the boxer's social media accounts as the big hitter posed with the giant vault sculpture in the restaurant.

The Vault team said: "He was great with the staff and was more than happy to pose for pictures before heading off to his show."

AFC's good form halted amid fears league may not finish

AFC Shenfield's impressive performances on the pitch recently may end up being in vain after league officials postponed the league.

The Prokit Essex Olympian League (EOFL) made the decision on March 13 to postpone all football in its divisions as the coronavirus spreads through the UK.

AFC Shenfield were enjoying a remarkable upturn in form before the postponement of the league after winning three games in a row.

Wins against Canning Town, Harold Wood Athletic and Springfield have lifted Shenfield away from the relegation zone.

Prior to that, Shenfield had only won three of their

previous 15 league games.

Heavy rainfall through the winter months and now the coronavirus mean Shenfield still have eight league games remaining – if the season resumes.

EOFL said: "We have contacted the FA requesting our current season be extended, but due to things like pitch leases expiring before June, this could be in doubt, I'm afraid.

"This is an ever-changing situation and updates will be regularly posted on the website."

Co-op partnership helps care for vulnerable horses

Shoppers in Hutton can now support local charity projects by visiting Co-op stores.

The Co-op Local Community Fund has confirmed it will be supporting the Remus Horse Sanctuary until October 2020.

Located in Buttsbury, in Ingatestone, the sanctuary currently houses more than 200 animals in need of rehabilitation and lifetime care. The supported project creates hospital paddocks for sick and debilitated horses suffering from conditions such as laminitis, an extremely painful inflammatory condition of the hoof tissues.

Sue Barton, founder of the sanctuary, said: "These special paddocks are expensive to create and maintain but they allow the horses a quality of life that would otherwise be denied them."

The sanctuary provides a safe environment for animals that have been victims of physical or mental abuse, whether because of ignorance or malicious intent.

When purchasing selected Co-op own-brand products and services in store, one per cent of the cost will be donated to local causes, including the Remus Horse Sanctuary project.

Sue expressed her gratitude for the partnership.

She added: "We're absolutely delighted that Remus Horse Sanctuary will be able to access this funding opportunity and I'd like to thank everyone involved for their support."



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PUZZLES & TRIVIA

PUZZLES

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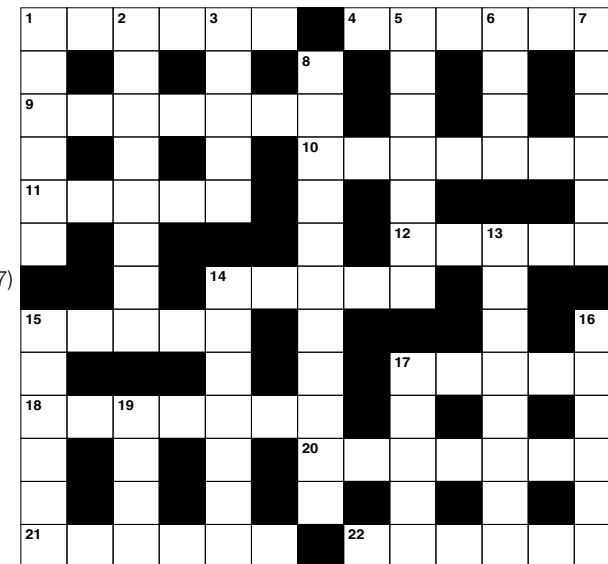
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ACROSS

1. Rhesus (anag) (6)
4. Less attractive (6)
9. Slope (7)
10. Freshness (7)
11. Female relation (5)
12. Words that identify things (5)
14. Mistaken (5)
15. Covered with water (5)
17. Breed of dog (5)
18. Have a moderating effect on (7)
20. Strong desire for a thing (7)
21. Votes into office (6)
22. Unkempt (of hair) (6)

DOWN

1. Workers' groups (6)
2. Large Spanish estate (8)
3. Lift up (5)
5. Incandescent (7)
6. Indolent (4)
7. Cooks in the oven (6)
8. Goodwill (11)
13. Infallible (8)
14. Stand for small objects (7)



15. Assent or agree to (6)
16. Regal (6)
17. Smash into another vehicle (5)
19. A fever or shivering fit (4)

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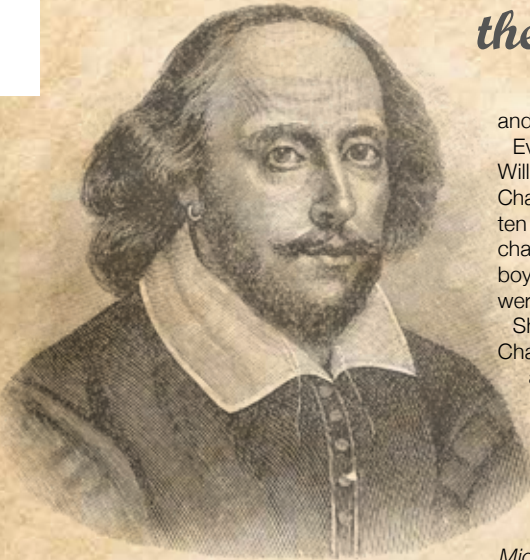
- ▶ Newborn puppies are born with their eyes and ears sealed shut. It takes around a fortnight for their sight and hearing to develop
- ▶ The dog Laika is thought to have been the first animal to go into space and orbit the Earth
- ▶ Dalmatians are all white when they're born. Their spots start to appear when they're around two weeks old
- ▶ A dog's sense of smell is much more sensitive than a human's. Dogs are often used by the police to search for missing people
- ▶ Wild dogs evolved over several hundred years to become the domestic dogs of today
- ▶ There are more than 400 different breeds of dog

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SHAKESPEARE

the great English icon



and twins Hamnet and Judith.

Eventually the family ended up in London, where William was part of an acting company called Lord Chamberlain's Men. There were typically around ten actors in a company, comprising a lead actor, character actors and some comedians. Young boys typically played women's roles as women were not allowed to act.

Shakespeare wrote plays for the Lord Chamberlain's Men. He worked as an actor as well. His plays became very popular in London and soon the Lord Chamberlain's Men was one of the most popular acting companies in the city, even performing for Queen Elizabeth I and James I. Some of Shakespeare's early plays include *The Taming of the Shrew*, *Richard III*, and *A Midsummer Night's Dream*.

After a theatre landlord closed down the premises, several members of the company dismantled the theatre and moved the timber across the River Thames to another spot. There they built a new theatre called the Globe Theatre.

The Globe Theatre became the place to be in London. It could house up to 3,000 spectators and had a uniquely designed stage with a painted ceiling, columns and stage wall. They had specially trained musicians who made special effects noises during the plays.

Many of Shakespeare's greatest plays were written in the last half of his career. These included *Hamlet*, *Othello*, *King Lear*, and *Macbeth*. His success in the theatre, as well as his investments in land and the Globe, made Shakespeare a wealthy man. He purchased a large home in Stratford for his family, called New Place. William retired to his home in Stratford and died on his fifty-second birthday.

But he did not forget his unique link to St George, and Henry V's speech, in which he urges his troops into battle, ends with this classic line: "Cry God for Harry, England, and Saint George."

It is perhaps apt that two of England's greatest heroes share the same date for their death, although centuries apart.

St George and William Shakespeare have been continually linked as they both died on April 23 and they are celebrated in the UK each year.

Shakespeare, coincidentally, was born on the same date in 1564.

Shakespeare is considered by many to be the greatest writer of the English language and is also one of the most influential. Through his works he is credited with introducing nearly 3,000 words to the English language. In addition, his works are the second most often quoted after the Bible.

Many of his plays are taught in schools not only in the UK but around the world.

Shakespeare was born in Stratford-upon-Avon, the third of six children. His family was reasonably well off and he went to the local grammar school where he learned about poetry, history, Greek and Latin.

When William turned 18 he married Anne Hathaway. They soon started a family: daughter Susanna

ASSISTING THE ELDERLY AND THE VULNERABLE IN TIMES OF NEED



Lucy & Lisa

At Any Little Thing it is business as usual at this worrying time. We as a company will NOT be neglecting our elderly and vulnerable, leaving them to fend for themselves at this incredibly worrying time, we want to support everyone as much as possible.

Our passion to help those in need has not been lost!

The elderly need more reassurance rather than us backing away and giving less.

Our services include household chores, running errands, picking up prescriptions, doing shopping and any other little thing our customers may need.

Obviously in these hard times, we are starting to adapt our plans moving forward as we would like to be able to support our customers as safely as possible. We are of course, as a team, closely monitoring government guidelines with regards to hygiene, always putting our customers and staff first.

Also, within the government guidelines, it mentions that at this time it is extremely important to keep everything clean including highly used surfaces and rooms, where care teams may be entering, as well as any other forms of support for the vulnerable. We supply all our own cleaning products which disinfect surfaces and our staff are supplied with antibacterial wipes and clean cloths as well, to help support this. We are also looking at supplying our staff with other forms of PPE should they or the customer wish for us to use them.

Some of our customers are very lonely or have no support in their lives, or they possibly lack in understanding and/or don't wish to ask neighbours for help and assistance. That is where Any Little

Thing really are appreciated and we love what we do, seeing what differences we make.

Part of our adaptations are to be able to support those that are not too sure about having visitors at this present moment, as well as those who still require us to visit.

WE WOULD LIKE TO REACH OUT TO ALL OF YOU THAT ARE READING AND CAN RELATE TO THIS ARTICLE...

If you are looking for some companionship but would rather a phone call conversation, we as a company are here to listen and to talk. We can assign you a friendly member of staff to have conversation with you at least once a week free of charge amongst these hard times.



You can share your likes dislikes and preferred topic of conversation and we would be happy to ask a suitable member of staff to talk to you. At Any Little Thing we are very passionate about including everyone of you as much as we possibly can!

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JUICER OR BLENDER?

With many health professionals now advising that you eat a whopping 10 portions of fruit and vegetables a day for optimal health, it can be a good idea to drink your recommended daily intake rather than struggle to eat it. However, should you be juicing or blending?

Pros of a juicer:

- Juices provide the majority of vitamins and minerals found in whole fruits and veg
- Juices are healthy meal replacement options

Cons of a juicer:

- Juicer removes vital fibre from your produce
- Juices made from only fruit are high in fructose which is absorbed quickly, leading to a sudden spike in blood sugar
- Juicing can be expensive – you need a lot of produce to create one glass of juice

Pros of a blender:

- Smoothies include fibre so leave you feeling fuller for longer
- No waste – you will drink the whole fruit or veg that you add
- The fibre helps to aid your digestive system, flushing out any toxins in your body

Cons of a blender:

- Messy to clean
- You need to add liquid, and ice is preferable
- Can struggle to blend hard fruits and veg

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AGED TO *perfection*

AT 85 YEARS YOUNG, MARY BERRY IS STILL
AT THE PEAK OF HER POWERS



For so long one half of *The Great British Bake Off*'s dynamic judging duo alongside Paul Hollywood, Mary Berry coached amateur bakers through years of soggy bottoms and wheat-free triumphs. Yet in the context of her wider career, the baking doyenne's stint on the hit BBC reality show – which ended when Channel 4 swiped the contract, leaving Mary to mark her loyalty by refusing to move with it – accounts for only a very small part of a baking success story that has seen her rise to prominence with every bit of the beauty of a loaf of bread.

In more than 50 years delighting on screen, at cookery demonstrations and in the pages of countless cookery books, Mary Berry's culinary career has taken her far and wide. Ever since discovering a passion for cooking in her domestic science classes at school in Bath ("the first thing I made was a treacle sponge and everybody seemed to enjoy it"), Berry's career has always revolved around the kitchen in some way, shape or form.

There were home visits to show people how to use their electric ovens in the early days, studies abroad at France's prestigious Le Cordon Bleu, plus cooking for the Egg Council and the Flour Advisory Bureau. She even worked as a magazine food editor while raising her family – it's been a varied but produce-led career.

Berry penned her first culinary tome, *The Hamlyn All Colour Cookbook*, back in 1970, and since then she's overseen a further 75 tomes of kitchen cleverness.

Like many chefs, her preference for fresh, locally sourced produce shines through. A Royal Horticultural Society Ambassador who proudly tends her own vegetable garden at home in Buckinghamshire, Mary places great importance on the idea of home-grown, seasonal produce. "I think people more and more are wanting to know where their food comes from," she says. "If it comes from your own garden or your allotment, you know all about it, don't you?"

When it comes to home cooking, Mary follows the traditional route, favouring what is available rather than sugar-free or pesticide-ridden fodder. "We grow what we eat," she says.

Famous for her bakes, Mary likes to use "all the natural ingredients", and you won't catch her shaping her recipes to fad diet requirements. "I don't do low fat," she says firmly. "I'd rather have a smaller portion." Perhaps these calorific but micro portions are the answer to Mary's trim figure. "I don't have a slimming secret; I believe in everything in moderation," she says.

That moderation now sees her 85 years young, fit as a fiddle and, inevitably, eyeing up the next project. This year she is fronting BBC show *Best Home Cook*, and as the weather warms up, she will be seen around the country at a number of food events.

"The great thing about food is it keeps on evolving," she says. "It's so rich, so diverse and, more than anything else, so tasty. It keeps us all coming back for more and I'll never tire of sharing my passion with other people."



GARDENING

WHAT DOES YOUR

birth flower

SAY ABOUT YOU?

Everyone knows what star sign they are, and most know their birthstone, yet not very many are aware of what their birth flower is.

decorations, by giving flowers to people on the day of their birth becoming commonplace. It was this act that led to the creation of the birth flower.

WHY DO WE GIVE FLOWERS AS GIFTS?

Today, people tend to give flowers as gifts to convey a certain message, normally of love, congratulations or commiserations. Flowers are a simple and effective way to express emotions without actually saying a word. As gifts, flowers are always warmly welcomed owing to their sweet fragrance and visible beauty, but they are actually so much more than that, with each flower symbolising something different.

WHAT IS THIS MONTH'S BIRTH FLOWER?

Just to give you a little taster of what is to come in next month's first birth flower feature, the birth flower of April is the daisy. This flower is known for conveying innocence, love and purity, with people born in this month being playful and loyal.

WHAT IS A BIRTH FLOWER?

Every month has a flower that symbolises that month, and it is said that the characteristics of this flower may be inherited or passed on to the people who are born during that month. These flowers are known as birth flowers.

WHAT IS THE HISTORY OF THE BIRTH FLOWER?

It was the Romans who first started the concept of flowers as gifts rather than just as



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USE YOUR noodle in the Garden

FIVE WAYS TO USE A POOL NOODLE IN YOUR GARDEN

If you think the only purpose of a pool noodle is to keep your child afloat, then think again.

There are many ingenious and innovative ways that you can use these naturally buoyant and highly water-resistant swimming aids in your garden.

Home-made sprinkler system

Whether you want to regularly water your grass or your flower bed, a sprinkler system is a handy tool to have. However, you don't need to go out and buy one. Simply puncture holes in your noodle, stuff one end with foam and secure with duct tape and then insert your hose into the other end. Place vertically for a kids' fun water toy.

Trampoline springs cover

Improve the safety of your trampoline by using pool noodles. Simply cut a slit down one side and slot over the springs and metal edges.

Plant protector

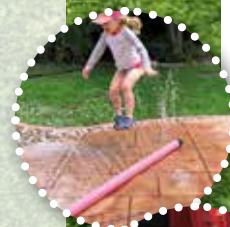
It wouldn't be spring without the arrival of sunflowers and other big, beautiful blossoms. Unfortunately, the more towering the plant, the more likely they are to bend and snap. However, if you surround each stem with a pool noodle, they will stand tall and proud throughout the summer.

Drinks holder

If you find your cans of fizzy drinks often get knocked over in the garden, then a pool noodle drinks holder is exactly what you need. Glue two pieces of noodle together, then simply cut out a small circle, insert your drink and you can sip safely in the knowledge that your beverage will not be spilt.

Floating mood lights

Lighting is a key component in creating a relaxing and inviting summer garden vibe, but you don't need to spend a fortune on outside lights. Just take a selection of different coloured noodles, cut into rings and insert LED tea lights (don't use real tea lights).



GARDENING

Photo credits: capturingparenthood.com, shareably.net, hometalk.com, createtrallove.com



GARDENING

What a buzz



Bees aren't just a summer visitor – they require nectar and pollen across all four seasons and are pivotal to stable, vital food supplies. So many of our varied, colourful and nutritious diets are driven by the work of the simple bee, which boasts more than 20,000 varieties. From helping plants grow and flower – producing everything from almond to vanilla, apples to squashes – to making our wildflower meadows beautiful, bees are understated in their importance.

With all this in mind, the protection of our beautiful and curious bees has really come to the fore in recent years. Their decline across wild spaces has been caused by loss of habitats and food sources as well as exposure to pesticides and the effects of climate change.

The good news is that protecting these little wonders is not just good for the environment, but is also a joy in itself. Several organisations run bee initiatives, from Bee Walks, in which volunteers traverse set routes to map out observations of bee activity, to community and education groups at libraries, stalls and fetes that raise money and awareness.

You can also create a buzz in your own back garden, by...

- using bee-friendly plants. Patio pots, herbs in a planter, hanging baskets and crocuses create colour and help bees flourish;
- considering fruit and veg as well. Bees will be instantly attracted to these;
- planting throughout the seasons to provide food and shelter all year round;
- keeping the grass long. This is another way to provide shelter;
- removing pesticides. Throw away that 'bug gun' and let nature do its bit;
- welcoming in 'beneficial insects'. Hoverflies, beetles and ladybirds will all help your bees flourish.

Why not start a buzz in your community, and help nature in the process



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THE BENEFITS OF HAVING A PET FISH FOR CHILDREN WITH AUTISM

You'd need to have a heart of stone to not feel a sense of joy when watching a fish perform its underwater ballet. Graceful, quiet and strangely hypnotic, the simple, soothing sight is one of life's simple pleasures, and one that can be appreciated in your very own home.

It makes perfect sense, then, that fish make ideal pets for autistic children. Studies have shown that gazing at aquariums, whether small or large, can lower blood pressure and heart rate. This also makes our marine life an effective antidote to highly emotional outbursts, which can be so severe in some with autism that they can physically endanger the child. Better still, an aquarium in the home can prevent fits of rage by offering a soothing constant for the highly sensitive.

Pets in general have been found to benefit those with autism, and while cats and dogs have many wonderful attributes, they aren't quite as easily attainable or maintainable as our finned friends. For starters, fish are low maintenance, requiring very little from their owner other than a daily sprinkle of food and the occasional tank clean. They are also very unlikely to respond when a child is emotionally charged, unlike their four-legged counterparts who are armed with claws and teeth.

Another benefit of investing in an aquarium is that it helps development and social skills. Fish don't judge; they are patient listeners and offer unconditional love. They also teach empathy and a sense of responsibility for your child. A fish cannot feed itself; it has

needs that must be met by its caregiver, and such obligations can lay the foundation for helping your little one lead an independent life in the future.

And finally, there is that bond, for there is very little that can come between a child and their fish.

Happy Fish





KIDS

LOVE YOUR LEFTOVERS:

Easter Eggs

With the average child set to receive eight Easter eggs over the Easter weekend, worth a whopping £56, it can be a good idea to find out some interesting and fun ways to use up any leftover chocolate to avoid unnecessary waste.

CREATE A CHOCOLATE FONDUE

What could be more fun than making your own chocolate fondue? You could even ask your little ones to make a selection of tasty and nutritious fruit kebabs to dip in the decadent dish. Simply melt your leftover chocolate in a bowl and then get dipping.

MAKE A CHOCOLATE FACE MASK

If you have girls who love a pampering session, why not make your own chocolate face masks? They can even lick them off after. All you need to do is melt a quarter of a cup of chocolate (preferably dark), add one tablespoon of cream and a few drops of honey, and then apply to the face.

CONCOCT A CHOCOLATEY DRINK

Everyone loves hot chocolate with a few marshmallows thrown in for good measure, and thankfully, now you have all this leftover chocolate, you can make your very own version. Simply heat 150ml milk and 50ml double cream in a pan and then add 50g chocolate. Optional: add the zest of half an orange.

CHOCOLATE MUG CAKE

If your kids love baking but you hate the mess, then this is the perfect idea for you. Start by cracking an egg into a cup, then mix in 4 tablespoons of flour and 2 tablespoons of cocoa. Finally add 3 tablespoons of milk, 3 tablespoons of oil, ¼ teaspoon of vanilla extract and a tablespoon of broken-up chocolate Easter egg. Mix well and pop in the microwave for 3 minutes.

Still got some chocolate left? Why not donate it to your nearest food bank or homeless shelter?



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FOOD & DRINK



Fine Foodies

Last month we introduced the first five of our ten finest foods to keep you looking young and healthy, on both the inside and the outside. Here are the final five.

Chocolate

Not only is chocolate a proven mood enhancer, but chocolate that contains at least 70 per cent cocoa is loaded with proteins and vitamin B, meaning just a couple of squares will help burn fat and improve your skin and hair.

Tomatoes

You say: "Tomato;" I say: "Wow, you look fantastic." Tomatoes have proven to be double trouble for ageing. Brimming with those brilliant antioxidants and carotenoids that help fight the oxidation that ages skin cells, they also boost collagen production, keeping skin taut and youthful.

Wild salmon

Wild salmon, though more expensive than farmed, is thought to be better for you as it is lower in fat

and there is less chance of contamination from pollutants, but both kinds are loaded with omega-3 fatty acids. These nutrients not only protect your heart by boosting arterial function, but they also help you produce sebum, your skin's natural oil, which keeps hair healthy and skin plump and youthful.

Nuts

These delectable delights are literally small anti-ageing bombs, thanks to their concentrated sources of vitamins, minerals and other phytochemicals, including antioxidants. Though all nuts offer nutritional benefits, walnuts in particular are high in omega-3 and omega-6, which help keep your hair glossy and your brain young, as they are proven to help prevent cognitive decline.

Wine

If you want to age like a fine wine, then start drinking in moderation. Studies have shown that wine protects against heart disease, diabetes and age-related memory loss. Red wine in particular contains resveratrol, a compound that may activate genes that slow cellular ageing.



part 2



FULL OF THE joys OF spring

Fancy putting a spring back into your step this season? Why not try one of these nourishing and nutritious, not to mention tasty, spring vegetables that are in season this month?

SPRING GREENS

You may not know this, but spring greens are actually the first cabbages of the year, although they do not have a hard core but instead can be recognised by their thick, green leaves. Part of the brassica family, spring greens contain a whole host of essential minerals and vitamins, including vitamins A, C, K and iron.

Spring greens peak from April to June and are best served in a stir-fry or added to a stew or soup.

SPRING ONIONS

Spring onions are incredibly versatile vegetables as they have a milder taste than most other onions, meaning they can be eaten raw or cooked. Often used in Asian cooking, spring onions, or scallions as they are also known, are an excellent source of vitamin

C and calcium.

Add to a spring vegetable omelette, make a pea, mint and spring onion soup, or simply chop up and scatter over a salad.

SPRING PEAS

The spring pea season is short but is definitely worth taking advantage of as fresh spring peas are sweet and delicious. You have two options when it comes to spring peas – garden or sugar snap. Both can be eaten raw or cooked and they have identical nutritional profiles; however, sugar snap peas can be more flavourful.

Peas are surprisingly high in protein compared to other vegetables and are a great source of dietary fibre.

Make a pea pesto with rocket and parmesan, add to a kedgeree or create your own homemade mushy peas.

OTHER VEG IN SEASON IN APRIL INCLUDE:

- Asparagus
- Kale
- Chard
- Spinach



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Building a CAPSULE WARDROBE

With the rise of sustainable fashion and consumers beginning to understand the need for having a conscience in their fashion and style decision making, building a capsule wardrobe makes more sense than ever before. We live in a world where convenience is key, and fast fashion retailers have made it all too easy to buy into new trends every season. Yet so many women still find themselves standing in front of their bulging wardrobes at a loss, with nothing to wear. A capsule wardrobe saves you time and money in the long term, and means less of a headache.

You can build a capsule wardrobe from 20 key items. From these 20 items it is possible to create 30 different outfits (and more) – you just need the know-how to pull the pieces together. All of these pieces will last a lifetime in your wardrobe and are worth investing in. Once you are happy with your reduced wardrobe, you can still add some fresh new pieces in each season, but in a more considered way, knowing what else you already have to work with. Accessories can be a great way to do this, and they are the best way to add some print and colour into your wardrobe.

TOP 20 KEY ITEMS

- | | |
|---|------------------------|
| 1. The Leather Biker Jacket | 12. The Lace-up Boot |
| 2. The Pleated Midi Skirt | 13. The Blazer |
| 3. The Basic T-shirt with a Twist | 14. The Trainers |
| 4. The Slogan Sweatshirt | 15. The Loafers |
| 5. The Cashmere Sweater | 16. The Breton T-shirt |
| 6. The Block Heel Boot | 17. The Denim Shirt |
| 7. The Slip Dress | 18. The Aviator Jacket |
| 8. The White Shirt | 19. The Statement Bag |
| 9. The Buffet Dress | 20. The Jumpsuit |
| 10. The Straight-leg Jeans in a mid-blue wash | |
| 11. The Coated Jeggings or Leather Leggings | |

Alex Standley is a personal stylist with 15 years' experience in the fashion industry. If you would like to find out more, please visit www.luxeleopardlifestyle.co.uk or get in touch at alex@luxeleopardlifestyle.co.uk



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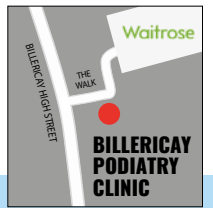


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Keeping children healthy



Are you worried about the amount of sugar your child is getting from the food and drinks they consume every day?

One of the main issues with young children is that some parents use sweets and chocolate as rewards for good behaviour. But do you ask yourself what effect sugar can have on your children?

For children between the ages of 2 and 18, the recommended daily sugar intake is a maximum of 6 teaspoons, which is equivalent to 25 grams or 100 calories. To put this into perspective, an average milk chocolate bar has 23 grams of sugar which is the vast majority of your child's limit for the day. Sugar is also hidden in so many foods and drinks that we would never expect. It's hidden in juices, pasta sauce, rice and even bread.

If you are a parent of a picky eater, you likely cater to what your child wants. As long as they are eating something, you are satisfied. What you may not know is that catering to your child's pickiness can have a negative effect on their behaviour, health and overall well-being. For example, if your child will only eat certain foods such as macaroni cheese and chicken nuggets, each one of their meals is loaded

with calories, sugar and carbohydrates. When every meal that your child eats is so high in calories and sugary carbs, it won't be long before they start putting on weight and developing vitamin deficiency from not eating fruit, salad and vegetables.

What can you do about it?

When it comes to reducing your child's sugar intake you need to make the changes gradually, otherwise it will have a negative effect.

Instead, one or two everyday swaps per week can make a huge difference. For example, put a low-sugar (full-fat) yoghurt in their lunch box, swap fruit juice for water infused with chopped-up fruit, or swap a chocolate bar for an apple. A prime example to avoid is Innocent Smoothies for kids. Despite the marketing hype, these "healthy" fruit juices are concentrated sugar, and can contain more sugar than full-sugar (Original) Coke. CoCo Pops is actually a staggering 84 per cent sugar. Frightening.

If you would like more information on this, contact Graham Phillips at Prolongevity, call 07768 275802 visit www.prolongevity.co.uk or email graham.phillips@manorpharmacygroup.co.uk



GYM ROUTINE

THE SCIENTIFICALLY PROVEN BEST MUSIC FOR YOUR GYM ROUTINE

From stretches to dips, lifts to sprints, turns to curls, our time in the gym is a very personal, private affair.

With that in mind, there's nothing more satisfying or motivating than the feeling of working out. But across warm-ups, nutrition and body conditioning, what if the thing that is stopping us from achieving our full potential in the gym is something as simple as the music being piped out of those little buds that rest in our ears?

Scientists now believe that what we listen to, if anything, when working out can have a dramatic effect on performance. There have been countless studies over the years that all point to the reality that the brain is stimulated by music and converts that motivation into physical energy.

There are other strands. Listening to music can also act as a distraction technique from the pain of exercise, as well as fending off boredom. Indeed, a study in 2018 conducted



by the University of Maryland found that having a soundtrack to your workout meant a 28 per cent increase in enjoyment compared with no auditory stimulus.

But what about the genre of music? Typically, we would expect high-energy styles to engage and motivate us most. Dance music, tracks with strong percussion, heavy riffs and even the rather cliched genre of 'driving music' can all work well. Certainly, regular and repetitive rhythm is a big driver to adopting a 'trance-like' state for exercising, taking a level of consciousness out of what we do and ensuring we can compete harder and for longer.

Ultimately, though, scientists found that the music we respond to best is a matter of personal taste. Our own music preferences dictate the positive effects, but those effects are real, given that listening to music we like can expand blood vessels by up to 26 per cent, helping the flow of oxygen-rich blood to improve performance and, with it, PBs.



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Sirtfood Green Juice
kale, rocket, parsley, celery, ginger,
green apple, lemon, matcha green tea

The Sirtfood Diet

DISCLOSED

No, not the Seafood Diet, as in you see food and you eat it, although we do love that one. The Sirtfood Diet, which was used by Adele to help achieve her dramatic new look, is designed to supercharge your metabolism, leading to highly effective weight loss.

What is the Sirtfood Diet?

The Sirtfood Diet involves eating foods that are high in sirtuin activators. Sirtuins are a type of protein that protect the cells in our bodies from becoming inflamed, although they are also said to help regulate our metabolism, increase our muscle mass and burn fat.

What can I eat on the Sirtfood Diet?

If you have read anything about Adele's weight-loss journey,

then you may have heard that she was able to indulge in both red wine and dark chocolate, and yes, this is true. Both of these treats are high in sirtuin activators and are therefore on the menu.

Other foods you can eat include:
Apples | Walnuts | Medjool Dates | Soy | Strawberries | Olive oil | Rocket | Coffee

Is the Sirtfood Diet good for you?

With many people changing from the Cabbage Soup Diet and the Grapefruit Diet in favour of long-lasting, healthy eating habits, is this diet sustainable long term?

Fortunately, the Sirtfood Diet allows you to eat a variety of nutritious foods, meaning your vitamin and mineral intake will be fairly high. However, it is restrictive and low in calories (it is recommended to eat no more than 1,000 calories a day in the first week), meaning that this plan can be hard to stick to.

How much weight can I expect to lose?

A Sirtfood Diet 'expert' claimed that you can lose up to 7lbs in just one week. However, a more realistic and healthier aim would be 2-3lbs.



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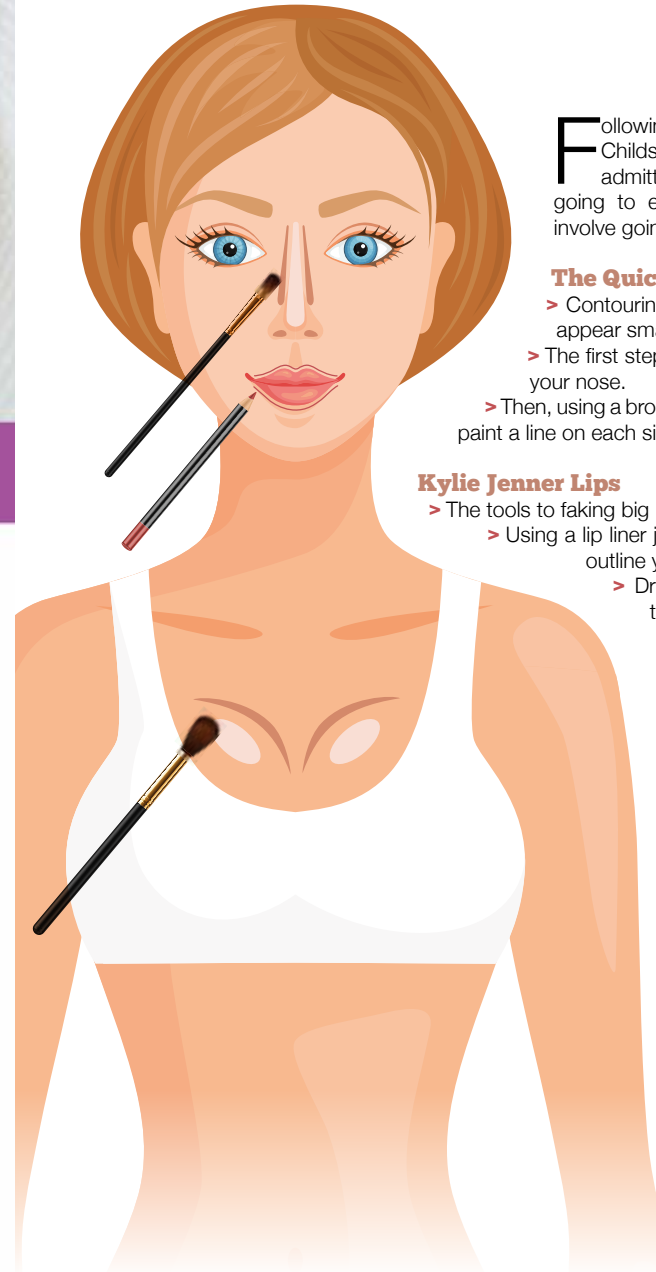


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BEAUTY

Anti-cosmetic surgery fixes



Following the news that former *TOWIE* star Amy Childs was among a long list of celebs who openly admitted to having cosmetic surgery regrets, we're going to explore some quick beauty fixes that don't involve going under the knife...

The Quick Nose Job

- > Contouring the side of your nose will instantly make it appear smaller.
- > The first step is to use concealer to highlight the middle of your nose.
- > Then, using a bronzer a few shades darker than your foundation, paint a line on each side of your nose, and blend, blend, blend.

Kylie Jenner Lips

- > The tools to faking big lips without fillers are all in your make-up bag.
- > Using a lip liner just one shade darker than your lipstick, over-outline your lips.
 - > Draw an 'X' just above the Cupid's bow, and then complete the lip outline from that point. This creates an exaggerated outline, while still sticking to the natural shape of your lips.
- > After you've applied your lipstick, add a hint of concealer or highlighter to the centre of the lips. This will create an ombré effect, which makes the lips look even bigger. This can also be achieved by using a lipstick in a slightly lighter colour in the centre, for a more subtle and natural effect.
- > Go one step further with ombré lips by playing with more than one shade of liner and lipstick. The internet is filled with helpful tutorials to nail this trick.

Bigger Chest

- > A push-up bra is a girl's best friend if you want that extra lift. However if that still doesn't cut it, a silicone insert can also be used inside each cup.
- > Contour. Contouring isn't just for your face – you can fake a rounder and bigger bust by contouring the top of your chest and creating a fuller, more voluptuous shape.

Fishtail braid UPDO

IF YOU LOVE NOTHING BETTER THAN A CLASSY UPDO ON A NIGHT OUT OR FOR A SPECIAL OCCASION, THEN LOOK NO FURTHER; THE FISHTAIL BRAIDED UPDO IS THE VERY EPITOME OF ELEGANCE.

HOW TO ACHIEVE THIS LOOK:

- STEP 1:** Pick up a section of hair on the left side of your head and divide into two sections.
- STEP 2:** Take a small piece of hair from the back right side of your chosen section, cross it over the top and add to the front of your chosen section.
- STEP 3:** Then take a small piece of hair from the front left side of your chosen section, cross it over the top and add to the back of your chosen section.
- STEP 6:** Continue step 2 and 3 until your braid reaches the top part of your left ear.
- STEP 7:** Once you reach the ear, continue



- braiding your hair down in a standard fishtail braid.
- STEP 8:** Gently loosen the sides of the braid and tie the end with a hairband.
- STEP 9:** With the rest of your hair, create a standard fishtail; taking sections from each side and crossing over until the hair is fully braided.
- STEP 10:** Gently loosen the sides of the braid to create a fuller look and then tie off with a band.
- STEP 11:** Twist the back braid into a bun and pin securely.
- STEP 12:** Wrap your first fishtail braid over the top of and around your bun in a clockwise direction and pin in place.
- STEP 13:** Use your fingers to gently make the fishtail braid fuller to cover the pins.
- STEP 14:** Add a decorative clip or hairslide for an ultra-glam finish.

Photo credit: www.missy.sue.com



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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.

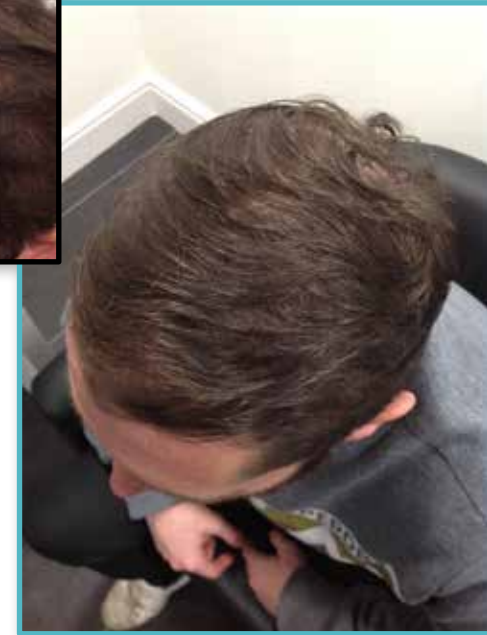
PRP stands for Platelet Rich Plasma, which essentially is your own blood spun in a special machine called a

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



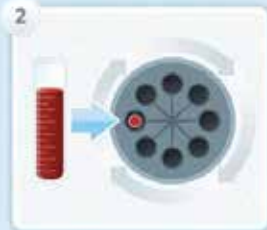
BEFORE



AFTER



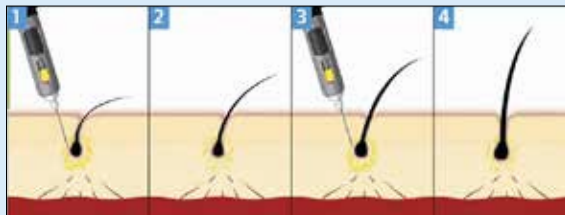
1 Collect blood
30-60ml is drawn from the patient's arm



2 Separate the platelets
The blood is then placed in a centrifuge. The centrifuge spins and separates the platelets from the rest of the blood components



3 Extract platelet
Extract 3-6ml of platelet-rich blood



PRP hair restoration process

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.

This treatment is by far our most popular treatment and we are pleased to announce a special deal just for Vision readers of Brentwood/Billericay. Our treatments are normally £300 per session (40 minutes, includes Free derma roller and liquid biotin PRP kicker), but for Vision Readers we are pleased to offer this treatment for £250.

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



BREXIT & THE HOUSING MARKET

NOW BORIS'S BREXIT IS SECURED, WHAT DOES IT MEAN FOR OUR BRICKS AND MORTAR?

The brazen upward surge of the UK housing market offers cause for both celebration and concern for the nation's population. A seemingly unerring rise over the past decade sees house prices currently at record highs. For those looking to get on the ladder, the task seems less achievable than ever before, while even property owners find themselves on a runaway train that demands even more from them should they wish to step up.

The only real winners in the housing market are those looking to sell up and drift away from the madness, and in some quarters the uncertainty over Brexit has only exacerbated fears of what may happen with our biggest life investment.

In the first instance, however, the UK experienced a positive surge in the aftermath of the Conservatives' comprehensive General Election victory in December 2019. A stable and growing economy

clearly bolsters the housing market, and the 'getting done' of Brexit appeared to release waves of pent-up uncertainty that had stagnated the market for the best part of three and a half years.

It's perhaps no coincidence then that prominent 'remain' UK cities such as Cambridge, Bath, Bristol and York are now top of the tree in terms of an upturn in buyer demand.

Before COVID-19 hit the country, this 'gloves off' idea was great news. With the ability to invest, and continued government house-building programmes, the market was set to be boosted.

That said, with stagnancy comes stability, and in the past few years the market has been fairly steady. The fears from experts were that when sellers got a little carried away, it would rock the property ladder somewhat, and that would mean uncomfortable exchanges for those looking to put down roots.

PENSION INEQUALITY STARTS AT BIRTH

In recent years, the gender pay gap has been a rather hot topic. However, the difference between the pensions savings of men and women – or gender pension gap – is perhaps less discussed. By the age of 50, women have accumulated an average of just £56,000 in pensions savings against £112,000 for men¹.

GIRLS ARE LOSING OUT

What's more, HMRC data shows that the gender pension gap begins as early as infancy. According to recent statistics, 13,000 girls had money paid into a pension on their behalf by parents or grandparents in 2016/17, compared with 20,000 boys².

WHAT YOU CAN DO

Starting to save for your child or grandchild early in life can make a huge difference to their pension pot down the line. If you'd like to find out how much you can pay into a pension on behalf of your child, or explore which plan might best suit their needs, we can help.

STAY PROTECTED IN 2020

Don't overlook the importance of having the right plans in place to protect yourself, your family, your valuables and your home, in case an unexpected event should happen.

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At HCR we take the time to understand our clients' 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.

¹ Aegon, 2018
² HMRC, 2019

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Q How Can You Save Money On Your Insurance?

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ASPIRE to Inspire



As we enter a difficult period in our lives, with change happening everyday, could you do with a little motivation? Check out our top four inspirational businessmen and women for 2020. They will activate your ambition in no time.

JUSTINE ROBERTS
Founder and Chief Executive of Mumsnet, an online parenting community that brings mums together, Justine Roberts has campaigned on issues including special educational needs, improvements in miscarriage care, freedom of speech on the internet and, most recently, #PublishParentalLeave.

Motivational quote: "Good enough is good enough" (on juggling parenting and business).

JAMAL EDWARDS
Having begun his love of videoing by filming foxes in his West London council estate garden, Jamal is now the proud owner of SB.TV which has attracted more than 300 million hits globally for its music videos. Arguably his most viral moment was guiding Princes William and Harry through their first Google Hangout.

Motivational quote: "The only failure is not trying."

BETHANY FIRTH
Paralympic swimmer and gold medallist Bethany Firth was all set for Tokyo 2020, which has been postponed to 2021 due to coronavirus sweeping the globe. But this doesn't mean she isn't still dedicated to encouraging people to get in the pool when they re-open following the pandemic. Bethany is a proud supporter of Swimathon, the annual fundraiser for Cancer Research UK and Marie Curie, which has also been postponed.

Motivational quote: "You can achieve anything if you put your mind to it."

TIM COOK
When Tim Cook took over as Apple CEO, critics were unsure about whether he would be able to deliver. However, Apple stock increased by a whopping 480% after he took over in 2011, and in 2018 it became the first publicly traded company to reach a \$1trillion market cap. And, with the greatly anticipated AR headsets and glasses launching in the next few years, his reign is only set to strengthen.

Motivational quote: "Let your joy be in your journey, not in some distant goal."

Photo credit: Sky Events via look.co.uk, Featureflash Photo Agency/Shutterstock.com, paralympic.org, John Gress Media Inc/Shutterstock.com

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.

If your case is suitable we can offer a 40 minute free consultation with one of the team.
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BECKHAM'S MIAMI VICE

DAVID BECKHAM IS SETTING HIS SIGHTS ON NEW SUCCESS, ALBEIT FROM THE DIRECTOR'S BOX

Almost 20 years after the Miami Fusion franchise folded, the Miami Beckham United group bid was successful in purchasing an expansion team and, with it, giving top-level soccer its own name again in the area.

For Becks, it's the latest indelible imprint in a career of firsts. His love of the US is only secondary to his love of football, and stepping up from the changing room to the boardroom was a pathway the former Manchester United, Real Madrid and AC Milan star was always going to tread.

Just a month after the official founding date of Inter Miami – January 28, 2020 – the team played their first match. It came away at Los Angeles – a trip of some 2,700 miles – and ended in a narrow 1–0 defeat, with former Arsenal man Carlos Vela scoring the only goal of the game. However,

head coach Diego Alonso, the ex-Uruguay striker who played for five Spanish clubs across two divisions, won't be dismayed.

In fact, a squad that should already be decent enough to compete for minor honours could soon be bolstered by the arrival of some big names from the European football scene.

Giants of the game Lionel Messi and Cristiano Ronaldo – who have won 11 of the last 12 Ballon d'Or trophies between them – plus other big names, have been linked with future moves to the club, so you could say that the future looks bright for the Herons.

There's also a new stadium to look forward to in the form of a purpose-built, 25,000-seater stadium at Miami Freedom Park in Fort Lauderdale, at a construction cost of \$60million.

The facility will offer restaurants, retail outlets and hotels, as well as a training centre.

By now, the team were expecting to be playing home matches at the temporary ground of Inter Miami CF Stadium, which is on the former site of Lockhart Stadium – the home of the Fort Lauderdale Strikers. However, the blanket postponements of sporting events, almost globally, has delayed the early days of this football revolution.

When live action does return, Inter Miami have said they will be entering a reserve side into the third tier of US Soccer, USL League One. That will allow them to keep their match-day squad in the MLS competitive, while also giving those players fitness and game time.

Another impressive marker in an incredible

sporting legacy, Beckham made just short of a century of appearances for LA Galaxy in the MLS and scored 18 goals, in the process becoming the first Englishman to win league titles in four countries (having also achieved the feat with Manchester United, Real Madrid and PSG).

Ten league titles in England, Spain, France and the United States, 100 Champions League appearances, the first English player to score at three World Cup Finals tournaments and the fourth-highest number of games as captain of the national team – Beckham's place in football folklore, as a player at least, is assured.

If he can achieve even 10 per cent as owner of a football club as he did as a player, he will be adored on both sides of the Atlantic Ocean – watch this space.



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THE NEW SPORTS



4. SURFING

In the latest instalment showcasing sports set to debut or return at the Olympics in Tokyo, which has been postponed until 2021 due to coronavirus, we take a look at surfing.

The sport of surfing has had a choppy ride with Olympic chiefs over the years. It was more than half a century ago that the pioneer wave rider Duke Kahanamoku encouraged the IOC to make it an official Olympic sport.

He passed away in 1968 at the age of 77, and it has taken until now for the decision-makers to agree to the Hawaiian's proposal. His name will no doubt be mentioned this summer.

Shida Beach, around 40 miles from the Japanese capital, will be the venue for the surfing event, which begins on July 24.

Ocean-based, rather than in a wave pool, heats will be 20-25 minutes long, with four people going at a time. The best two from each will advance.

There will be the usual rules of surfing protocol to adhere to, with penalties and possible points deductions given

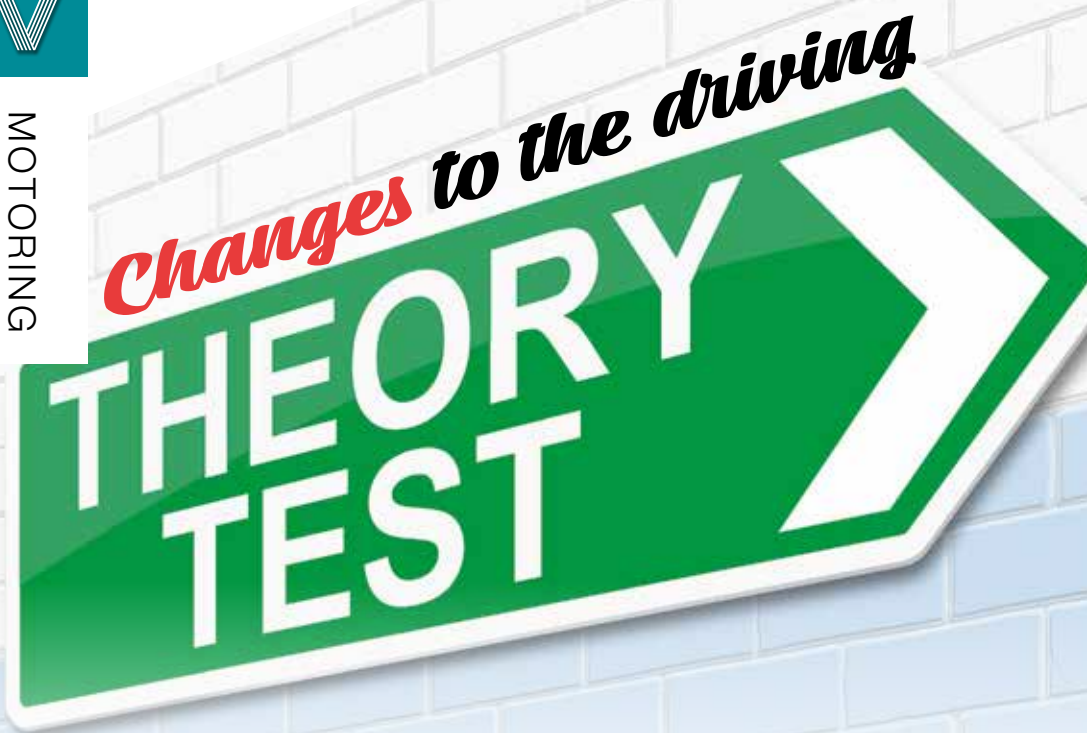
to those who infringe, such as interfering with the competitor closest to the wave.

Speed and power, plus the difficulty of each manoeuvre attempted and completed, will impact the judges' scores.

As a sport, surfing pays less attention than most to age. It is possible that an athlete approaching their fifties could compete in the event, but that would still be some distance short of the age of the oldest Olympian, Oscar Swahn, who was 72 in the 1920 Antwerp Olympics when he triumphed in shooting.

Kelly Slater, who is probably the most famous surfer ever, said that he could be convinced to come out of retirement to compete, although that's yet to be confirmed. Regardless, it will be one of the more entertaining art forms on show at this year's games.





OUTLINING RECENT CHANGES MADE TO THE DRIVING THEORY TEST

The safety of drivers and pedestrians on our roads has rarely been a hotter topic, particularly with car ownership now at a record high in the UK.

And with the ongoing evolution of the motorcar, so too has the driving theory test developed to suit the times, as well as to keep prospective drivers on their toes... or is that pedals?

What is changing?

The theory test is moving with the times and will now be using video clips instead of written case studies. It follows that visualisation is a common-sense route to take, given the nature of driving itself, and the government expects this linear delivery – whereby the user will then have to answer multiple-choice questions on what they see – to be a more realistic representation of our roads.

The new format also compensates

for reading, learning and developmental difficulties that, while disadvantaging someone on a written theory test, wouldn't necessarily have any adverse effect on their ability to drive a car or 'read' the road.

What's not changing?

Remaining the same is the process by which those taking their theory test will revise: they will use the same books and software as before. In addition, users will still have to answer 50 multiple-choice questions in 57 minutes, with a requirement to answer at least 43 correctly.

The hazard perception part of the test also remains the same as before.

These changes to the driving theory test will not apply to those looking to qualify for motorcycle, lorry, bus or coach licences.

The changes come into effect from April 14.



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PUZZLES & TRIVIA

PUZZLES

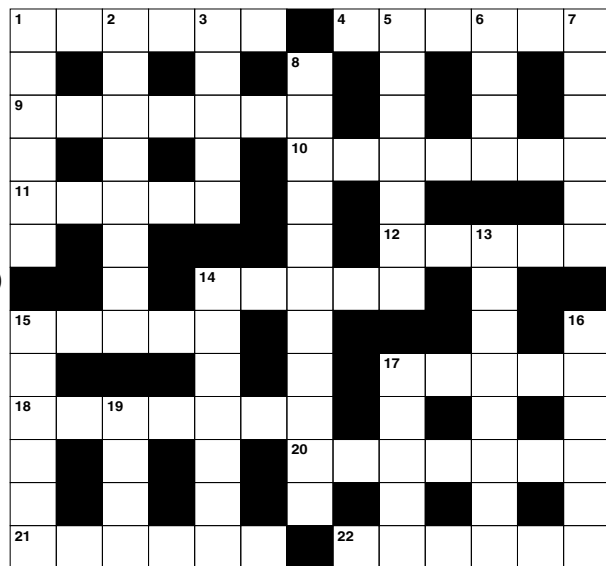
Answers can be found on the Contents Page 4

ACROSS

- 1. Rhesus (anag) (6)
- 4. Less attractive (6)
- 9. Slope (7)
- 10. Freshness (7)
- 11. Female relation (5)
- 12. Words that identify things (5)
- 14. Mistaken (5)
- 15. Covered with water (5)
- 17. Breed of dog (5)
- 18. Have a moderating effect on (7)
- 20. Strong desire for a thing (7)
- 21. Votes into office (6)
- 22. Unkempt (of hair) (6)

DOWN

- 1. Workers' groups (6)
- 2. Large Spanish estate (8)
- 3. Lift up (5)
- 5. Incandescent (7)
- 6. Indolent (4)
- 7. Cooks in the oven (6)
- 8. Goodwill (11)
- 13. Infallible (8)
- 14. Stand for small objects (7)



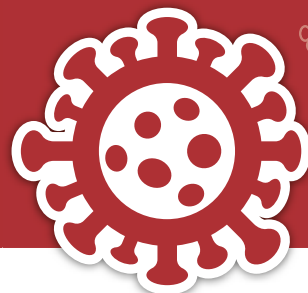
- 15. Assent or agree to (6)
- 16. Regal (6)
- 17. Smash into another vehicle (5)
- 19. A fever or shivering fit (4)

DID YOU KNOW?

- ▶ Newborn puppies are born with their eyes and ears sealed shut. It takes around a fortnight for their sight and hearing to develop
- ▶ The dog Laika is thought to have been the first animal to go into space and orbit the Earth
- ▶ Dalmatians are all white when they're born. Their spots start to appear when they're around two weeks old
- ▶ A dog's sense of smell is much more sensitive than a human's. Dogs are often used by the police to search for missing people
- ▶ Wild dogs evolved over several hundred years to become the domestic dogs of today
- ▶ There are more than 400 different breeds of dog

SUDOKU

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CORONAVIRUS

Advice on how to combat Coronavirus (COVID-19) Supplied by GOV.UK

THE ADVICE FOR ANYONE IN ANY SETTING IS TO FOLLOW THESE MAIN GUIDELINES.

The most common symptoms of coronavirus (COVID-19) are recent onset of a new continuous cough and/or high temperature. If you have these symptoms, however mild, stay at home and do not leave your house for 7 days from when your symptoms started. You do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact NHS 111 online. If you have no internet access, you should call NHS 111. For a medical emergency dial 999.

To reduce the spread of germs when you cough or sneeze, cover your mouth and nose with a tissue, or your sleeve (not your hands) if you don't have a tissue, and throw the tissue away immediately. Then wash your hands or use a hand sanitising gel.

Clean and disinfect regularly touched objects and surfaces using your regular cleaning products to reduce the risk of passing the infection on to other people.

At the current time and based on our understanding of what is known of COVID-19 and other similar respiratory viruses, it is likely that older people and those with chronic medical conditions may be vulnerable to severe disease. As more information emerges, recommendations may change.

Wash your hands more often than usual, for 20 seconds using soap and hot water, particularly after coughing, sneezing and blowing your nose, or after being in public areas where other people are doing so. Use hand sanitiser if that's all you have access to.

PREVENTION:



wash hands often with soap



avoid touching your face



disinfect objects and surfaces



avoid close contact with people



stay home



Avoid contact with sick people

TREATMENT:



no vaccine to prevent 2019-nCoV



no specific treatment for 2019-nCoV



drink plenty of liquids



take pain and fever medications

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