

HOW TO
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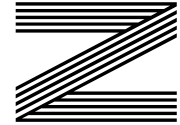
COVID-19
HEROES
honoured

6 UNUSUAL FACTS
about Valentine's Day

NATURAL WAYS
to boost your metabolism

Karren
BRADY CBE

One of the UK's most inspiring businesswomen



FREE

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Ray Burmiston

BEAUTY STUDIO MEDI SPA

BLAST AWAY PERIMENOPAUSAL WEIGHT GAIN

Sandy Hamber, founder of BeautyStudio MediSpa in Shenfield, combines personal and professional experience to assist those experiencing menopause-related weight gain.

Whether it sits further ahead in your future, or is very much a part of the present you're likely aware of 'perimenopause'. This stage, during which our bodies begin transitioning towards menopause, typically starts in our mid-to-late 40s and can last up to eight years. Having been through perimenopause myself, I know all too well the physical and mental challenges it can pose.



With a wealth of experience and industry knowledge, Sandy has been director of the award-winning Beauty Studio MediSpa for over 30 years – and oversees an incredible team of therapists specialising in skincare, body contouring, laser hair removal & essential beauty treatments. She is always in pursuit of effective, safe, and non-daunting solutions that provide clients with outstanding results.

2. Activity levels change

Perimenopause-associated aches, pains, joint stiffness, and tiredness lowers our motivation to exercise. The result? We burn less energy.

3. Muscle mass declines

After age 40, muscle mass declines at a staggering rate: around 8 per cent each decade. Our muscles burn lots of calories (even when at rest), so as our muscle mass declines with age we burn less calories and weight gain becomes harder to avoid.

4. Mind impacts matter

Feeling demoralised about our changing appearance can take a mental toll. Combine this with increased anxiety and brain fog caused by lower oestrogen levels, and you may reach for calorific comfort foods or tipples.

Hormone levels rollercoaster during perimenopause, which can lead to increased appetite and a slower metabolism. Various factors can contribute to weight gain during this transition, and understanding some of the main ones will make it easier for you to support your overall health.

1. The body needs less calories

During and after perimenopause, it's thought we require 200-300 calories less each day. A lack of oestrogen may also cause our bodies to process starches and sugars less effectively, increasing fat storage.

Do you need an extra hand managing weight gain around the stomach?
The team at Beauty Studio MediSpa can help.

The LipoFirm Pro Tummy Contour treatment utilises TriLipo™ radio frequency technology to accelerate natural fat metabolism for instant inch loss, sculpting, and contouring. Meanwhile, dynamic muscle activation also stimulates muscles for improved core strength, and loose skin is tightened as collagen regeneration is naturally promoted.

This award-winning treatment offers results from the first session, is safe and non-invasive, and requires no downtime. For optimum

Courses also include an online consultation with our health expert and weight loss coach, who can advise on nutritional changes to support your hormones during menopause.

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HOW CAN WE TAKE BACK CONTROL?

Firstly, view perimenopause as an opportunity. See it as the start of a new chapter that can be lived and enjoyed just as well as your younger years and make it a time for new lifestyle choices.

Look to do more exercise. Weight training, in particular, aids in developing all-important muscle mass. – beneficial for calorie burning, but also in creating a strong and toned appearance that will help clothes fit better and increase your self-confidence

Aim to **eat smaller portions and healthier ingredients.** In addition to the obvious weight control, the nutrients in healthy foods will help you cope with menopausal symptoms. Also, be mindful of sugary or processed foods and alcohol. These contain 'empty' calories that are more likely to increase abdominal fat and zap energy. Lastly, try to **reduce your stress levels**, as cortisol (the stress hormone) encourages fat storage around the abdomen.



DEALING WITH CHANGES IN BODY SHAPE

If you need a helping hand managing a changing body shape, the team and I at Beauty Studio MediSpa can help. The LipoFirm Pro Tummy Contour treatment utilises TriLipo™ radio frequency technology to accelerate natural fat metabolism for instant inch loss and sculpting, while loose skin is

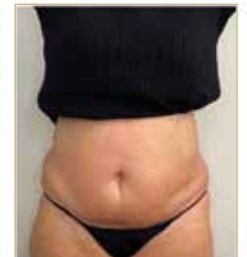
tightened as collagen regeneration is naturally promoted.

This award-winning treatment offers results from the first session, is safe and non-invasive, and requires no downtime. For optimum results, six to eight treatments, every one to two weeks, is recommended.

A 45-minute treatment costs £120 (quote 'LIPo222' for 20 per cent off your first session), while a course of seven treatments costs £655 (saving £185). Courses also include an FREE online consultation with our health expert and



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Editor's notes...

FEBRUARY 2022



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** BillericayShenfield. I was recently reminded of a quote from 19th century philosopher Carl Jung, who wrote: "At the same moment you're a protagonist in your own life-making choices, you are also the spear-carrier, or the extra, in a much larger drama. You've got to live with these two opposite ideas at the same time."

In other words, while we are all the star in our own performance, with all the people we know just bit-part players in our production, to everyone else it's the same but in reverse; they are the star, and we are the extras.

It led me to consider to what extent I wanted to assume the lead role this year. With everything that's happened in the world over the past couple of years, I am led more than ever to think first, not about myself, but about community, compassion, and humility.

What we can all achieve this month and throughout 2022 is to put people around us first, and perhaps share the limelight a little.

Until next month, take care of yourself and each other.

Nik Allen

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CONTRIBUTORS | Tabatha Fabray, Christina Pantelly

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HONOURING *our* COVID-19 HEROES

In the hope that we're moving away from the dark days of COVID-19 for good, let's highlight a few of the iconic figures who have guided this nation through one of its toughest tests outside of wartime.

The battle against COVID-19 has not been a simple one. For every inspired expert, another has been chastised; for every round of applause, there has been a barrage of criticism; for every saint, there has been a sinner.

The Queen's New Year Honours List recognised many who have committed so much over the past two years, going right back to March 2020 when the world began morphing into that dark, terrifying place it became.

Recently praised by the Queen, there were a number of people who, by their own admission, were called upon to help. Here are some of those

who used their experience and expertise to help in this time of crisis:

Sir Chris Whitty: One of the first of the government's advisors, the Chief Medical Officer excelled at breaking down the science, both behind the scenes and in public broadcasts to millions of people.

Sir Jonathan Van-Tam: Professor Whitty's deputy was given a knight bachelor title not only for his services in understanding COVID-19, but also for his extensive life's work researching influenza.

Dame Jenny Harries: The chief executive of the UK Health Security Agency was another who was prepared to stick her head above the parapet, at a time when speculation and misinformation permeated news sources and social media.

Sir Patrick Vallance: The physician, scientist and

clinical pharmacologist served the government as Chief Scientific Advisor, and remains in the position today.

Meanwhile, Scottish Chief Medical Officer, Dr Gregor Smith, and his Welsh counterpart, Dr Frank Atherton, were also knighted for services to public health.

Of course, there were also those who became involved in campaigns and initiatives that were a world away from their everyday lives.

The late, great Sir Captain Tom Moore was one; Marcus Rashford canvassed the government for free school meal vouchers – and won; Kate Garraway played out an incredible personal struggle with COVID-19 in the form of her husband Derek's long battle with the virus; Joe Wicks started a home fitness revolution; while Annemarie Plas was the

brains behind the Clap for Carers initiative which, at a time of intense lockdown, reminded us all that we were only ever a few yards away from those who cared about us.

And yet, in assembling a list of people who have committed knowledge, insight or reputation to the war against COVID-19 and its many variants, it's easy to forget the very folk who are the true heroes, and without whom the death toll would be catastrophically higher – ourselves.

While the informed, powerful and inspirational people listed have given us the knowledge and tools by which we have fought the battle against COVID-19, ultimately it is our own actions, our unwavering compassion and a sense of resilience, that embodies every bit the Dunkirk spirit. For that, we salute you.

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DID YOU KNOW ABOUT...

If you embrace everything about Valentine's Day, from the romance to the exchanging of gifts – even the corny love songs – then you will love these fascinating facts about Cupid's big day.

Valentine's Day was founded on rebellion

Although this popular day is synonymous with love, it actually started as the result of Emperor Claudius II not wanting Roman men to marry during war.

The x symbol originated in medieval times

While many modern lovers end their text messages with an x or two, this tradition first came about in medieval times as not many people were able to write.

Valentine's pairings used to be random

Nowadays, people tend to send Valentine's Day cards to their current partner or to someone they have a crush on. However, in the Middle Ages, the selection process was random, with single men drawing the names of unattached women from a bowl.

Juliet still receives love letters on Valentine's Day

Despite the fact that she is a fictional character – and a deceased one at that – the city of Verona, where *Romeo and Juliet* is set, still receives around 1,000 letters addressed to this leading lady each year.

Henry VIII chose February 14

Although most of his marriages ended badly, there is no denying that this infamous king was a fan of love. In fact, he was the one who declared Valentine's Day a public holiday way back in 1537.

The majority of Valentine's gifts are bought by women

Somewhat unsurprisingly, a whopping 85 per cent of all gifts purchased for Valentine's Day are bought by women. Is it because the fairer sex is more romantic? Or maybe it's because women just like to treat their loved ones at this time of year?

...Valentine's Day?

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HOME & DIY

Your simple guide to WALL PANELLING



Wall panelling has been one of the biggest interior design trends in recent years. It's a simple way to add character to any property and it's easy to do yourself.

As a way to create an interesting feature, you can instantly add some style and luxury to your space with wall panelling. Find out how it's done in our simple guide to DIY wall panelling.

FIND THE IDEAL SPACE: Wall panelling can work in most spaces, but a full wall is by far the easiest. You can panel walls with doorways, corners and other spaces, but you'll need to plan your design out carefully.

CHOOSE YOUR TYPE OF PANELLING: There are a lot of different types of wall panelling, and each one will provide something different for your space. Popular panelling styles include:

- > Grid or geometric panelling
- > Flat plank wall panelling
- > Dado-style wall panelling

GET YOUR MEASUREMENTS RIGHT: There are lots of ways to panel a wall, and you'll need to measure your space and plan according to your chosen design. Measure the height and width of your wall, working out your preferred gap between each panel. It will help to draw it on paper proportionally

for you to plan it out correctly, or you can draw it on the wall to check your measurements.

BUY YOUR SUPPLIES: To panel a wall, you will need:

- > MDF panels, cut to size
- > A spirit level
- > Strong adhesive
- > Decorators caulk
- > Sandpaper or a sander
- > Paint

TIP: You can get your MDF cut to size at your local hardware store.

ATTACH YOUR PANELLING: A strong adhesive is all you need to attach wooden panelling to your wall. Use your spirit level to keep everything level, and give the adhesive time to dry.

FILL IN THE GAPS: Once secured, you'll need to fill in the gaps between the wooden panels using decorators caulk. When this has dried, you can sand the caulk down to a smooth and seamless finish.

PAINT YOUR PERFECT FINISH: With your panelling finished, you can paint it in your desired colour. You may wish to use a primer first before applying a couple of coats of your chosen shade to ensure an even application.



HOME & DIY

AWESOME HOME STYLING WITH

Sarah Akwisombe



Sarah Akwisombe is someone you wish you could be friends with – the ultimate cool girl with impeccable style. Sarah’s interior style is bright, colourful and a little rebellious compared to typical décor styles. There are no rules in Sarah’s décor – they all go out the window – but the results are awesome.

She describes herself as a founder, influencer, mum and wife. Her background ranges from music to tech startups and, of course, interior design. She launched her own business, the No Bull Business School, to help other women learn more about making money and enjoying success. Her book, *The Money is Coming*, also became a *Sunday Times* bestseller last year.

Sarah’s interior design portfolio is edgy, interesting and full of colour. Showing you don’t have to stick to traditional looks and colour schemes, she’s the perfect inspiration if you want to be a little bolder with your decor. Some tips for invoking Sarah’s looks in your own home include:

Go back in time: A lot of Sarah’s influences come from different decades. Her 1930s-inspired bathroom uses pastel tiles in vintage shades, with contrasting black details to create this throwback look. Upgrade your own bathroom with some black accessories and perhaps a little touch of gold to throw in some glamour.

Make it fun: Sarah recently styled a rental apartment, and the result is fun, quirky and anything but dull. Your home should reflect your personality, and if you enjoy letting your hair down, why not let it show? Invest in some neon signs to brighten up any room, and check out novelty cushions and cartoon prints to spice things up.

Don’t be afraid of colour: Sarah’s home is bursting with colour, so why not be bold and bring colour into your own home? Sarah recently created her dream kitchen space using a classic and very popular terrazzo, but added in vibrant cabinets and a zesty yellow tap.

Will Sarah’s bold choices inspire you to inject colour into your interiors?

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AN EASY GUIDE TO

distressing
FURNITURE

There are a lot of great reasons to distress furniture. It adds character and charm and can be a simple way of making your pieces look more unique and expensive.

Distressing furniture is part of the upcycling trend that is seeing people ditch the flatpacks and pick up quality items that last. And the good news is, it's simple to do yourself. Check out this easy guide.

USE CHALK PAINT

Chalk paint is one of the most popular methods of distressing furniture. Simply apply two coats of chalk paint – either in the same shade or in a combination of two different shades – and allow it to fully dry. Take some furniture wax and a cloth to buff away at the paint to create a distressed look. It's ideal for furniture with edging, moulding, or other raised details.

SAND AWAY

An alternative method to distress furniture with chalk

paint is to use some furniture wax and sandpaper to buff the furniture to the desired finish. A final coat of wax will give added protection to your furniture.

GO LUXE WITH GOLD LEAF

With some sheets of gold leaf, you can give furniture a luxurious, distressed look that's perfect for adding a little glamour. The leaf is brushed onto the furniture and buffed to the desired finish with furniture wax.

APPLY A COLOUR WASH

A subtle wash of colour can add a distressed look to furniture without covering the original grain. Apply a coat of diluted paint to the furniture to create the desired look. The colour can then be sealed using wax or varnish.

Distressing furniture can be a lot of fun and is an easy way to give a new look to your items. Which technique will you try first?





SINK selection



LOOKING TO REPLACE YOUR KITCHEN SINK? HERE WE COMPARE THE DIFFERENT TYPES AND MATERIALS YOU CAN CHOOSE FROM

STAINLESS STEEL SINKS: By far the most popular type of kitchen sink in the UK, stainless steel offers unrivalled durability and practicality. Available in both traditional and contemporary styles, you can also find a wide range of matching taps and other appliances.

Benefits: Hard-wearing | Scratch-resistant | Versatile | Affordable



CERAMIC SINKS: Very common in country-style homes, ceramic sinks offer that farmhouse feel which is highly sought-after in kitchen design. High quality and aesthetically appealing, a ceramic sink is also very easy to care for.

Benefits: Will not dent | Seamless sealed fitting | Heat and stain resistant | Available in a wide selection of colours



BELFAST SINKS: Another popular sink style for traditional homes, Belfast sinks, also known as butler sinks, are deeper than your average sink so offer more space to clean larger items. In terms of visual appeal, these sinks tend to be made of fireclay or glazed white porcelain, which provides a smooth and luxe finish.

Benefits: Resistant to hot temperatures | Choice of one or two bowl styles | Will not dent



COMPOSITE SINKS: As the name indicates, composite kitchen sinks are made from a variety of different materials and are designed to have the appearance of a granite sink without the hefty price tag. With hundreds of different styles and finishes to pick from, these are a great choice for those on a budget.

Benefits: Heat, stain, scratch and chip-resistant | Uniform in colour | Great value for money

UNDERMOUNT SINKS: Mounted underneath your kitchen worktop, undermount sinks are perfect for kitchens where space is an issue. Offering a minimalist and modern design, this type of sink is easy to clean but can be tricky to install.

Benefits: Highly attractive in design | Often deep for more space | Ideal for contemporary-style homes

Photo credit: www.tapwarehouse.com



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EASY PEASY LEMON SQUEEZY

Did you buy a few too many lemons to go with your pancakes? Don't let them go to waste; instead, use them to freshen up your home. As lemons are naturally astringent, they are the perfect chemical-free cleaning aid.

MAKE YOUR TAPS SHINE: Remove any hard water build-up or mineral deposits from your taps by spraying lemon juice on the affected area. Wait 10-15 minutes and then wipe off with a clean cloth. This can also work to clean a dirty showerhead.

DESCALE THE KETTLE: When was the last time you looked inside your kettle? If it's been a while, you may be shocked at what you see. Fortunately, to remove all that nasty limescale, all you need to do is cut a lemon in half, place both halves in a full kettle, and then boil. Leave overnight and simply empty in the morning.

CLEAN THE MICROWAVE: If your microwave is looking more crusty than clean, then a leftover lemon is just what you need. Simply fill a bowl with water and the juice of one lemon and then microwave for 3-5 minutes. Wait a further five minutes to allow the lemony steam to work its magic, and then carefully remove the bowl and wipe clean.

CLEAN A CHEESE GRATER: Stop shredding your sponges and instead cut a lemon in half and run the pulp over the holes of your cheese grater. Once any leftover food has been successfully removed, rinse your grater under hot water.

REMOVE STAINS ON LINEN: To eliminate stubborn stains on linen, mix 1/3 cup of lemon juice and 2/3 cup of water. Apply to the affected area and gently rub. Once the stain starts to fade, wash your clothing and bedding as normal.



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LOCAL NEWS

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LOCAL NEWS BILLERICAY



Residents 'continue to fight' plans for relief road

Campaigners in Billericay are opposing plans for a new relief road and are demanding that they be withdrawn.

As part of a 1,700-home development nearby, Basildon Council is proposing a new road that would connect Frithwood Lane with Tye Common Road.

Frustrated protesters, who have been battling against the new road since the plans were announced in 2018, have argued that this would mean drivers would experience difficulty when trying to travel around the town.

Residents are also worried that the road would cut residents of Frithwood Lane and surrounding streets off from the rest of Billericay, and generate more traffic.

According to residents, the four estates comprising the development would "destroy" a large area of much-loved countryside and "reduce biodiversity".

Alasdair Daw, a member of Billericay District Residents' Association, said: "An unknown individual at Essex County Council came up with this idea of a partial bypass in south-west Billericay which would

divert traffic away from the congested Sun Corner area. They gave little or no consideration of where it would be diverted to."

Billericay Action Group produced a 40,000-word document outlining many of the faults with the specific Billericay sites and making arguments for a lower housing target for the whole borough.

Alasdair added: "We will continue to fight. Our Facebook page, Save Billericay from Housing Developments, is a great place to find the latest information."

A Basildon Council spokesperson said: "Work started in December 2014 on a new Local Plan that will provide the planning framework for the future growth and development of the Basildon borough area until 2034. The new Local Plan will identify land for housing, businesses, shops and leisure, as well as areas for protection, such as open space and sites important for wildlife. The Revised Publication Local Plan was submitted to the Secretary of State on March 28, 2019, for Examination in Public."

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Resident joins project aiming to end period poverty

A Billericay resident is volunteering to make reusable sanitary products to help bring an end to period poverty.

Helen Heard, who volunteers with The Pachamama Project, has made more than 5,000 pads to help refugees and vulnerable people around the world.

The Pachamama Project was set up by Bristol University student, Ella Lambert, and her friend, Oliwia Geisler, during the COVID-19 lockdown.

Helen said: "I'd been sewing scrubs and making

masks at the start of the pandemic. One day when I was driving, I heard Ella being interviewed on BBC Essex and it sounded like such a great cause."

The project now has around 1,000 volunteers in the UK and has distributed more than 40,000 pads in total in Lebanon, Greece, Turkey, the Turkish/Syria border, the US and the UK.

The pads take about 20 minutes to make and will last for three to five years.

For more information on The Pachamama Project, visit www.thepachamamaproject.org

Man jailed for seven years for manslaughter

A man has been jailed for manslaughter following an attack in Billericay in 2019.

Dennie Griffiths (pictured left), 28, of Paynters Mead, Basildon, was sentenced to seven years in jail for the manslaughter of Matthew Bion (pictured right), 31, of Wickford, at Basildon Crown Court last month.

Griffiths was sentenced alongside his co-defendant, Jade Chambers, 24, of Hermitage Drive. Chambers received a 12-month jail term, suspended for 12 months, for her role in assisting Griffiths.

The jury found both Griffiths and Chambers guilty of the charges when they stood trial at the same court on September 21, 2021, following two days' deliberation.

Following their convictions, Matthew's family said: "Matthew was a peaceful, gentle and caring man. It will forever bring his family and friends such pain that his life was taken through such reckless and unnecessary violence."

Matthew had gone for drinks with his partner and friends at Reids bar in Laindon Road, Billericay, on August 17, 2019.

As Matthew and his friends left the bar in the early



Photo credit: Essex Police

hours, an argument broke out between two groups. One of these groups contained Dennie Griffiths and Jade Chambers.

Matthew was trying to calm the situation when he was punched by Griffiths, causing him to fall to the ground. Griffiths then ran away before he and Chambers were arrested later that same night.

A post-mortem examination recorded that Matthew died on August 27, 2019, because of his head injuries sustained in the attack.

Griffiths and Chambers were charged following an investigation by the Serious Crime Directorate.

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Worries over pupils going to school on busy trains

Billericay councillors claim that children are being forced to go to school on packed trains, where they are unable to socially distance, as a result of service cutbacks.

Large crowds trying to board trains, following Greater Anglia schedule changes, have been witnessed by councillors Andrew Schrader and Anthony Hedley, and Basildon Mayor David Dadds at Billericay Station.

Mayor Dadds and the councillors attended Billericay Railway Station to speak to staff and commuters and see the effect of the recent timetable changes introduced by Abellio Rail NRW Greater Anglia.

Greater Anglia brought in a temporary revised weekday timetable on Monday, January 10, in response to a reduction in passenger numbers, which are currently at 40-50 per cent of pre-pandemic levels.

Cllr Schrader said: "The pandemic has changed a lot of things, but the scenes we saw at Billericay this morning [January 12] are not acceptable."

Responding to concerns, a spokesperson for

Greater Anglia said: "Greater Anglia is adding more services and making changes to its current revised weekday timetable, in response to feedback from customers."

Jamie Burles, Greater Anglia managing director, said: "We're very sorry for any inconvenience caused to customers by the new temporary timetable."

"We've listened to feedback and we're making changes to make journeys better for schoolchildren and commuters alike."

"We'll continue to monitor passenger numbers, listen to our customers and make adjustments if necessary."

"Our railway has changed as a result of the pandemic. We're seeing fewer commuters and business travellers owing to people working from home when they can, and we're now funded entirely by the government – and ultimately taxpayers."

"We have a duty to our customers and to taxpayers. We want to provide a reliable, punctual service for our customers, which is also good value for taxpayers."

Members gather for launch of new defibrillator

Billericay town councillors and members of Billericay Lions Club gathered together last month to officially launch their new defibrillator.

The club approached Billericay Town Council to offer funding for a lifesaving defibrillator, and councillors were delighted to accept.

The new defibrillator has been installed at the front of the Chantry Centre, in Chantry Way.

The defibrillator has now been registered on The Circuit, the national defibrillator network that connects defibrillators to NHS ambulance services across the UK.



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Food bank charity seeks donations and workers

A food bank in Billericay is appealing for volunteers and donations after demand for its services dramatically increased in the town.

The pressures on Billericay Food bank, which has been helping individuals and families in the town since 2018, have worsened since the beginning of the COVID-19 pandemic.

The food bank's volunteers sort donations, pack boxes and pick up donations from supermarkets, as well as delivering food and other essential supplies.

Vice-chairman of Billericay Food bank, Jim Rose, told **VISION** BillericayShenfield: "Although we have seen our numbers increase in recent weeks, we have always been able to help."

Billericay Foodbank is an independent charity operating from its community hub premises in Billericay High Street.

The food bank is open to receive donations at St John's Church, Outwood Common, on Tuesdays between 2pm and 4pm, and at Queens Park Community Link on Fridays between 10am and 12pm. Alternatively, visit the community hub at 8-10 High Street, Billericay.

Cash donations are welcome and payable directly to the Billericay Food bank account, with the sort code 40-52-40 and account number 00034363.

If you are interested in volunteering, call 07707 466262 or email info@billericayfoodbank.org.uk

Potholes listed as top attraction on TripAdvisor

Annoyed road users have mocked a notorious road in Billericay for its large potholes after TripAdvisor listed it as a top attraction.

Reviews praising Jacksons Lane in Billericay as a great place to visit recently went viral, prompting plenty of sarcastic responses on the website.

One review reads: "My car happened upon this hole yesterday and I teleported to Australia. Free trip during COVID-19, can't complain. Five stars."

Road resurfacing is scheduled for the next financial year, subject to budget approval, according to Essex Highways.

A spokesperson for Essex Highways said: "Jacksons Lane is inspected quarterly. A pothole on the road was made safe on Wednesday, January 12, and a



Photo credit: Google Maps

job has been raised for the road to be resurfaced in the next financial year subject to budget approval and programming.

"If a resident is concerned with the condition of any road Essex Highways is responsible for, they can tell us about it at essexhighways.org/tell-us"





LOCAL NEWS

from your neighbourhood



Photo credit: Google Maps

New train services to begin in first half of the year

Crossrail, Network Rail and Transport for London (TfL) have worked together to prepare for the start of Elizabeth line services at Shenfield Station.

With new stations, infrastructure, tracks and trains, the Elizabeth line will be opened in phases to ensure the railway is reliable for customers. To date, the new Class 345 trains have been introduced by TfL on the existing lines from Reading and Heathrow to Paddington, and from Liverpool Street mainline station to Shenfield.

The biggest milestone will happen in the first half of 2022, when the Elizabeth line will launch a passenger service between Paddington and Abbey

Wood Elizabeth line stations. In this initial phase, the existing TfL services, from Reading and Heathrow to Paddington mainline, and from Liverpool Street mainline to Shenfield, will continue in their current stopping pattern.

The Elizabeth line will increase central London's rail capacity by 10 per cent, the largest single increase in the capital's transport capacity in more than 70 years.

The railway is more than 100km long, with new trains operating in 42km of new tunnel and track under central London, connecting 41 stations and bringing an additional 1.5 million people within 45 minutes of London.

Two jailed for killing teenager in fatal crash



A man from Hutton has been jailed for 11 years for his part in a collision in which 16-year-old Liam Mooney was killed in Birmingham last year.

Paul Biggs (pictured), 26, of Hutton Drive, Brentwood, appeared at Birmingham Crown Court last month and was sentenced to 11 years and three months in prison after pleading guilty to manslaughter. He was also disqualified from driving for 12-and-a-half years.

Dale Sharpen, 31, of Vicarage Road, Woodford Green, was sentenced to nine years in prison after pleading guilty to manslaughter.

On March 22, 2021, Biggs, who was driving a Volvo in which Sharpen was a passenger, deliberately hit the moped Liam was riding, following an altercation. Liam died from his injuries the following day.

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Alex Burghart MP for Brentwood and Ongar

 LOCAL NEWS SHENFIELD

The Queen's Platinum Jubilee is a great national public event to celebrate this year, and I hope many of the groups and volunteers who came out in force to help during the height of the COVID-19 lockdowns last year will be joining together again for something a bit more celebratory.

I know many local groups and organisations are already planning events for their local communities to enable everyone to mark Her Majesty's 70th anniversary as sovereign of our great nation.

The Big Jubilee Lunch is one way to get involved here in Brentwood and Ongar. If that's something you would like to organise, you can find ideas and a support pack at www.edenprojectcommunities.com/the-big-jubilee-lunch

There will be a four-day bank holiday weekend in June and a programme of events, including Trooping the Colour, a service of thanksgiving at St Paul's Cathedral and a Platinum Party at Buckingham Palace.

Furthermore, a Platinum Jubilee medal will be awarded to people who work in public service,



including the Armed Forces, the emergency services and the prison services.

I have no doubt there are many people living in this constituency who remember the Queen's coronation in 1953, or some of the celebrations held for the Silver and Golden Jubilees. If you have any pictures or stories you would like to share with me about those local celebrations in years gone by, please get in touch via my website at www.alexburghart.org.uk

Grants available for businesses

Businesses in Shenfield which have been impacted by the Omicron variant of COVID-19 can now apply for a council grant.

Brentwood Borough Council has launched its Omicron Hospitality and Leisure Grant after securing £660,000 in government funding.

A new application must be made for this grant and certain criteria must be met to qualify for funding of between £2,667 and £6,000.

Leader of Brentwood Borough Council, councillor Chris Hossack, said: "I encourage all those with eligible businesses in the hospitality, leisure and accommodation sectors to go online and apply.

"We have been extremely efficient through 2020 and 2021 in getting this money out quickly to those who qualify, and we expect to do the same now. A further round of Additional Restrictions Grants will be opening shortly, which will be aimed at businesses that have been impacted by Omicron but cannot benefit from this new Hospitality and Leisure Grant."

Applications are now open and will close on February 28. To find out more, visit www.brentwood.gov.uk/-/funding-for-businesses#omicron-hospitality-and-leisure-grants-covid-19-grant



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BUILDING FINANCIAL RESILIENCE IN THE NEW YEAR

The start of a new year is always the perfect time to take control of your finances and grasp any opportunities that may lie ahead. This year, the case is even more compelling, with rising inflation and tax increases set to challenge household budgets up and down the country. So now really is the ideal time to quantify your assets and position them appropriately to build financial resilience for your future.

of any unforeseen circumstances and ensures you are prepared for life's key events, such as retirement. It's therefore vital to plan now for the future you deserve.

MILLIONS SET TO BE WORSE OFF

Analysis by the Institute for Fiscal Studies (IFS) shows that living standards are set to stagnate over the next few years. This year specifically, an average middle-income earner will see take-home pay fall by around one per cent as soaring household bills and increased tax burdens outpace any anticipated rise in wages. Research¹ also highlights the pandemic's impact on finances, with almost 16 million Brits feeling more financially vulnerable than before COVID-19 struck.

INFLATION-PROOF YOUR FINANCES

At the moment, inflation and its erosive impact on savings is a key concern for many. This has resulted in savers increasingly switching money from deposit-based accounts into investments, with research² suggesting more than half of adults have already done so.

BUILD A DIVERSIFIED PORTFOLIO

The spectre of rising inflation certainly means investors need to carefully consider the composition of their portfolios to ensure their money is potentially inflation-proofed. As always, maintaining a diversified range of investments is key, with appropriate portfolio construction enabling successful navigation through any periods of uncertainty.

PLAN FOR YOUR FUTURE

This situation is exacerbated by the fact that people typically devote relatively little attention to financial matters. A survey, for example, found more than four in 10 adults would either struggle to locate and access or had no idea whatsoever about their pension pots². Building financial resilience, however, lessens the impact

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¹Royal London 2021; ²money.co.uk 2021; ³Aegon 2021

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BRUCE KING

on 'The convincer'

Parrot PHRASING



In his latest column, sales mentor and personal growth coach, Bruce King, discusses an easy technique to help bring people round to your way of thinking.

There are so many ways to get people on your side, so let me share just one technique. It's the use of paraphrasing and parrot phrasing.

Paraphrasing means you repeat something back to someone in your own words; alternatively, when a prospect hears you using their words, that's parrot phrasing.

Here's an example from when my wife and I were visiting a car showroom.

I said to the salesman: "We're off on a skiing holiday and I'm looking for a car that's safe in snow, has a built-in roof rack that will take at least three pairs of skis, and a big boot for luggage. And I need one with some speed for the autobahns and power to get me up steep hills in the snow."

He led me over to a car and said: "This car goes like a rocket, has four-wheel drive, will easily take

skis, and has a big boot too"
That was paraphrasing. I was not convinced he understood precisely what I wanted.

What he should have said is: "Here's the Audi XYZ, ranked number three on the safe car list, four-wheel drive – really safe when driving in snow. There's a built-in roof rack with plenty of room for skis and a massive boot for your luggage and ski equipment. It has a powerful but economic engine with tremendous speed when you want it, and lots of power to get you up steep hills."

That's parrot phrasing. It tells me what I want to know, in words I used, and builds up great rapport.

So, from now on, don't paraphrase. Instead, be a parrot when convincing people.

More information:

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit bruceking.co.uk



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Weather WATCH



How reliable are the weather forecasts on our phones?

As rapidly changing mediums go, the weather is one of the most extreme, yet we hang so much hope on forecasts and will happily berate the weather forecaster when expected rain – or worse, sunshine – doesn't materialise.

We are equally scathing when the technology we use – online or via apps – on our computers, tablets and phones doesn't warm our spirits as far as the weather goes. And yet, our gadgets are more accomplished and accurate than ever when it comes to giving us an indication of what lies ahead.

The simple rule as far as weather goes is that the shorter the period, the more accurate the prediction. So while modern forecasts are pulled together by networks of computerised data, in simple terms, only short-term predictions are ever to be taken as gospel.

Any predictions beyond three weeks are, essentially, guesswork, while a margin of error of around two to three degrees Celsius can be expected for forecasts around a week away. That drops to a single degree when the prediction timeframe is condensed to 48 hours.

The most popular weather apps

The Weather Channel: Powered by IBM, this is the most accurate by detail and track record.

Dark Sky: This app is so good that Apple bought the company to ensure its bright interface and easy-to-understand design stayed exclusive to iOS.

AccuWeather: The firm celebrates 50 years of predicting the weather in 2022 and its app remains one of the most detailed out there.

BBC Weather: The most popular app in the UK, its popularity has much to do with our use of other Beeb assets, namely the website and iPlayer.

Carrot Weather: This chipper weather app combines accurate forecasts with sarcasm, wit and philosophy, and is well worth a look.

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The Queen's accession to the throne, which occurred on February 2, 1952, and of which the 70th anniversary is being celebrated this year, is perceived to be one of the happiest points of Elizabeth's life.

Sure enough, in the seven decades since, her dedication to her title, her responsibilities and her people has never once been called into question; and while members of the royal family all around her have been losing their heads, the now 95 year old oversees this great nation with every bit the same level of finesse and fortitude that she did in those early post-war years.

And yet the events that led her to take the throne were, ultimately, very sad, not least because it was her father King George VI's death that triggered her accession to the throne in the first place.

The Queen was staying in Kenya with her

husband, Prince Philip, when news broke that George had died at the age of 56. Elizabeth was only 25, and returned home immediately to be given the title of Queen at an Accession Council, held at St James's Palace.

It would be a full nine months before Elizabeth attended her first State Opening of Parliament, in November 1952, when the final formalities of her assuming the throne were complete. Sure enough, by the time she made her first speech to Parliament, you may suppose she had been afforded ample time to come to terms with the death of her father. Yet, as the celebration and fanfare of a new, young, beautiful, fashionable Queen filled airwaves and column inches the world over, inside she was still mourning her loss.

Fittingly, then, the die was cast for a life in which personal disappointments would always have to be put to one side in favour of the greater good.



HISTORY



Inspirational K A R R E N

BARONESS BRADY OF KNIGHTSBRIDGE CBE

Baroness Karren Brady of Knightsbridge CBE has proved herself to be the perfect antidote to Lord Sugar on the return of *The Apprentice*, and with the executive's impressive business career, she continues to be a true inspiration.

COVID-19 thwarted so much of what we took for granted, and in that description it's fair to include the BBC's seminal reality business show, *The Apprentice*.

For those who may have feared Lord Sugar's unique delivery of entrepreneurial entertainment might have returned somewhat changed in this 'new normal', you need not have worried. Within a few minutes of series 16 commencing in the first week of January, the former Amstrad chief was back in the boardroom barking a heady concoction of criticism and creative wordplay at a bevy of terrified young business hopefuls.

The former Spurs owner is the star of the show, no doubt, yet his sidekick, Karren Brady, is every bit the mirror image of the man – perhaps with even greater finesse and flair. The 52-year-old London-born businesswoman is upmarket to Lord Sugar's 'Saturday market', a reputation she has garnered across three decades of being one of the country's most successful and inspiring women in commerce.

Brady's is a prolific business brain, a cornerstone for the elevation of women in the workplace, and someone who relished the prospect of batting off sexism and chauvinistic attitudes when she first strode into the public consciousness at the start of the 90s.

At Birmingham City, she became the football industry's first-ever female managing director, at the age of just 23. Now vice-chairman at West Ham United, Brady was awarded a CBE for services to entrepreneurship in 2014, and finds herself at the very top tier of women in business.

Her commercial gravitas places her alongside the likes of Deborah Meaden, Mary Portas, Jacqueline Gold CBE and Baroness Michelle Mone OBE. Yet the cameras and flashbulbs shouldn't conceal a hard business edge that has helped West Ham United elevate themselves into an accomplished, established Premier League side, who now harbour genuine ambitions of Champions League football.

"In the early days, I had to overcome all those judgements, all that behaviour, but I loved getting stuck in and proving I had what it took," she says.

"I never doubted myself, not for a single second, and as the saying goes, if you can prove yourself at a football club, you can probably do it anywhere.

"For me, it's about innovation and hunger," she continues. "I've always had ideas, but they will only take you so far. What really gets you across the line is knowing how to formulate those bits of inspiration and then get them actioned."

Brady admits that time away from business offers her the best chance of crystallising those innovative thoughts – yet this is someone who returned from the birth of her second child after just six weeks, and was back working within a month of a potentially fatal cerebral aneurysm.

She added: "The moment business stops thrilling me is the moment I will walk away. You look at the good contestants on *The Apprentice* and they are thirsty for it – you can just see it in them. I love the process. Each time, I sense something special, and that's what makes it such great television, and such a great industry to be involved in."

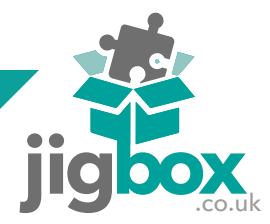


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Hutton business innovation set to improve mental health across U.K.

In recent years, due to the pandemic and “the new normal” many people have suffered with their mental health. Whilst the pandemic may have contributed to raising awareness, the true extent of this is still unknown. We all know the devastating affect that this had on our care homes. One area in particular where people suffered was through self-isolation, leading to loneliness. This is especially noticeable among care-home residents, many of whom may already be suffering with their mental health.

what may seem an impossible task. As we solve each section of the puzzle we are being mentally stimulated whilst simultaneously bonding with one another. Thus achieving a common goal — without doubt a hugely positive thing.



Throughout all this, the humble Jigsaw Puzzle – may hold the key to prolonging and maintaining good mental health.

We all appreciate fond memories of completing jigsaw puzzles, often while on a family holiday, many of us have grown up to overlook the benefits of puzzles. In particular there have been several reports of the mental health benefits of completing jigsaw puzzles. When we sit down together to complete a jigsaw puzzle, we are actually working as a team to solve

During the pandemic, many senior citizens and those forced to self isolate, found that jigsaw puzzles helped them through it. This is because, even when undertaken alone, completing a puzzle has *purpose*.

Firstly, your challenge is clearly laid out in front of you. Secondly you have a simple objective and finally, each piece, once placed, is a step closer to completing the challenge. The sense of achievement, once complete, is a great stimulus for our minds – especially

in a world full of uncertainty. It was during the pandemic that Brentwood printing company, getitprinted.com decided to launch **JigBox**. With a product range of jigsaws of multiple pieces, the company added an edge to help turn their puzzles into fantastic gifts – personalisation. “Whilst we had seen huge demand during lockdown, it was our personalised puzzles that were flying out.” Pete, lead designer at getitprinted.com told us. “Customers were sending jigsaws to relatives with family photos, memories, and personalised messages on them.”

This led the company to come up with a new product “We were aware that a lot of customers were ordering these as gifts as we can print and deliver within days, rather than weeks.” It was from this that the company decided to offer a subscription service, whereby customers can upload a different photo memory each month for their puzzles. They can even be sent to friends and family directly.

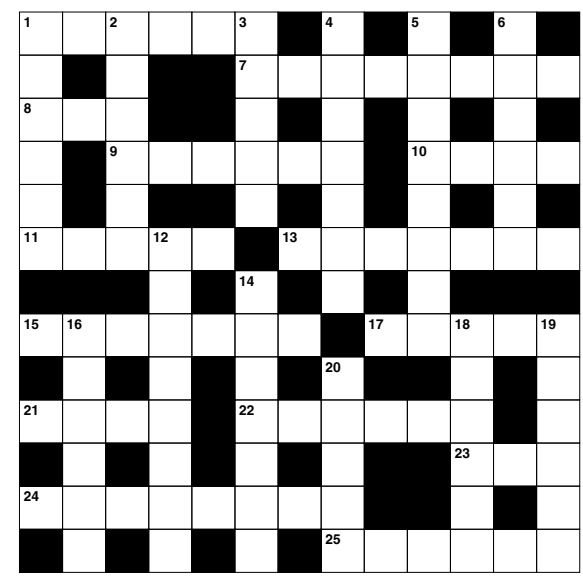
The “JigBox” service offers mental stimulation. The fact that customers can choose a family memory, is a great way to help any one who may need a little extra mental support – even if you can’t be there in person. ■

ACROSS

- Set fire to (6)
- Extremely tall (8)
- Arrest (3)
- Relating to a wedding (6)
- Main island of Indonesia (4)
- Discharge (5)
- Writing implements (7)
- Rise into the air (of an aircraft) (4,3)
- Determine the quality of an ore (5)
- Unit of length (4)
- Capital of Germany (6)
- Pecan, for example (3)
- Reference point; norm (8)
- Hearts (anag) (6)

DOWN

- Refuse to acknowledge (6)
- Take small bites out of (6)
- Composition for a solo instrument (5)
- Be too hot (7)
- Protrudes (8)
- Cry and sniffle (6)



- Infectious (8)
- Unconventional (7)
- Inborn (6)
- Poem of fourteen lines (6)
- Young people (6)
- Newly-wed (5)

DID YOU KNOW?

- ▶ A black bear has 42 teeth
- ▶ After digesting a meal, rabbits will sometimes eat their faeces to process the food for a second time
- ▶ A cat spends most of its life sleeping
- ▶ Giraffes’ tongues are so long they can clean their own ears
- ▶ A koala sleeps for between 16 and 20 hours every day
- ▶ Birds require gravity to be able to swallow their food
- ▶ A narwhal tusk is actually just an inside out tooth
- ▶ Sloths can take up to a month to completely digest a single leaf
- ▶ Spiders are arachnids, not insects.

SUDOKU

		8	6			5	7
		1		7	5	3	
			4				2
							6
	7			5		8	
3							
4					9		
	6		8	1		4	
5	1				2	9	



BUILD YOUR OWN BIRD BATH

There are a lot of great reasons to build a bird bath for your garden. It gives birds a place to have a drink and keep their feathers clean, and encourages more winged visitors to your garden.

Inviting birds to your garden is also a great way to help the local environment. They will bring you a lot of entertainment, and they'll even take care of some unwelcome visitors to your garden, like slugs and caterpillars.

Here's how to build your own bird bath in five easy steps, using a common garden plant pot.

1. Prep the plant pot

Make sure your plant pot is scrubbed clean and is sturdy enough that it won't be knocked over easily.

2. Attach the saucer to the base of the pot

Turn the plant pot upside down, so that the base is at the top. Using a strong adhesive, attach the base of the saucer to the base of the pot.

3. Find the perfect location for your bird bath

Place your bird bath somewhere accessible and high away from cats and dogs.

4. Add stones to make a perch

Adding some stones will give birds somewhere to perch so that they can have a drink, dry their feathers, and watch for predators. They're handy for any insects that decide to have a drink too.

5. Fill with water

Add water and simply wait for your feathered friends to arrive.

Your bird bath should stay topped up with rainwater, but if you experience a dry spell, remember to top it up to keep your garden visitors happy.



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GARDENING

Photo credit: ©Spin Gold TV 2021



How Charlie Dimmock blew a path through our approach to gardening

There was a time when gardener and presenter Charlie Dimmock was almost solely responsible for putting a sense of sexiness back into sage, saffron and sunflowers.

That reputation came about during her time as a presenter on the BBC's hit gardening show, *Ground Force*, alongside Alan Titchmarsh and Tommy Walsh, among others.

From 1997 to 2005, the show revolutionised our love of outdoor space, with previous gardening programmes usually making for rather serene viewing.

Just 30 at the time, Dimmock struck gold after meeting TV producer John Thornicroft at Romsey Garden Centre, where she worked.

Dimmock and her team revved up the adrenalin on the popular programme, transforming people's spaces with a punchy format that, at its peak, had more than 12 million viewers each week.

The show is also thought to deserve credit for

accelerating the trend for garden decking.

"If in doubt, deck it," laughs Dimmock. "It was certainly in trend back then, and we became a bit renowned for throwing some planks of wood at a problem; though of course the show was about much more than that, and we were sad to see it go."

Dimmock moved on to other projects, including presenting the BBC's Chelsea Flower Show coverage and the ITV series, *River Walks*. And *Ground Force* was revived, in part, when *Garden Rescue* brought the idea of home transformations back to terrestrial TV in 2016.

While the screen laps up her 'girl next door' approach to horticulture, Dimmock is an independent soul who has never married nor had children.

"There is a solitude to gardening and I think that has permeated through to the rest of my life," she says. "I value that and find it very important, and I'm at the age now where I don't think I'd want it any other way."



GARDENING



THINGS TO PLANT IN FEBRUARY

As the cold weather continues, gardening might be the last thing on your mind. However, if you want to enjoy a pretty and plentiful spring garden, you need to start sowing sooner rather than later.

HARDY ANNUALS AND PERENNIALS

Annuals that require a long growing season, such as lobelia, petunia, snapdragon and verbena, can benefit from being sown early. Start indoors or in a heated propagator to harden off before moving outside in the spring. Tough perennials, such as lupins, violas and hardy geraniums, can tolerate being planted in February and will brighten up even the barest of gardens.

GREENHOUSE CROPS

Chillies and tomato seeds can be sown indoors on a windowsill or in a heated greenhouse from February and will thrive as long as they have enough heat to germinate. Aubergines can also benefit from being sown early as the longer their season of growth, the greater chance they have to fruit. They need a minimum temperature of 25 degrees to germinate.

HARDY VEGETABLES

Vegetables such as peas, broccoli, kale, leeks and spinach are all strong enough to survive a cold snap. Start inside to establish growth, then to leave the healthiest seedlings, and then move to the garden. Broad beans can be sown directly outdoors as long as the soil isn't frozen, and garlic and shallots can be planted in light soil from mid to late February.

SUMMER-FLOWERING BULBS

Lily bulbs can be planted in a sunny spot outside in rich, well-drained soil from February onwards and make fantastic summer border flowers. Agapanthus bulbs are also perfect for this time of year, but should be planted in containers so that they can be brought under cover if frost occurs.

OTHER JOBS TO DO IN THE GARDEN IN FEBRUARY:

- > Prune winter-blooming shrubs
- > Sprinkle slow-release fertiliser around the base of roses
- > Cut down deciduous ornamental grasses
- > Chit seed potatoes by placing them in trays (sprouting eyes up) in a light, dry room.



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How tall?

WHAT ARE THE TALLEST MAN-MADE BUILDINGS AND STRUCTURES IN THE UK?

The UK is famous for its historic buildings, including more than 4,000 castles, palaces, and sprawling country estates. But modern Britain is home to some amazing skyscrapers and tall buildings too. But what are the tallest buildings and structures in the UK?

TALLEST BUILDING: THE SHARD

The accolade for tallest building goes to The Shard, located in London, standing at 310 metres (1,020 ft) tall.

Construction on The Shard began in 2009 and was completed in 2012, before officially opening to the public in February 2013. It's home to several offices, multiple restaurants and bars and, of course, the Shangri-La Hotel, giving visitors plenty of places to enjoy some of the best views in the whole of London.

TALLEST STRUCTURE: THE SKELTON MAST IN CUMBRIA

While The Shard is recognised as being the tallest building in the UK, it doesn't clinch the title of tallest structure. That honour goes to the Skelton Mast in Cumbria, a communications mast standing at an impressive 365 metres.

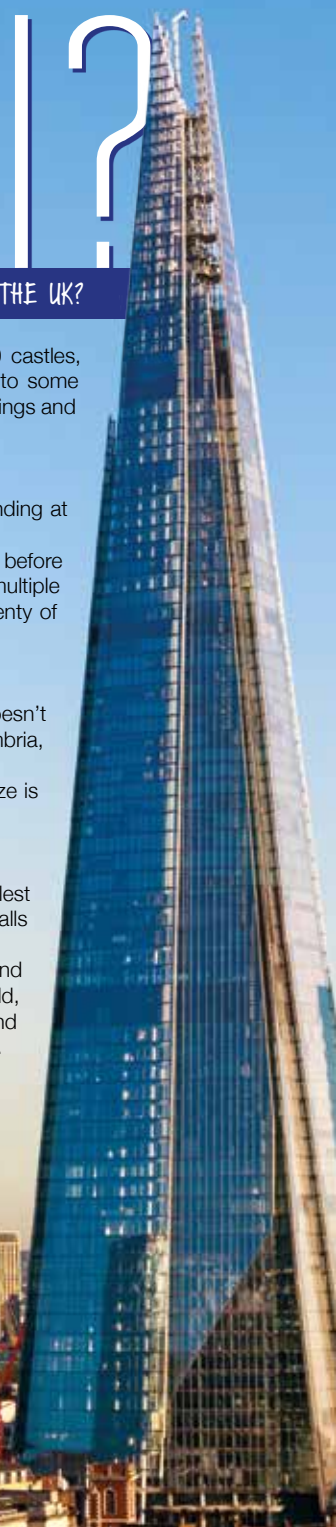
The Skelton Mast may not be the most photogenic of structures, but its size is still impressive.

BUILDING VERSUS STRUCTURE: WHAT'S THE DIFFERENCE?

So if the Skelton Mast is the UK's tallest structure, why isn't it classed as the tallest building? That's because a building is a closed structure and therefore has walls and a roof – giving The Shard the edge to be named the UK's tallest building.

While The Shard and the Skelton Mast take the prize for tallest building and structure in the UK, they're a long way from being the tallest building in the world, with the Burj Khalifa in Dubai standing at a huge 828 metres tall. The second tallest building is Merdeka 118 in Kuala Lumpur, standing at 678.9 metres tall.

If you've never been to The Shard or the Skelton Mast, perhaps you need to add them to your bucket list.



How to make a homemade kite

No childhood would be complete without learning to fly a kite, but why go to all the expense of buying one when you can easily make your own? Plus, your kids will love creating their own bespoke design.

YOU WILL NEED:

- > ½ inch (90cm) round wooden dowel
- > Ball of string
- > Small handsaw for cutting
- > Lightweight craft paper
- > Scissors
- > Glue
- > Roll of ribbon
- > Craft paints and brushes
- > A toilet paper roll

HOW TO MAKE:

- > Cut the dowel into two pieces – 1x30cm and 1x60cm
- > Carefully cut grooves into the ends of each dowel using the handsaw. Adult supervision is required for these first two steps
- > Arrange the dowels into the shape of a cross with the horizontal piece north of the centre
- > Wrap a piece of string several times to secure and tie off with a double knot
- > Run a length of string around the outside of the frame, tucking it into each groove, to create the kite frame
- > Secure the ends with a knot and cut off any excess string
- > Cut a piece of craft paper slightly bigger than the kite frame, allowing around 2-3cm excess on each end
- > Use scissors to cut around the kite, leaving a 2-3cm border
- > Fold the edges over the string and secure with glue.
- > Allow to dry and then paint your design
- > Once dry, cut a 30cm piece of string, fold it in half and tie a loop at the end
- > Tie the loose ends onto the horizontal dowel
- > For the tail of the kite, cut 6x10cm pieces of coloured ribbon and a piece of string 45cm long
- > Tie each ribbon around the string, knotting in the centre
 - > Tie one end of the string around the wooden dowel at the bottom of the kite
 - > Take a long length of string (depending on how high you want to fly your kite), tie around the toilet paper roll and secure with a knot.



Healing Herbs & Super Spices

If your four-legged friend suffers with osteoarthritis or any other inflammatory disease, botanical therapies can be used alongside pharmaceuticals to help improve their quality of life.

TURMERIC: The most widely used natural remedy for joint pain and inflammation, turmeric contains curcumin, which is known for being a powerful antioxidant. Antioxidants have the ability to neutralise free radicals which can contribute to painful inflammation and damage to joints.

How to take: Sprinkle dried turmeric directly onto your dog's food, approximately ¼ tsp per day for every 10 pounds of body weight.

BOSWELLIA SERRATA: Recent research has shown that Boswellia serrata can be beneficial in combating the effects of pain conditions. It works by inhibiting the production of a specific type of leukotriene which modulates the immune response to inflammation.

How to take: Ingest in tablet form.

CINNAMON: Cinnamon has been linked to a reduction in symptoms associated with conditions such as irritable bowel syndrome, diarrhoea, and inflammation of the joints. In small human studies, it has also been shown to have anti-inflammatory properties that may slow down the wear and tear of joint tissues.

How to take: Mix powdered cinnamon into their food. Approximately ¼ tsp twice daily for two weeks for a 50-pound dog.

HAWTHORN: If your dog suffers with arthritis, their symptoms may be alleviated with the use of hawthorn, as this herb can help the body to stabilise collagen, the protein found in joints that is destroyed by inflammatory diseases. Hawthorn can also help to improve circulation, which aids the body in eliminating toxins that can build up around the joints.

How to take: Hawthorn berries can be enjoyed as a healthy treat or you can buy hawthorn powder supplements.

You should always speak to your vet before giving your dog any botanicals as some should not be taken alongside certain prescribed medications, and to ensure the correct dosage is given.



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**LEATHER-FREE
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for the cruelty-free fashionista

Whether you are embracing a vegan lifestyle or are keen to explore ethical fashion, these innovative leather-free alternatives are taking the fashion world by storm.

MUSHROOM LEATHER

Made from the caps of a mushroom type called phellinus ellipsoideus, mushroom leather can be used and treated just like animal leather, but is engineered in an environmentally friendly way. As well as being sustainable, mushroom leather is water-repellent, non-toxic, durable and super soft.

PINEAPPLE LEATHER

The most widely known and widely used leather alternative, pineapple leather – also known as Piñatex – is made using pineapple leaves which otherwise would be burnt or discarded. Strong, durable, lightweight and breathable, this leather-free alternative is also significantly cheaper than animal leather.

CORK

Although not an imitation of leather, cork is a great choice for forward-thinking fashionistas. Sturdy, waterproof, recyclable and renewable, if you love to stand out from the crowd, this quirky, cruelty-free material is the one for you. It is a natural fibre that comes from cork trees, and by rocking cork, you are actively helping to prevent the desertification of cork oak forests.

RECYCLED RUBBER

If you are looking for leather-free accessories, then recycled rubber is just what you need. Created from objects like tyres and fire hoses, rubber is easy to care for and incredibly long-lasting. However, as this material does take a long time to break down, only invest in recycled rubber items if you plan to use them indefinitely.

APPLE LEATHER

Apple leather, as the name suggests, comes from apple harvesting. Made using the discarded skins and cores, apple leather is very similar in appearance to animal leather, but has a more paper-like feel. This means that it is the perfect texture for adding different backings, coatings and effects to garments.





SPONGES special

If you struggle to get your foundation to look just right, it might be because you're not using the right make-up sponge or because you're not using it correctly.

THE TRIANGULAR SPONGE

One of the first make-up sponge shapes on the market, triangle-shaped sponges are usually disposable, making them ideal for people on the go. That being said, owing to their rigid lines and points, you can struggle to distribute your foundation evenly and you may find you are left with a streaky finish.

BEST BUY: Avon Triangle Make-up Sponge

THE EGG-SHAPED SPONGE

A favourite among make-up artists and beauty editors alike, the iconic egg-shaped sponge has the ability to seamlessly apply a coat of liquid, gel or cream formula without any clumps in sight. Once wet, this sponge can double in size, helping you to control coverage with ease.

BEST BUY: Beautyblender

THE EGG-SHAPED MINI SPONGE

About the size of an almond, a mini egg-shaped make-up sponge is designed to for smaller areas of the face, such as around the eyes and nose. It can also be used to apply cream or powdered highlighter to the cheekbone, brow bone and bridge of the nose.

BEST BUY: Beautyblender Micro Mini

THE TAPERED END SPONGE

It may appear as though someone has taken a chunk out of this make-up sponge, but the combination of a rounded side and tapered end make this option perfect for both basic application and detailing.

BEST BUY: Real Techniques Miracle Complexion Sponge

HOW TO CLEAN YOUR SPONGES

- > Soak in warm water
- > Using circular motions, rub the sponge in the palm of your hand until all excess make-up comes out
- > Leave to dry naturally.

You should aim to clean your make-up sponges regularly and replace after three months of use.



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Healthy skin protects us from infection, mechanical damage and radiation. If skin is damaged, this protection is impaired and further damage may occur.

We should be careful not to take it for granted, but should look after it and protect it, if we want to benefit from its protection.

The big variety of products on the market can be quiet confusing. Plus, as we age, lots of advice is taken from social media, friends and magazines. And this advice can be conflicting!

If some celebrity is using it, we think that means it's good for us.

Or we buy it because it looks nice, smells lovely or comes in an attractive package. Sometimes we don't even look at what's on the label! We just take it and put it in our shopping basket. Does that sound familiar?

When you do your food shopping, you do look at ingredients, especially if you have allergies and intolerances, don't you? Absolutely! You want to



Viktoriya Rohal,
founder of
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avoid any adverse reactions that may worsen your condition.

Why is it so different when it comes to your precious skin?

It's vital to be kind to it and have a good relationship with it, especially if you already suffer from some skin issues. I know, it's very easy to get angry and start blaming your skin for not going out or even not having a boyfriend, start scratching it until it bleeds, covering it up with thick layer of make-up you shouldn't be using, or even worse, using tanning products or treating it with harsh chemicals to dry up spots and imperfections etc.

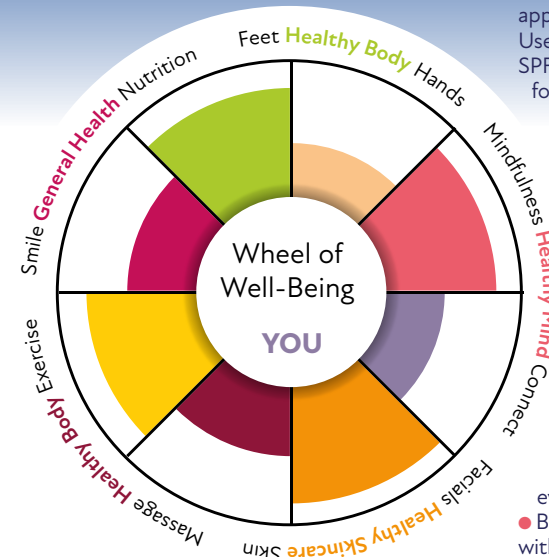
Your skin is not trying to ruin your life. It's sending you a message and asking for your help! It wants you to make changes in your skincare habits and lifestyle!

Remember: you should never self-treat diseased skin by using this or that cream you saw advertised on TV etc. You think you have saved money. Well you haven't.

Everyone's skin may have the same job and the same structure, but everyone's skin is different. What is good for one person, doesn't mean it is good for you. My skin might be more sensitive than yours. Mine might react better than yours to particular products or ingredients, and yours might react better than mine to other products or ingredients. There is no universal prescription. Please, remember that!

Proper skin routine is essential!

CLEANSING is vital for keeping your skin healthy. It's a good habit to develop from an early age. There is a wide range of cleansing products on the market, and it depends on your skin type, personal preferences and budget. Always cleanse your face both morning and night. Always double cleanse in the evening.



NEVER use face wipes as they can cause skin irritation and just smear make-up and dirt over your skin. The only wipes I advise my clients to use in an emergency – 99.9 per cent pure water baby wipes.

Avoid using very hot or very cold water. Always pat the face dry using a towel.

EXFOLIATION should be a regular part of your skincare routine. It's essential. It gives an instant improvement to the appearance of skin by removing the dry layer of upper skin cells. I do get clients complaining about dullness of the skin and most of the time it's because they don't exfoliate at all. How often you need to exfoliate very much depends on your skin type.

TONE: use toner or toning pads which are normally formulated with gentle acids to exfoliate dead skin cells and minimise clogged pores. They also help the products you use to penetrate deeper.

SERUM/CREAM: to keep the skin healthy and allow it to function effectively as a barrier. Helps to rebuild and protect the skin. Choose according to your skin type and its needs.

EYE CREAM: the skin around the eyes is thin and delicate compared to the rest of our facial skin. When

applying cream, do not pull or stretch the skin. Use a small pea-sized amount. Remember to apply SPF around your eye area. It's vital and very often forgotten about.

MASK: I love masks and recommend using them as maintenance at home between facial appointments and invasive skin therapies in the clinic. Always choose according to your skin type.

SUNSCREEN: a must product in your daily routine. Sunscreen protects against solar radiation, UVA & UVB. There are different types of SPF, which should be chosen according to your skin type and skin issues if you have any.

You should wear SPF all year round

- SPF30 should be increased to SPF50 in spring-and summer times. Remember to reapply every two hours when you are outside.
- Best to wear a separate broad spectrum sunscreen with minimum SPF30 rather than going for cosmetic products that already contain SPF.
- ALWAYS wear SPF50 after any invasive skin treatments in the clinic. NEVER ignore your therapist's aftercare advice!

Be KIND to your SKIN!
Remember you don't spend,
you invest in your SKIN!

DID YOU KNOW?

It's only as recently as the 1960s that skin care terms like cleansing, toning and moisturising became a part of everyday life. In the 1970s, cosmetic producers started to put natural ingredients to satisfy customers' desires for more organic products. In the 1980s, collagen started to be added into cosmetics and face masks for better skin elasticity. Retinol (vit A) was actually discovered in 1913 by an English biochemist, Frederick Hopkins, and first used topically for skin conditions in 1958. It was not until the 1980s that it was pioneered for use in anti-ageing treatments, which these days is one of the biggest weapons not only against ageing but acne as well.

“
The best foundation you can wear is
glowing healthy skin. Never be too
busy to be beautiful”



P.S. Feel free to access my little booklet with self-care tips and ideas on my website www.viktoryiahealth.co.uk. It includes 30 days of self-care challenge and you will get 50% discount on one of my treatments as well as self-care goodie bag if you complete it. Contact me directly for more information.

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BRITAIN'S GREATEST SPORTING MOMENTS...

SPORT

ANFIELD 1989

EACH MONTH, WE LOOK AT A SIGNIFICANT EVENT IN BRITISH SPORTING HISTORY. THIS MONTH, WE RECOUNT AN INCREDIBLE NIGHT AT ANFIELD ON MAY 26, 1989

That the 1988/89 season came down to the final fixture, Liverpool vs Arsenal at Anfield, and almost the final kick of a tumultuous league campaign, was horribly cruel on home supporters who had seen their lives, their club and their community ripped apart by the Hillsborough tragedy just six weeks previously.

Some questioned whether the season should have been completed at all following the tragic incident in which many fans lost their lives on the Leppings Lane terrace. But finished it was, and despite a horrendous backlog of fixtures, Liverpool bridged a 16-point deficit to lead Arsenal by three points going into the final game.

Arsenal required a two-goal victory in order to take their first league title in 18 years, and although Alan Smith's first-half header gave them the lead, Liverpool sat back and defended their

deficit in the second half.

Into the final minute, and Lee Dixon's long ball to Michael Thomas took a double deflection, bouncing ahead of the Arsenal man to send him clear on goal. As the ball approached home keeper Bruce Grobbelaar, time appeared to slow down, as legendary ITV commentator Brian Moore muttered those immortal words: "It's up for grabs now."

The midfielder arrowed the ball to the keeper's left and the Gunners had pulled off the most remarkable season finale.

Liverpool fans stayed behind to clap the victors as well as their fallen heroes, and the iconic match has been the basis of many books and dramas since, not least Nick Hornby's *Fever Pitch*.

It was a conclusion to a torrid season that will never be forgotten, nor beaten.

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HOW TO boost YOUR METABOLISM



HEALTH & FITNESS

If you are trying to lose weight, you may have heard about the benefits of boosting your metabolism.

While your body is constantly burning calories, boosting your metabolism can give you that extra edge when it comes to weight loss.

1. FOCUS ON STRENGTH TRAINING

If you tend to stick to basic cardio when it comes to working out, you should know that this is not the best way to boost your metabolism. Instead, turn your efforts to strength training and high-intensity workouts that will keep your body burning more calories for longer.

2. INCREASE YOUR FIBRE INTAKE

Most adults are only getting a little more than half of their recommended daily intake of fibre. However, by simply increasing the amount of fibre you eat to 30g per day, you can lose weight just as effectively as when counting calories. High-fibre foods include lentils, beans, chickpeas, broccoli, whole grains, dried fruits, and avocados.

3. GET SUFFICIENT SLEEP

A lack of sleep can cause a hormone imbalance in the body that directly affects both your hunger levels and your appetite. While a lack of sleep does not decrease your metabolism, it can make you metabolically groggy. However, by getting the recommended amount of sleep (seven to eight hours per night), it is much easier to maintain a healthy weight.

4. STAND UP MORE

Office workers spend an average of 75 per cent of their day sitting down. However, standing up is crucial for those wanting to boost their metabolism

and burn more calories. Try investing in a standing desk or ensure you take regular breaks throughout the day.

METABOLISM-BOOSTING FOODS:

- > Protein-rich foods such as eggs, almonds, chicken breast, oats, and cottage cheese
- > Spicy foods that contain fresh or dried chilli
- > Iron-rich foods such as spinach, kale and other leafy greens.





RAYNAUD'S

Awareness Month

Although relatively unheard of, Raynaud's disease is a common condition that affects up to 10 million people in the UK.

While for most people, Raynaud's disease isn't disabling, it can have a negative impact on their quality of life.

What is Raynaud's disease?

Raynaud's disease, pronounced Ray-nodes, is a condition that affects the blood supply to certain parts of the body, usually the fingers and toes. Raynaud's is typically triggered by cold, anxiety or stress.

There are two types of Raynaud's disease: primary Raynaud's and secondary Raynaud's. The former develops on its own and is much more common, whereas the latter is caused by another health condition.

What are the symptoms of Raynaud's disease?

- > Cold fingers or toes
- > Colour changes in your skin in response to cold or stress (usually skin turns white and then blue)
- > Numb, prickly or stinging feeling upon warming up or stress relief.

While Raynaud's disease most commonly affects the fingers and toes, it can also affect your nose, lips, ears, and nipples.

What causes Raynaud's disease?

There are certain factors that make you more likely to develop primary Raynaud's disease, including:

- > **Sex.** Women are more likely to be affected than men.
- > **Age.** Raynaud's disease tends to develop between the ages of 15 and 30.
- > **Climate.** This disorder is more prevalent in colder climates.
- > **Family history.** If a first-degree relative has Raynaud's disease, your risk increases.

Secondary Raynaud's disease is associated with autoimmune conditions such as rheumatoid arthritis and lupus.

How to treat Raynaud's disease

In most cases, you can manage Raynaud's yourself by avoiding the cold, wearing gloves, and using relaxation techniques when you feel anxious or stressed. Stopping smoking can also help to improve your symptoms, as smoking negatively affects your circulation.

If you struggle to control Raynaud's, ask your GP about nifedipine, a calcium channel blocker that can help to reduce your symptoms.



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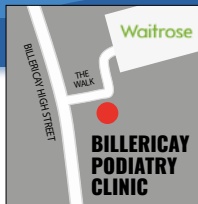
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Ingrowing nails, thickened nails and damaged nails can stop you from doing the things you love but can also affect your day to day lives and limit what you can wear. You do not need to suffer the pain in silence!

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HEALTH & FITNESS

Get the hang of the **HANDSTAND**

Instagram is awash with Lycra-clad ladies and muscled men perfecting the art of the handstand without even breaking a sweat.

Unfortunately, for us mere mortals, it takes a little bit more practice to enjoy living the upside-down life, but the below exercises should help you get there eventually.

THE HOLLOW HOLD

How to do:

- > Lie face up on the floor with your arms overhead, your biceps by your ears and your legs outstretched
- > Lift your legs and your arms so that both your feet and your shoulders are off the ground
- > Try to keep your head in a neutral position to avoid strain
- > Hold for 30 seconds and repeat twice.

THE PIKE HOLD

How to do:

- > Find a box or chair that can comfortably support your weight
- > Crouch facing away from the box or chair with your hands shoulder-width apart on the floor
- > Slowly step one foot up on top of the box and then the other and lift your hips upwards
- > Walk your hands closer to the box, aligning your hips over your shoulders and over your wrists
- > Gradually straighten your legs to form an L shape
- > Hold this position for as long as you can and repeat three times.

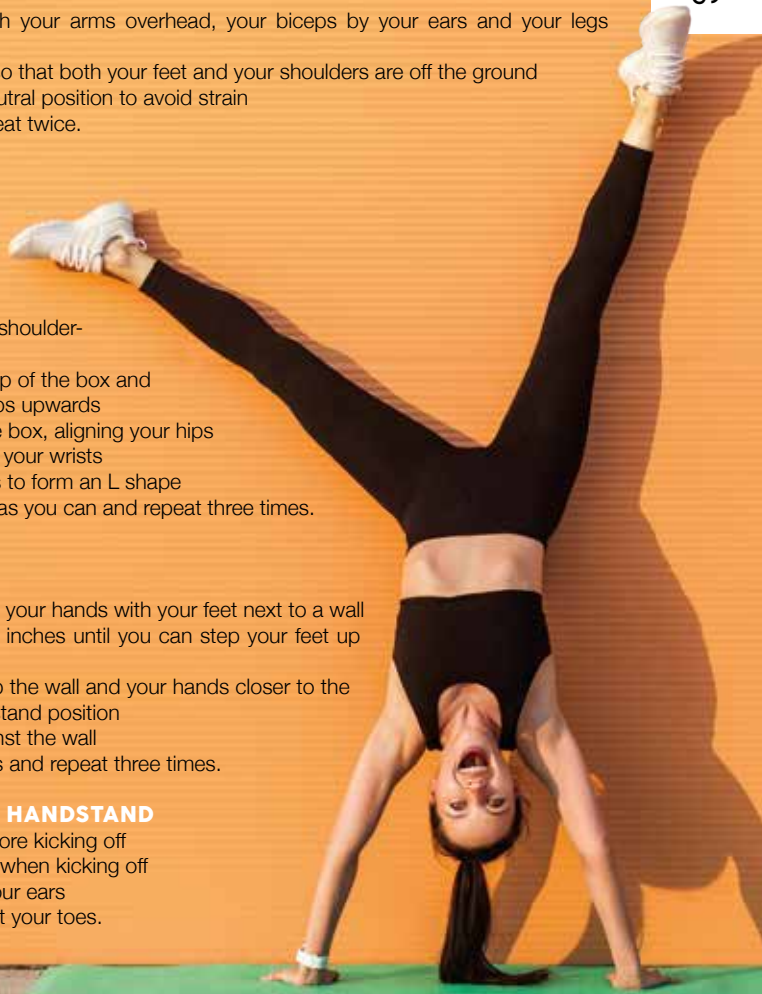
THE WALL WALK

How to do:

- > Get into the plank position on your hands with your feet next to a wall
- > Walk your hands back a few inches until you can step your feet up onto the wall
- > Continue walking your feet up the wall and your hands closer to the wall until you are in the handstand position
- > Try not to lean your hips against the wall
- > Hold for two to three seconds and repeat three times.

TOP TIPS FOR A BETTER HANDSTAND

- > Try to activate your glutes before kicking off
- > Push through your shoulders when kicking off
- > Lock your arms straight by your ears
- > Keep your legs tight and point your toes.





BEAN Bonanza

Dried beans often don't get the attention and appreciation they deserve, with many people allowing them to languish at the back of their cupboards. However, with so many different varieties, each with its own taste, texture and accompanying health benefits, you'd be foolish not to take advantage of these bountiful beans.

PINTO BEANS
Meaning 'painted' in Spanish, pinto beans are orange-pink with rust-coloured specks. High in fibre and protein, they provide an earthy flavour and smooth texture. Use to make refried beans or dips, or add to stews.

CANNELLINI BEANS
Also known as white kidney beans, cannellini beans offer a nutty taste and boast a thick texture on the outside, with a smooth centre. Known for their healthy credentials, cannellini beans help the body eliminate toxins. Delicious mashed or added to pasta dishes.

CHICKPEAS (GARBANZO BEANS)
Used predominantly to make hummus, chickpeas are round in shape, firm in texture and offer a nutty taste. Packed full of fibre and

protein, chickpeas are also known to lower cholesterol. Roast with olive oil for a crunchy snack, or add to curries.

BLACK BEANS
A staple in Mexican cooking, black beans have a velvety-smooth texture and a mild flavour. With a lower glycaemic index than other high-carb foods, black beans also contain magnesium, calcium, iron and zinc. Add to soups, salads and casseroles, or as an alternative for meat or even flour.

KIDNEY BEANS
Instantly recognisable by their vibrant red skin, kidney beans have a mild flavour, making them ideal for adding to chilli recipes. Containing as many antioxidants as blueberries, they are also rich in protein, omega-3 fatty acids and iron. Add to rice, tacos or curry, or mash to make a dip.

HOW TO COOK DRIED BEANS
Dried beans treble in volume when cooked and need to be soaked, preferably overnight, in cold water to soften before cooking.



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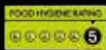
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EAT WELL

for less

If you are looking to cut back on your expenses and boost your savings this month, check out our top tips for eating well on a budget.

PLAN YOUR MEALS

Taking the time to plan your meals for the week – or even the whole month – can help to cut the cost of your food bill and stop you from ordering last-minute takeaways.

WRITE A LIST

If you tend to wander aimlessly around the supermarket, throwing whatever takes your fancy into your trolley, then this has to stop. When on a tight budget, it is vital that you make a shopping list of exactly what you need and stick to it.

WASTE NOTHING

Did you know that the average UK family throws away £60 worth of good food every month? Make sure you check the back of your fridge for forgotten foods and freeze any leftovers that you don't think you will eat right away.

STOCK UP YOUR FREEZER

Just because you are on a budget, it doesn't mean your family can't get their five a day. Frozen fruit and vegetables are highly underrated and are in fact even more nutritious than fresh produce as they are picked and frozen on the same day.

SWITCH TO CHEAPER BRANDS

Have you ever tried your preferred supermarket's own range? Many staples such as pasta, tinned veg and beans, and cereals taste just as good as premium brands and are significantly cheaper. Plus, most are made in the same factories.

GO MEAT-FREE

Meat and fish are typically the most expensive items on your shopping list, so why not try going veggie once or twice a week? Avoid expensive meat substitute products and instead fill up on seasonal veg and pulses such as beans, chickpeas, lentils and peas.

FILLING AND FRUGAL MEAL IDEAS

- > Jacket potatoes with chilli – opt for soya mince to save some money
- > Egg fried rice with frozen veg and/or ham
- > Sweet potato and chickpea curry
- > Spaghetti bolognese using red lentils.



FOOD & DRINK





Did someone say PANCAKES FOR ALL?

Whether you are trying a new diet, suffer from food allergies, or have become intolerant to a certain ingredient, the below alternative pancake recipes are just what you need

GLUTEN-FREE PANCAKES – serves 4

You will need:

125g gluten-free plain flour | 1 large egg | 250ml milk

How to make:

- > Put flour into a bowl and make a well in the centre
- > Crack in the egg and add ¼ of the milk
- > Combine using a hand or electric whisk
- > Once smooth, mix in another ¼ of the milk and whisk again
- > Mix in the remaining milk.

SUGAR-FREE PANCAKES – serves 4

You will need:

125g plain flour | 1 large egg | 250ml milk | ½ tsp baking powder | ½ tsp vanilla extract | Pinch of salt | Generous pinch of cinnamon

How to make:

- > Mix all the dry ingredients in a bowl
- > Mix all the wet ingredients in a separate bowl
- > Pour the wet mixture into the dry ingredients and whisk together.

DAIRY-FREE PANCAKES – serves 4

You will need:

125g plain flour | 1 large egg | 300ml hemp or coconut milk

How to make:

- > Put flour into a bowl and make a well in the centre
- > Crack in the egg and add 100ml of milk
- > Whisk until you have a smooth paste
- > Add another 100ml of milk and whisk again
- > Mix in the remaining milk.

HOW TO COOK PANCAKES:

1. Leave the mixture to sit in the fridge overnight if possible, or for at least 30 minutes
2. Set a non-stick frying pan or crêpe pan over a low to medium heat
3. Carefully wipe the pan with a piece of oiled baking paper
4. When hot, pour in a small amount of batter and cook for 1-2 minutes on each side until golden
5. Do not flip when bubbles start to appear, but when the bubbles start to pop and form holes.



Top LGBTQ+ DESTINATIONS for 2022

To celebrate LGBT+ History Month, we have sought out the top six most welcoming cities across the globe for LGBTQ+ visitors.

abundance of LGBTQ-friendly clubs and bars. Book a flight for late February/early March to enjoy Sydney's famous Gay and Lesbian Mardi Gras.

1. SAN FRANCISCO, UNITED STATES

One of the most progressive cities in the United States, San Francisco is known as the LGBTQ+ capital of America and boasts a rich history of gay rights activism.

Head to the Castro District, or visit in June to enjoy the annual Pride parade.

4. TORONTO, CANADA

Canada has some of the most progressive laws on LGBTQ+ rights in the world, so you can expect an accepting attitude when you choose to holiday here.

Make a beeline for the lively Church and Wellesley district to experience a thriving LGBTQ+ scene.

2. COPENHAGEN, DENMARK

Denmark was one of the first countries to legalise same-sex civil partnerships and has a long reputation for inclusive social attitudes.

Visit Centralhjørnet, one of Europe's oldest gay bars, or celebrate Pride in August.

5. BRIGHTON, UNITED KINGDOM

If you want to stay in the country, Brighton is often considered the LGBTQ+ capital of Britain. With no shortage of LGBTQ-friendly bars, clubs and hotels, as well as an annual Pride parade in August, you will feel right at home in this vibrant seaside town.

3. SYDNEY, AUSTRALIA

Welcoming and open-minded, Sydney is a great destination for LGBTQ+ travellers. Whether you are single or coupled up, head to Oxford Street to experience this city's vibrant nightlife with an

6. MANCHESTER, UNITED KINGDOM

Another UK destination, Manchester's notorious Gay Village is a must-visit for any LGBTQ+ traveller. Known for its lively nightlife, Manchester has also received global recognition as one of the most LGBTQ-friendly cities in the world.



MOTORING



50 years of RENAULT 5

ICONIC, ANGULAR AND LIKE NOTHING THE UK CAR MARKET HAD SEEN BEFORE, WE LOOK BACK ON THE LAUNCH OF THE RENAULT 5 50 YEARS AGO

The Renault 5, for a long period, would be regarded as one of the most iconic run-around cars on the road.

Its launch on January 28, 1972, ushered in an era of convenience motoring, where the ranging, gas-guzzling saloons were finding themselves put to one side in preference for modern machines that would set the trend for years to come. They were a world away from the old-fashioned Hillman Imps, and became the precursor for the trendy hatchback.

The original 5, which would stay in production for 14 years, with more than five-and-a-half million being produced, almost never happened at all. Michel Boué, a Renault employee, sketched a design for the car in his spare time and outside his normal duties.

It was only because Renault executives heard

about the popularity of his drawings that they asked to take a look. So impressed were they that they authorised an immediate development programme.

The public was similarly taken with a model that combined sharp lines with Gallic flair – a so-called ‘supermini’ with a hatchback design that contained the unusual feature of taillights that progressed right the way up from the bumper.

The model’s launch price in the UK was £4,149 – that’s around £60,000 today factoring in inflation – though despite the hefty figure, sales were good.

In the years that followed, Renault would cement the status of its iconic model by launching a number of variants, including an Alpine model, a US version called Le Car, and even a Turbo option that competed successfully in motorsport events.

A second generation came about in 1984, with production finally ceasing in the mid-90s. Sadly,

Boué died of cancer in 1971, just months before the car he designed hit the market, but his legacy continues to live on.



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