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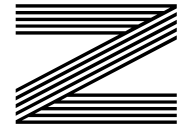
**HOW TO
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TAKING A DEEP DIVE
into Tom Daley's success

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LOVE YOUR LYMPH



Viktoryia Rohal,
founder of
Viktoryia Health

In this article, I'd like to talk about the importance of the lymphatic system and lymphatic drainage massage with the Pressotherapy Body Ballancer.

The lymphatic system sits alongside your body's cardiovascular system, quietly helping to look after your health. Its function and the vital role it plays in preventative health is widely recognised by doctors in Europe and the Far East, but less so in the UK.

The reason the lymphatic system is so important is because it performs three critical functions:

- It supports your immune system by removing toxins, dead blood cells, pathogens and other waste.
- It helps your body absorb fats and fat-soluble vitamins from your digestive system, delivering these nutrients to cells where they're used as fuel.
- It removes excess fluid – known as 'lymph' – and waste products from the spaces between the cells and organs of the body.

10 TOP FACTS ABOUT THE LYMPHATIC SYSTEM

- 1 It's the least understood and most undervalued of all the body systems, yet if it stopped working, we'd die within 24-48 hours!
- 2 It's around twice the size of the blood-circulation system and manages almost double the volume of fluid daily.
- 3 Lymph fluid starts its life as plasma, the watery component that makes up over half our blood volume.
- 4 There are between 400 and 800 lymph nodes in the body that constantly monitor and filter the lymph to remove toxins, waste and pathogens.

- 5 Swelling of the lymph nodes (or glands) in your neck is an indication that the body is in the throes of fighting an infection.
- 6 The lymphatic system has been described as the 'distribution network' of the immune system and works seamlessly alongside it to fight bacteria, viruses and any other undesirables that make their way into the body.
- 7 Far from being a useless, dead-end tube, the appendix has recently been discovered to be an important part of the lymphatic system.
- 8 Your gut is lined with millions of lymphatic vessels (called lacteals) that absorb the fats and fatty acids you ingest and transport them directly to the heart, where they enter the circulatory system as fuel.
- 9 The lymphatic system is considered to be the most important body system in Ayurvedic medicine, which considers it to be the 'water of life'.
- 10 Unlike the circulatory system, the lymphatic system is a one-way street with no pump, relying on movement, gravity and breathing to keep it flowing.

WHAT IS LYMPHATIC DRAINAGE MASSAGE?

The lymphatic system depends on muscle contraction and deep breathing to remove fluid and toxins from our body. But lymphatic drainage massage is another important way to keep the system running smoothly.

Less well-known in the UK, lymphatic drainage is a specialised form of massage used widely in Europe, the Far East and other parts of the world to improve lymphatic flow.



Lymphatic drainage massage was first promoted as a therapy in the 1930s by Dr Emil Vodder for treating the symptoms of sinusitis and chronic colds. He discovered that working on the swollen lymph nodes on the face and neck of his patients had a dramatic effect in decongesting the sinuses, eliminating inflammation and in many cases reducing headaches, migraines and even improving facial blemishes.

If a healthy lymphatic system becomes compromised due to illness or a poor lifestyle, this can lead to a range of issues, including tissue swelling, poor skin tone, excess weight, cellulite, headaches, joint pain, fatigue and greater susceptibility to illness.

WHAT IS BODY BALLANCER (PRESSOTHERAPY)?

The Body Ballancer is an award-winning pressotherapy system, known as Rolls Royce

of lymphatic drainage massage. It uses patent protected inflating compression garments to apply a gentle or firm massage.

This massage motion, with its specific direction of flow from the base of the limb to the torso, increases circulation and gently but thoroughly decongests the problem areas of hips, thighs, buttocks and upper arms.

The Body Ballancer action accelerates the removal of waste products and excess fluid via the lymphatic system, reducing the appearance of cellulite, improving skin tone, and reducing volume in areas affected by excess fluid retention. Meanwhile, its gentle, rhythmic action promotes relaxation whilst boosting immune system function.

Body Ballancer is exclusively available at Viktoryia Health as a stand-alone treatment or incorporated in my advanced facials.

Contact me directly for more information.

I'm collecting donations for the Ukraine Relief Charity. Please contact me if you would like to help out.

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Editor's notes...

APRIL 2022



Nik Allen, Editor

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

It's fair to say we've all been shocked and saddened by events in Ukraine, as Putin's military offensive tears apart the lives of millions of innocent people.

It's difficult to see any silver lining in skies filled with the rain of artillery shelling, yet there is perhaps one, and it is significant in protecting us from the catastrophe of a full-on world war.

The answer is the digital age. In the past, wars were fought with tanks and guns, whereas we now live in an age where disincentives for conflict can be laid by freezing of funds, removal of services and banning of oligarchs.

Russia's army pursued Ukraine through bloody warfare, yet back in Russia, the everyday trades, services and liberties that were afforded their citizens are being squeezed.

It gives me hope that wars these days are about more than who has the biggest weaponry. We are so interconnected by the digital age, that threatening to flick a switch might be the most dynamic deterrent.

I can only hope that Putin realises quickly that while punishing the people of Ukraine, he is doing the very same thing to his own.

Nik Allen

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FROM NOSE CLIPS TO KNITTING NEEDLES, TOM DALEY OBE'S DIVE FOR DELIGHT GOES ON

There is a perennial youth about Tom Daley OBE that sets him apart from so many of our other stars of the pool.

Sure, he possesses all the boyish good looks and charm he had when first making waves – although, as a diver, preferably not too many – back in 2008 with his first of four Olympic appearances.

The shelf life for a competitive diver is usually preciously short, particularly when combined with constant invitations to engage in media duties, campaign work and promotional activity.

Yet Daley has maintained focus, kept an eye on the prize and, in what may well be regarded as the heyday of his career, is arguably more successful than ever, having scooped gold in the Tokyo Olympics last year on the 10m board.

"I love what I do, and while it's great to have a

career in the media, that's never what I set out to achieve," he says. "What I wanted, from day one, was to be successful, and I'm not going to give that up until my body tells me it's time to."

It has been a whirlwind 12 months for Daley, who was named Best Male Diver at the LEN Awards this year and came second in BBC Sports Personality of the Year. Yet it was in partnering Matty Lee on the 10m board at the 2020 Tokyo Games last year – the event being delayed by a year because of COVID-19 – that Daley recounts as his greatest Olympic performance of them all.

He says: "It was a case of eighth time lucky, you might say. It was one of those events where you start well, hold your momentum, then it suddenly comes into focus that you might have a real chance of doing something special.

"It validates everything I have put into the sport."

And while Daley is a public figure with a hugely marketable profile – "I don't really think of myself as anything other than a diver... fashion photoshoots always involve me wearing more clothes than I do for my day job" – much of his desire to keep achieving in the sport he loves has been at the expense of other professional opportunities, as well as a proper home life. He wed American screenwriter, director and producer Dustin Lance Black in 2017, and a year later the couple had a son together, named Robbie.

"There is a huge toll on your private life in a sport such as this, but I try my best to balance things," says the double world and six-time British champion.

Daley, who recently launched knitting website Made With Love, is a passionate philanthropist. Recently,

he completed a gruelling four-day challenge in which he rowed, cycled, ran and, of course, swam the distance between the Olympic Park in Stratford and his home town of Plymouth, to raise money for Comic Relief.

When Tom finally reached the finish line, he said: "If you can, please donate what you can to Red Nose Day because it would make a world of difference to so many families all across the country.

"To come home and see all my family here, as well as so many people, is pretty special, so thank you. I don't really know what else to say other than I just need to go and sleep for about six years. Thank you all so much and love you.

"It was one of my toughest challenges yet, but epitomises how I just want to keep pushing myself forward."



STORM CHAOS

STORM EUNICE MAY HAVE BLOWN ITSELF OUT, BUT THE AFTER-EFFECTS ARE LONGER LASTING

Storm Eunice came, saw and conquered. She may have taken the name of someone your grandmother used to bump into at the local jumble sales, but there was nothing charitable about this confrontational weather system that wreaked havoc over the course of a three-day period, causing damage estimated at more than £350million.

Eunice was one of the most powerful to hit the south coast of England since the Great Storm of 1987. A top wind speed of 122mph whipped round The Needles of the Isle of Wight, while inland trees were felled, roofs damaged – including that of The O2 arena – transport routes closed, and major incident warnings issued by the emergency services.

More than a million homes were left without power at various points across a 72-hour period, beginning on February 17.

Ultimately, Eunice blew herself out, and gradually things have got back to normal; although for the

families of the three fatalities of the UK storm, things will never be the same again.

The naming of storms has always provoked interest, although the practice is relatively new and only dates back to November 2015, when Abigail was the first to be named. The Met Office decided labelling them would do more to alert people to how dangerous they could be, as well as making the reporting and following of them an easier task. There is real science behind the theory too – the human brain attaches a stronger emotional tie to a name than it does to a concept.

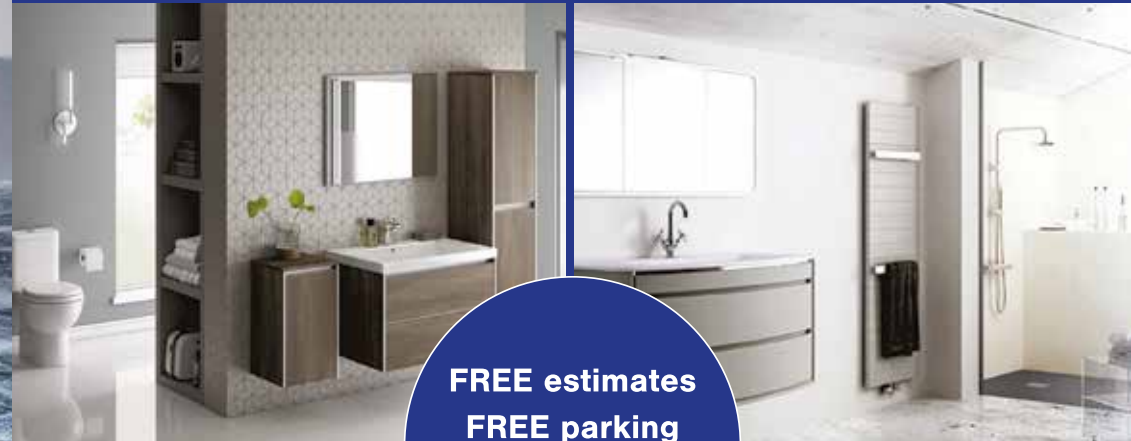
What we shouldn't do is confuse a relatively gentle title for something that, at its worst, can be fatal. Dudley, Gladys and Ruby may sound sweet and unassuming, but they're anything but at 3am as tiles are ripped from your roof.

The best news is that the Met Office invites people to send in their own suggestions of names – email nameourstorms@metoffice.gov.uk with your own cute (or totally terrifying) choice.

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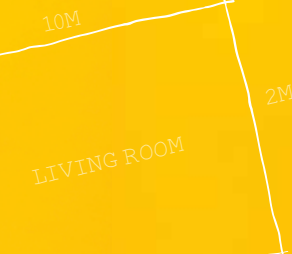
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HOME & DIY

PAINT BY NUMBERS



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HOW TO CALCULATE HOW MUCH PAINT YOU NEED WHEN DECORATING

Painting is one of the easiest DIY jobs you can do around the house. There's not much skill involved, materials are cheap, and it's easy to do once you get the time.

But one thing that frustrates DIY painters is not knowing how much paint is enough for their project. This leads to repeat visits to the decorating supplier, delays to your job, and frustration.

We're here to help you work out how much paint you need for your next project. Take a look at this simple guide for our top tips.

MEASURE YOUR SPACE: Knowing your figures will make the process of buying paint much simpler. Multiply the height and width of your walls to give you a square metre measurement to work with.

CONSIDER HOW MANY COATS YOU NEED: The number of coats you will need will depend on the type of paint you use. Some paints may only need one coat, but the majority will need two or three coats to achieve the desired look.

MAKE YOUR CALCULATION: Your paint tin should tell you how much coverage per square

metre it provides.

Divide the square metre number for your space by the suggested coverage amount on the tin, to work out how many tins you'll need.

For example: If you're painting a wall that's 10mx2m (20m²), and a 5-litre tin of paint covers 10m², you'll need two tins of paint. Et voilà, it's that simple.

SOME QUICK AND HANDY TIPS: These tips can provide you with a rough guide for calculating paint for different spaces:

- > 1 litre of paint will cover a feature wall (approx 2.5m²)
- > 2.5 litres of paint will paint an entire small room (approx 2mx2m)
- > 5 litres of paint will paint an entire medium room (approx 4mx4m)

This is for two coats of paint, for a standard wall height of 2.4m.

Knowing how much paint you need will help you get started on your projects, help you save money, and avoid the frustration of having too little or too much paint.



HOME & DIY

3 REMOVAL REMEDIES FOR BLACK MOULD



Black mould is a common, yet nasty, household problem that no homeowner likes to face. However, there are remedies that promise to eradicate all signs of this troublesome tarnish.

BAKING SODA: If you want a natural remedy to remove black mould from your home, then a little baking soda is all you need. Used for generations to banish black mould, baking soda has a pH level of around 8-8.1, which is too high to allow mould to thrive.

HOW TO MAKE AND APPLY A BAKING SODA SOLUTION:
Add ¼ tsp of baking soda to 2 cups of water | Pour into a spray bottle | Liberally spray the affected area and scrub thoroughly with a brush | Rinse with cold water | Treat again to prevent the mould from returning.

VINEGAR: Another natural remedy, vinegar is acidic, with a pH of around 2.5, which means it can attack the structure of mould and actively break it down.

HOW TO APPLY VINEGAR:
Pour undiluted vinegar into a spray bottle | Spray directly onto the affected area | Leave for 15 minutes | Spray again and wait a further 15 minutes | Wipe clean with a damp rag.

BLEACH: Known for its ability to kill practically everything in its path, bleach is a powerful cleaner that can effectively get rid of black mould on non-porous surfaces such as tiles and sinks. The only problem with using bleach is that you need to be aware of the bleach fumes. Make sure you wear rubber gloves and a faceguard before you start cleaning.

HOW TO MAKE AND APPLY A BLEACH SOLUTION:
Mix one part bleach with four parts water | Pour onto the affected area and gently scrub with a damp cloth | Once finished, dry the area with a soft cloth.

OUR TOP TIPS FOR PREVENTING BLACK MOULD: Invest in a dehumidifier | Keep kitchens and bathrooms well ventilated | Tackle leaks as soon as they appear | Spread out towels and shower curtains to dry.



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WALK-IN SHOWER vs



WET ROOM



Walk-in showers and wet rooms have never been more popular, with families, professional couples and people with mobility issues all taking advantage of their stylish and practical designs.

However, what exactly is the difference between a walk-in shower and a wet room? And which one is right for your home?

WHAT IS A WALK-IN SHOWER?

Walk-in showers typically exist on a shower tray that has been installed directly onto the floor. They are not an extension of a bath and instead have their own cubicle. They are built as low to the main surface of the bathroom as possible so that you can enjoy a seamless transition from one space to the next.

WHAT IS A WET ROOM?

A wet room is a completely waterproof bathroom space that features a shower area that is flush with the rest of the floor. Water drains through a drain that is usually located in the shower section, and the room can include a shower screen to reduce spray in the bathroom.

WHAT ARE THE MAIN DIFFERENCES?

While a wet room is an open-plan space in which the floor has been altered to allow water to drain from it, a walk-in shower features a low-profile shower tray that has either one or two glass screens. Both options provide easy access and style. Often, homeowners opt for a walk-in shower if they do not have the budget for a wet room.

WHY CHOOSE A WALK-IN SHOWER?

- > Ideal for smaller bathrooms or en suites
- > Perfect for people with limited mobility due to the low shower tray
- > Offers a minimalist design
- > More affordable than a wet room
- > Low maintenance

WHY CHOOSE A WET ROOM?

- > Easy access for the elderly and disabled
- > Incredibly luxurious
- > Suitable for small and large bathrooms
- > Easy to clean
- > Can add value to your home.



HOME & DIY



5 USES FOR

SODA CRYSTALS

Cheap and versatile, soda crystals can be used for so much more than just softening water or cleaning your washing machine. A powerhouse of a product, soda crystals will fast become your go-to cleaner for many common household tasks.

1. TO UNBLOCK THE SINK – If your plugholes become clogged with food waste, debris and grease, you are likely to experience unpleasant odours and slow-draining water. Rectify this by pouring one cup of soda crystals directly down the plughole, followed by a kettle of boiled water.

2. TO CLEAN YOUR EXTRACTOR FILTER FAN – If your extractor fan is covered in grease, this can be easily remedied with soda crystals. Create a strong solution using one cup of soda crystals and one pint of water, pour into a bowl, and let your filter soak for 10-15 minutes. Scrub any leftover residue using a sponge and then rinse.

3. TO REMOVE ALGAE FROM PATIO OR DECKING – Over the winter, your outdoor patio or decking may have succumbed to algae and moss. To get it looking new again, create a regular solution of soda crystals using ½ cup of crystals and one pint of water and pour over the surface. Leave to sit for an hour, scrub with a firm bristle brush and rinse with a hose.

4. TO RESTORE CARPETS AND RUGS – Soda crystals are the perfect cleaning solution for dull and faded carpets or rugs. All you need to do is sprinkle an even layer of soda crystals over the area and leave for a few minutes. Then apply your normal carpet cleaner to finish.

5. TO SOFTEN TOWELS – Crunchy towels are the worst, but fortunately, this problem can be easily solved by soaking them in a regular solution of soda crystals – mix ½ cup of soda crystals and one pint of warm water. Leave for one hour then rinse.



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HOME & DIY

NICK OF TIME



NICK KNOWLES CELEBRATES 30 YEARS ON OUR SCREENS

When Nick Knowles said an emotional farewell to his *DIY SOS* show at the end of 2021, it brought the curtain down on an impressive period of renovating, refreshing and reviving people's living spaces.

It's a shame the 59 year old's tenure ended in such acrimonious fashion – the presenter was unceremoniously binned after appearing in an advert for Shreddies. In mimicking his role in *DIY SOS*, he had broken a BBC contract rule, and the axe fell. Comedian Rhod Gilbert replaced Knowles, who has since not been short of offers for new work. So it appears that life – and home improvements – continue.

Knowles got his break in television back in the early 1990s as a reporter on nightly news show *Coast to Coast*, which aired on TVS, the precursor to ITV Meridian.

From 1994, he presented a motorcycle programme called *Ridge Riders* for eight years, before the BBC saw Knowles' potential and

matched him up with Lowri Turner for a new-launch DIY show that would ride on the coattails of the hugely successful *Changing Rooms*.

The format of *DIY SOS* was fast-paced and usually leant on solving property issues for those in need of help, rather than people simply wanting a change of decor.

The success of *DIY SOS* led Knowles into daytime shows such as *Real Rescues*, *Wildest Dreams* and *Last Choir Standing*. However, it was becoming a game show host, notably through the lottery programme, that shaped the charismatic Southall-born frontman. *Who Dares Wins*, *Secret Fortune*, *Perfection* and *Break the Safe* guided him to star presenter status, and the inevitable *I'm A Celebrity* invitation. He subsequently finished sixth in the 2018 show, which was won by Harty Redknapp.

As for what comes next, Knowles's *Heritage Rescue* show on Quest looks at historic buildings in need of restoration – proof that there's always another DIY project lurking just around the corner.

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- > **Affordable:** Another big plus point, Berber carpet comes in a variety of different types, with options to suit all budgets. If you don't have much to spend, opt for olefin or polyester Berber carpets, or, for those who don't mind splashing the cash, wool offers a touch of luxury.

REASONS TO AVOID BERBER CARPET

- > **Prone to snagging:** Although designed to last, Berber carpets are prone to snagging owing to their looped nature. Even if only one loop becomes snagged, you need to repair this immediately or risk the whole carpet coming apart.
- > **Not good for pets:** As Berber carpets are easily snagged, pets can cause havoc with this style of carpet. Cats, in particular, are attracted to the roughness of this carpet and may use it as their new scratching post.



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LOCAL NEWS

from your neighbourhood

LOCAL NEWS BILLERICAY



New £1m hospital unit offers facilities to families

Premature babies will now benefit from a £1million investment in the Neonatal Intensive Care Unit (NICU) at Basildon Hospital, which boasts state-of-the-art facilities funded in part by a Billericay couple.

The NICU has 19 cots, a breastfeeding area, a lounge for parents and 10 specialist recliner chairs. Eight of these chairs were paid for by Mid and South Essex Hospitals Charity, which donated more than £50,000 to the NICU.

The unit at Basildon Hospital also includes a Rooming-in Room.

Jerusha Murdoch-Kelly, deputy director of nursing (pictured left), said: "Rooming-in is like a practice session for taking care of your baby on your own before you go home."

Billericay couple, Lydia and Richard Hobden, who run Noah's Big Charity, helped to raise money to buy

medical equipment for the NICU.

The couple set up the charity, which supports neonatal care at a number of hospitals, in 2013 after Lydia had an emergency caesarean section following a heart attack when she was 24 weeks pregnant.

Their son, Noah, was cared for in the old NICU at Basildon Hospital before he was transferred to Royal London Hospital, where he sadly passed away.

Richard said: "Anything that can make the process of having a sick or premature baby more welcoming is a great thing and this unit will do this."

Another family who helped to fundraise for the NICU was Lauren and John Hatful (pictured together), from Laindon. Their twin girls, Poppy and Daisy, were born prematurely in the Basildon maternity unit in September 2020. Sadly, Poppy passed away at just 18 days old.

Correction for NatWest bank closure story error

In the last edition of VISION Billericay Shenfield, there was an inaccuracy in our story titled 'Bank among more than 30 to close nationwide' on page 27.

We stated the closest NatWest branches after the closure of the Billericay branch would be Wanstead

High Street, Station Road in Chingford and Walthamstow High Street. The paragraph should have listed the closest branches as East Walk in Basildon, Wickford High Street and Brentwood High Street.

We apologise for this inaccuracy.



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Plans submitted for large solar panel farm

A solar farm the size of 38 football pitches could be built in Billericay, with the goal of powering 11,000 homes each year.

A planning application for a renewable energy generating station at Crays Hall Farm was submitted to Basildon Borough Council last month.

According to a statement from the applicant, Boom Power Ltd, the solar farm will displace 15,650 tonnes of CO₂ per year, which is the equivalent of 5,000 fewer cars on the road.

The planning statement proposes that the farm

would remain operational for 40 years before being decommissioned and the site restored to its original use.

The statement reads: "The proposal would provide a clean, renewable and sustainable form of electricity and it would make a valuable contribution to the generation of electricity at a local level.

"In addition, the proposal would make a valuable contribution to offsetting greenhouse gas emissions."

To find out more about the application, visit bit.ly/3ulEPMT

Borough prepares for Platinum Jubilee events

Lots of exciting events are being planned across the borough, including in Billericay, as part of the celebrations for The Queen's Platinum Jubilee.

In February, The Queen became the first British monarch to celebrate 70 years on the throne. The anniversary will be celebrated with a four-day bank holiday weekend in June, as well as a number of local events.

The first event saw Basildon Borough Council plant five memorial tree circles across each of the borough's five towns as part of The Queen's Green Canopy, a nationwide initiative encouraging residents to plant a tree for the jubilee.

A new piece of public art in the form of a bronze relief of The Queen has been commissioned, which will be designed by a borough-based sculptor. It will be on permanent display outside The Basildon Centre following the installation and unveiling in May.



On Thursday, June 2, there will be beacon lighting ceremonies in Sun Corner in Billericay, Gloucester Park in Basildon, Pound Lane in Laindon, Wat Tyler Park in Pitsea and Wickford Memorial Park.

On Sunday, June 5, the Big Jubilee Lunch will see communities come together for food and fun, which can be anything from a small gathering in a garden to a larger street party. To find out more about getting involved, email platinumjubilee@basildon.gov.uk



Photo credit: Local.co.uk



Emergency service crews enjoy a royal visit

Essex County Fire & Rescue Service crews from Epping and Billericay were among those to enjoy a special visit from members of the Royal Family last month.

Their Royal Highnesses The Earl and Countess of Wessex (pictured left) recently visited Essex & Herts Air Ambulance's (EHAAT) airbase at North Weald.

EHAAT is a life-saving charity working alongside the emergency services and other organisations to deliver pre-hospital emergency medical services. The visit was an opportunity to bring everyone together at EHAAT's new airbase at North Weald, enabling the Earl and Countess to say thank you to the staff for their outstanding hard work during the pandemic.

On their arrival at North Weald, the Lord-Lieutenant of Hertfordshire, Robert Voss CBE, and Vice Lord-Lieutenant of Essex, Vincent Thompson, greeted The Earl and Countess and introduced them to Jane Gurney, CEO of EHAAT.

Their Royal Highnesses then toured the new airbase, where they spent time with representatives from local hospitals.

The highlight of the visit was when staff members from the emergency services and voluntary support organisations, together with members of the Armed Forces and many EHAAT charity staff and volunteers, all gathered together at the front of the building.

Deputy Police, Fire and Crime Commissioner for Essex, Jane Gardner, said: "Being part of this special VIP visit was a fantastic opportunity to meet the team at EHAAT and learn more about the life-saving work they do for critically ill and injured people across Essex and Hertfordshire.

"More importantly, it was great for the team to be recognised and thanked for their hard work and dedication throughout the pandemic and for continuing to be there when people need them the most."

Investment of £10million to make area cleaner

Estates in Billericay will see a significant investment of £10million as part of the Safe and Sound programme, which aims to create cleaner local neighbourhoods.

Basildon Borough Council's Pride Team has already been helping to make a difference in a number of areas, including Rosebay Avenue in Billericay, clearing alleyways of rubbish and leaves, strimming back overgrown hedges and removing weeds.

The Five Links and Craylands estates have also benefited from a tidy-up, and the council's contractors

spent some time on the Chalvedon estate to carry out tree surgery.

Chairman of Basildon Borough Council's Housing and Estate Renewal Committee, councillor Andrew Schrader, said: "Everyone deserves to live in a place that is clean and tidy and that makes them feel safe and proud of their home. For too long, this has not been the case in some of the borough's neighbourhoods, so when we came into administration, we gave an undertaking to listen to our residents and address their concerns."

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Retirees plant tree for Queen's Platinum Jubilee

Residents of Churchill Retirement Living's Meadow Lodge in Billericay came together to plant a tree in celebration of The Queen's Platinum Jubilee.

Last month, residents planted a crab apple sapling in the development's communal gardens as part of The Queen's Green Canopy initiative, created to mark Her Majesty's Platinum Jubilee. With a focus on planting sustainably, the initiative encourages tree planting to create a legacy for future generations.

Nancy Rutherford, regional sales and marketing director for Churchill Retirement Living, said: "It was

great to welcome everyone to this special event to kick off this year's Platinum Jubilee celebrations at Meadow Lodge, and we'd like to say a big thank you to all who took part. There are plenty more events happening soon at Meadow Lodge to mark The Queen's jubilee year, and everyone is welcome to come and enjoy a patriotic celebration and experience the lifestyle and sense of community on offer here."

Churchill will plant more than 40 trees at its retirement developments across the country this spring.

To find out more, visit queensgreencanopy.org

Charity's annual grant to be increased by £5K

Councillors have agreed a £5,000 increase for Billericay, Basildon and Wickford Council for Voluntary Service's (BBWCVS) yearly grant.

BBWCVS is a charity, founded in 1979, that exists to promote, develop, support and represent a thriving voluntary and community sector across the borough.

At a Communities and Wellbeing Committee meeting in June 2021, it was agreed that the charity's existing yearly grant would be increased from £20,000 to £25,000 per annum for the period April 1, 2021, to March 31, 2024, owing to the increased strain on its services during the COVID-19 pandemic.

A further rise of £5,000 was agreed by councillors last month, taking the charity's annual grant to £30,000.

The charity's work during this past year has included supporting more than 24,000 residents with access to COVID-19 vaccinations and distributing more than 12,500 lateral flow tests across the borough. It has also supported key council projects such as the Digital Buddies scheme, with volunteers providing computer and tech training to elderly residents.

Chairman of Basildon Council's Community and Wellbeing Committee, councillor Terri Sargent, said: "BBWCVS is a valued partner to the council, supporting crucial services across the borough. We want to continue working with the charity to help our voluntary sector thrive.

"Thank you to all its volunteers who provide such a selfless service to the borough."





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LOCAL NEWS

from your neighbourhood



LOCAL NEWS SHENFIELD



Photo credit: Google Maps

Ofsted downgrades nursery following inspection

A Hutton nursery is "devastated" after its Ofsted rating was downgraded to "inadequate".

The latest Ofsted inspection of Little Legs Nursery, based on Rayleigh Road, stated: "Babies are not fully safeguarded from all possible hazards because risk assessments are not robustly implemented."

It was pointed out that dirty aprons, plastic gloves and food waste were within easy reach of babies, posing a risk to their safety and welfare.

The previous Ofsted inspection in 2016 saw the nursery rated "good".

The senior management team at Little Legs released a statement which said: "As a nursery, we are devastated to have received this grade, which we do

not feel is an accurate representation of the care and education we offer, but we understand why we have received this judgement and take full responsibility for the unfinished risk assessment on the day.

"If you are familiar with our nursery, we are sure you already know that the children's safety and wellbeing is paramount and we strive to give the children safe, fun and stimulating environments in which to play and learn. We would like to reassure all families that no children came to any harm on the day due to the lack of risk assessment and staff were visually risk assessing at all times. After it was brought to our attention, the issue was dealt with immediately and we have taken steps to ensure this will not happen again."



First Heritage Train to explore town's history

A train from Shenfield to Rayleigh will be the first Heritage Train to run in Essex.

The special event on Sunday, April 24, has been organised by Rayleigh Town Museum and the Essex & South Suffolk Community Rail Partnership. It will see Greater Anglia's 10.17am train from Shenfield take people to Rayleigh, where they will receive a guided tour of the town's heritage sites.

The walk, led by guides from Rayleigh Town Museum, will take in the Dutch Cottage, 200-year-old windmill, high street and castle mount, and includes a visit to the town's museum.

The event will finish by lunchtime, giving attendees

the rest of the day to explore at their leisure.

Tickets cost £5 for adults and £3 for children. The price includes return travel, a walking tour and access to the windmill, mount and museum.

Jayne Sumner, rail engagement manager at Essex & South Suffolk Community Rail Partnership, said: "We're delighted to team up with Rayleigh Town Museum to offer a fascinating day out, delving into the rich and surprising history of this corner of Essex.

"Getting the train is a brilliant way to go and explore while reducing your carbon footprint."

Tickets can be booked at esscrp.org.uk/events/rayleigh-heritage-train

Council seeks artist for village commission

Brentwood Borough Council is working in partnership with Essex Cultural Diversity Project to commission Shenfield artists to respond to the developing garden village at Dunton Hills.

This opportunity follows a previous commission in 2021, in which artist Laura Malacart worked with local communities to create *The A-Z Guide to Dunton Hills Garden Village*, a database of more than 3,000 potential street names.

For the second commission, the council is inviting proposals from artists to collaborate with local communities to create a 'gift' that could be presented to the future residents of Dunton Hills. The six-month commission is a chance to generate a spirit of generosity and welcome from existing communities.

Proposals are welcome from visual artists, writers, musicians, animators, printmakers, theatre makers and others.

Councillor Maria Pearson, chair of Brentwood Borough Council's Environment, Enforcement and Housing Committee, said: "Once again, we are thrilled to be working with Essex Cultural Diversity Project on such an exciting and creative opportunity. Placemaking is more than just designing spaces; it is about engaging, empowering and connecting communities to the new place."

A full creative brief and all details can be found at essexcdp.com/commission/dunton-hills-2022

Proposals should be submitted by April 22, with the commission expected to start in May.



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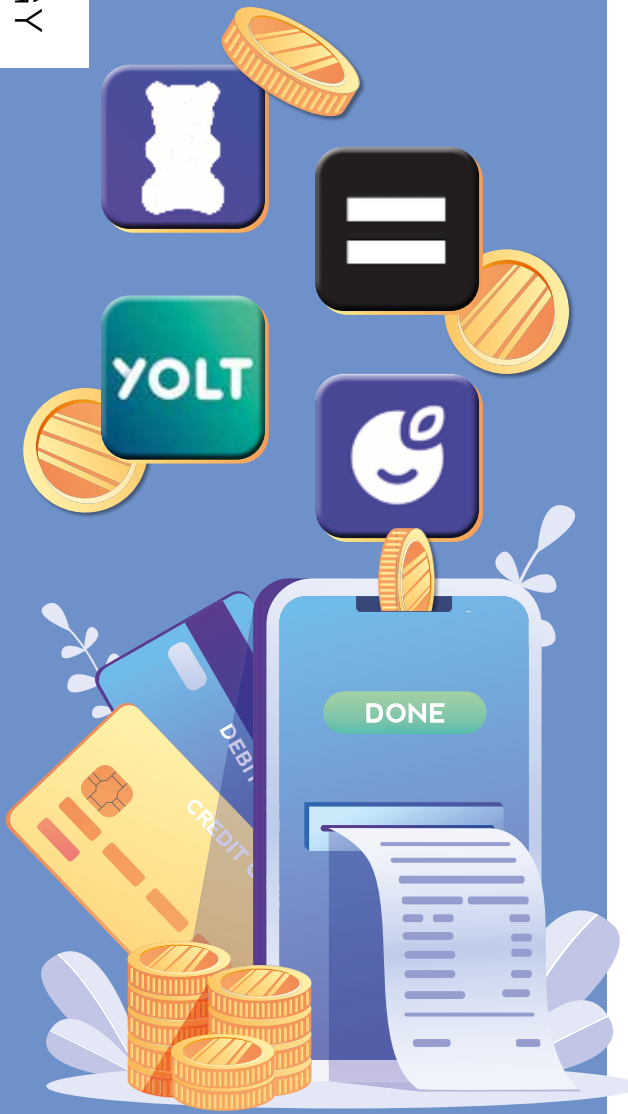


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So while we can't be totally sure of what's to come, we can at least organise our money and budget according to what's laid out in front of us, and that has made cash management apps really popular. Here is a selection of some of the best on the market:

EMMA (free or £59.99 for enhanced annual subscription)

Emma assesses all spending, including loan and credit card repayments, and works out a full schedule of income and expenditure so that you can restrict or extend depending on where you are at certain points of the month.

Handily, it integrates with the likes of Boots, B&Q and Gousto to offer cashback initiatives. However, the constant pushing to upgrade to the paid product can become annoying.

MONEY DASHBOARD (free)

This app operates in much the same way as Emma, but plots graphical representations to take a deeper dive into personal finances.

YOLT (free)

This app comes with a prepaid debit card as well as a set of money management tools. This gives greater control and enables a 360-degree solution for consumer spending that is reported directly back into the app, meaning no money will mysteriously go missing.

PLUM (free or up to £3 per month for premium)

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Premium options even offer opportunities by which money can be invested directly from the app.

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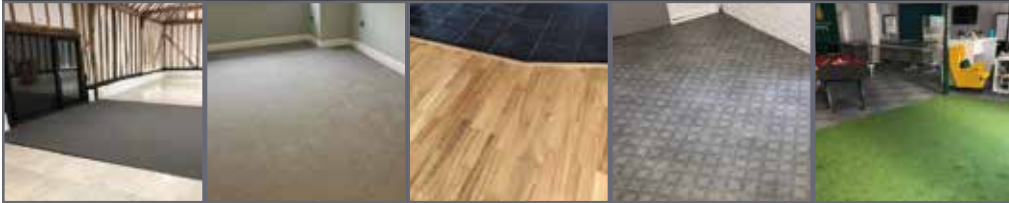
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TITANIC'S WATERY

Grave Remains

SOME 110 YEARS ON FROM THE SINKING OF THE MOST FAMOUS SHIP IN HISTORY, TITANIC'S WATERY REMAINS ARE STILL VIRTUALLY UNTOUCHED

April 15, 1912, will be a date forever etched in the annals of maritime disaster as, at 2.20am, the RMS Titanic sank into the icy depths on its maiden voyage from Southampton to New York. It is a ship made famous by its demise, and as another anniversary passes, the sinking of this 'unsinkable' vessel continues to fascinate, terrify and, dare we say it, even entertain the world in every bit the same way as it always has.

This year marks the 110th anniversary since the ship sank to the bottom of the North Atlantic, taking 1,517 poor souls with it.

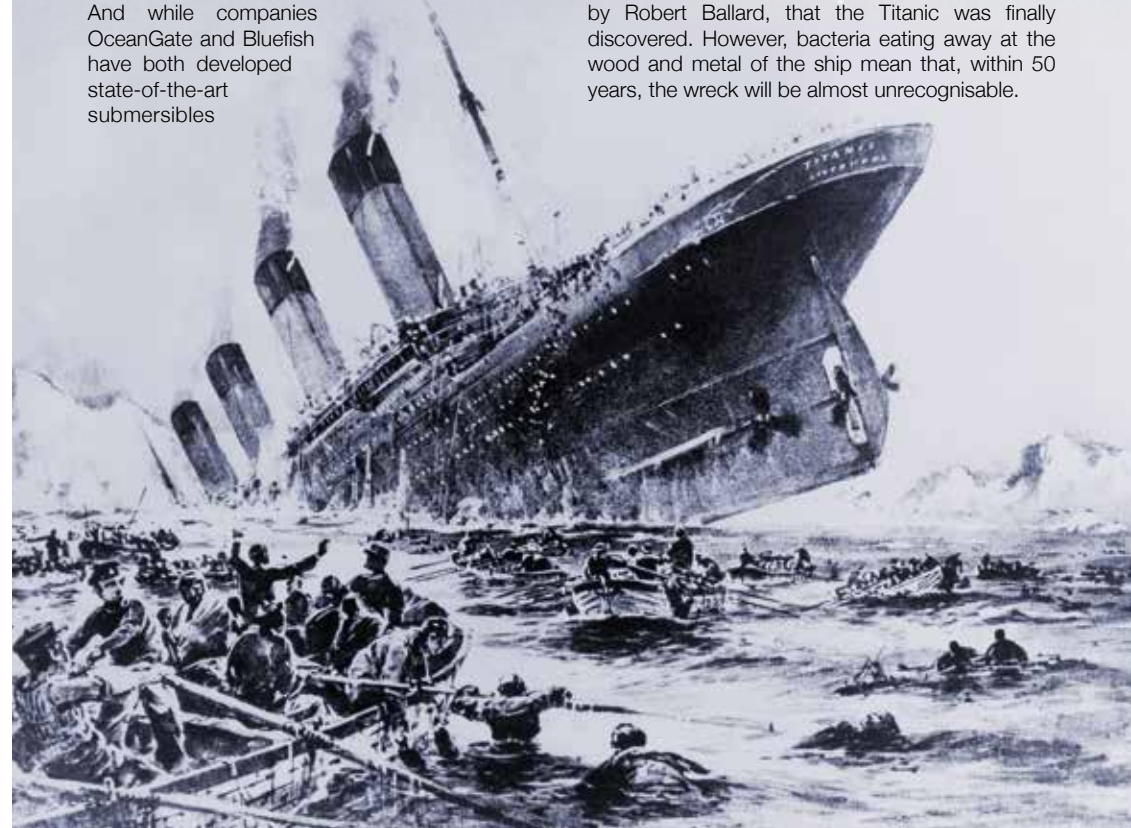
The ship remains 13,000ft beneath the surface, as any attempt to retrieve it would see it break up, while diving to the wreck can only be performed by registered scientists.

And while companies OceanGate and Bluefish have both developed state-of-the-art submersibles

that can take explorers on the 90-minute descent, the price tag of £100,000 per person means this is one disaster best viewed through the eyes of documentary-makers and film directors.

The Titanic sank when it struck an iceberg. Spotted at the last minute, First Officer William Murdoch attempted to turn the ship to avoid it – experts believe if it had hit the iceberg head on, it probably would have survived. Instead, while it could reportedly stay afloat with as many as four of its 16 compartments filled with water, five were breached, with the dipping of the bow causing water from the ruptured spaces to spill over into forward compartments.

It wasn't until 1985, during an expedition led by Robert Ballard, that the Titanic was finally discovered. However, bacteria eating away at the wood and metal of the ship mean that, within 50 years, the wreck will be almost unrecognisable.



HISTORY



GETTING *Shirty!*

THE HISTORY OF THE SLOGAN T-SHIRT

Since the first slogan t-shirts were worn in the 1950s, our desire to shout messages – without the use of a megaphone – has never relented.

Across political statements, pop culture (think Frankie Says Relax), Fila and Champion leisurewear, the slogan t-shirt has become a fashion icon that goes beyond visual appeal. It is used to express opinion, reference popular culture, and has accelerated campaigns, initiatives and product sales for its ability to unite people with similar perspectives.

The popularity of the casual t-shirt came to prominence some 70 years ago, prompted by a young Marlon Brando in the film *A Streetcar Named Desire*.

In the years that followed, innovations in print technology saw everyone from Disney to Andy Warhol decorate the fronts of our chests with a desire to make statements.

By the 1970s, and led by designer Katherine Hamnett, the slogan t-shirt was being adapted for more political purposes.

She said: "It seemed as if democracy was slipping through our fingers. The slogan t-shirt was something to give you a voice... something to believe in that you could wear on your chest that could be read from 200 yards away."

In recent years, the visual t-shirt has become as much a reference to being fashionable as it is an indicator towards a political or social movement. From Nike to Hugo Boss, French Connection to Fortnite, the signifier of a brand or product is a nod to our own preferences.

And yet, in these challenging social times, the expectation is of a return to stronger statements around gender, Brexit, diversity and general politics.

Whatever the message, the slogan t-shirt is here to stay.



Photo credit: ASOS.com



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Location: CM15 - Reviewed in: November 2021

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OUT OF THE BROOM CUPBOARD... *and onto centre stage*

CELEBRATING THE CAREER OF PHILLIP SCHOFIELD

The title 'first in-vision continuity presenter for Children's BBC' perhaps isn't one he'll want as his epitaph, and yet the role that set Phillip Schofield on the path to becoming one of daytime and primetime TV's true modern icons is perhaps one of his most significant.

It's September 1985 and a 23-year-old Schofield has just returned to the UK after four years in New Zealand. Having already worked at the BBC as a bookings clerk and teaboy when he was a teenager, the charismatic, charming, chipper broadcaster was thrust into the not-so-glamorous surrounds of *The Broom Cupboard*, on Children's BBC.

Sitting at a cramped, squalid, cluttered desk, he was accompanied by Gordon the Gopher, and was a kids' TV first as the dull lead-in screens between programmes were replaced by a chatty, sociable presenter who offered personality and no small amount of humour.

The formula was an instant hit and set Schofield on the way to broadcasting brilliance. *Going Live!*, in which he appeared opposite Sarah Greene, came along two years later.

Adult programming followed – from four years hosting the *Smash Hits Poll Winners Party* to *Talking Telephone Numbers* and *Test the Nation*, Schofield's versatility bridged genres of entertainment as effortlessly as it did the range of demographics who would marvel at his calm and charisma.

No better has that been seen than when in full flow with sidekick Holly Willoughby on ITV's leading daytime show, *This Morning*. When the duo first worked together back in 2009, few would have expected such natural chemistry to emerge. From endless innuendos to heartfelt and touching interviews and reports on all manner of issues, the pair have been at the epicentre of *This Morning*'s steely grip on the National Television Award for Best Daytime/Live Show, which it has won every year under their stewardship.

Of course, for someone who has been in front of the camera for so long, controversies will ultimately come along – from an ill-conceived set-up of then-Prime Minister David Cameron live on air, to a more light-hearted revelation from Schofield that he had been dying his hair since the age of 16 to ward off grey, something he now embraces.

Then, in February 2020, the personal revelation that the married father-of-two was coming out as gay proved a sensational storyline. In true *This Morning* style, the presenter and Willoughby conducted what amounted to an open counselling session – his heartfelt admission only serving to endear us to him further.

Away from the show, Schofield, who turns 60 this month, continues to pick the prime slots in ITV's entertainment programming, with quiz and challenge shows such as *Dancing on Ice*, *All Star Mr & Mrs*, *5 Gold Rings* and *The Cube*. There has also been a raft of factual programming, including coverage of royal events – The Queen's Diamond Jubilee, the weddings of Princes William and Harry, and a tribute to Prince Philip.

And in February, daytime doyenne Lorraine Kelly dedicated her show to Schofield's 40 years in the business.

In a rapidly changing television industry where personalities come and go, Phillip Schofield has proved himself a man for every occasion. He is someone who can put an arm round a guest one day and laugh at his own failings the next, as well as being arguably the greatest thing to ever emerge from a broom cupboard.



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OUR Queen

This year, Her Royal Highness, Queen Elizabeth II, will celebrate her Platinum Jubilee, marking 70 years of service on the throne and cementing her as Britain's longest-serving monarch.

After reigning for so long, the Queen has had a wonderful and interesting life. But how much do you know about the Queen? Here are some facts you may not have heard before.

THE QUEEN HAS TWO BIRTHDAYS

I'm sure we'd all love two birthdays, especially if only one adds another year to our age. The Queen has two birthdays: April 21 – the day she was born – and her 'official' birthday, which takes place on the second Saturday in June with a celebration known as Trooping the Colour. This is so that her birthday can be celebrated when the weather is better.

THE QUEEN SUPPORTS ARSENAL

Whoever knew Her Majesty is a Gunner?

THE QUEEN DOESN'T NEED A PASSPORT...

British passports might be issued in her name, but the Queen herself doesn't need a passport. She's never needed a passport to travel, but has visited more than 100 countries.

...OR A DRIVING LICENCE

The Queen is the only person in the UK who doesn't

need a licence to drive. She continues to drive at 95 years old.

THE QUEEN LIVES AT WINDSOR CASTLE

Windsor Castle is one of 26 royal residences and also has the title of being the largest castle in Britain.

THE QUEEN OWNS STRANGE PETS

The Queen is famous for owning corgis, but she also owns an elephant, two giant turtles, a jaguar and some sloths. They were all gifts from overseas and live at London Zoo.

THE QUEEN'S NICKNAME IS 'LILIBET'

Which is the name Prince Harry and Meghan Markle chose for their first daughter – Lilibet Diana Mountbatten-Windsor.

And there you have it. Now you know a bit more about Her Majesty ahead of her Platinum Jubilee.

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PROTECT YOUR RETIREMENT FROM THE RISK OF MENTAL DECLINE

Retirement – that magical time when we can finally live our lifelong dreams. Increased life expectancy means that many of us can now expect a longer retirement, but this comes at a cost: the increasing prevalence of age-related cognitive decline, which could leave us vulnerable to costly financial errors.

According to the Alzheimer's Society¹, there are almost 885,000 people living with dementia in the UK, and estimates suggest that between five per cent and 20 per cent of over-65s suffer from mild cognitive impairment (MCI), a condition in which someone has minor problems with cognition, such as memory or thought process.

PROTECTING YOUR FINANCES

Planning for the possibility of cognitive decline is an essential part of preparing for retirement. Although many people still have the capacity to live independently and make decisions for themselves, MCI has been linked in scientific studies to poorer financial capacity and an increased susceptibility to scams.

GETTING THE TIMING RIGHT

More than 80 per cent of investors surveyed² thought the ideal time to transfer financial control would be 'sometime after they had begun to experience some cognitive decline but before they became completely incapable'. Respondents thought there was a higher than one-in-

three chance of a mistimed transfer, partly attributable to a reluctance to relinquish control, which exemplifies the need to start planning sooner rather than later, so that any future transfer takes place on your terms.

OPENING UP CONVERSATIONS

Although it may feel awkward, preparing for the possibility of cognitive decline requires careful planning; not only having legal documents in place but also starting conversations with your family and those you trust about money and your goals for the future, in advance of its possible onset. This means that everything is out in the open and close connections are more likely to notice if you begin making decisions about your money that appear to contradict your objectives.

We can assist you with planning and in starting these conversations with your family well in advance and help you better plan for the future, giving you a greater sense of ownership and control over your plans.

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

¹ Alzheimer's Society; 2019; ² Vanguard, 2021

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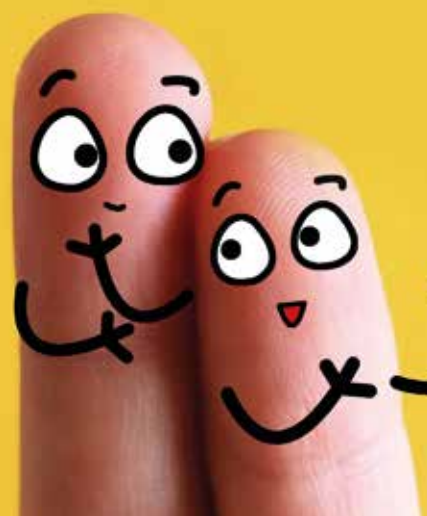
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BRUCE KING

on why people buy



What shall we buy?

In his final column, sales mentor and personal growth coach, Bruce King, discusses why people buy and how to stop yourself buying things you don't need.

We all buy for emotional, not logical, reasons, although we'll create logical reasons to justify our decisions.

For example, did you buy or were you sold a new pair of shoes when you had plenty already and your favourite pair just needed a good polish? You bought a new pair because you love new shoes and they make you feel good, or the salesperson said you looked great in them.

Maybe you justified your decision with logic on the basis that if someone saw your expensive new shoes, you would create a better impression.

Ever bought a new car when there was nothing wrong with your current model, but the look, feel and smell of a new car makes you feel wonderful, and the salesperson said you looked so impressive in the driving seat?

Perhaps you justified your decision on the basis

that a new, more expensive car would impress your customers and make them more likely to do business with you.

Why do we do this? The answer lies in how the brain works – it has an emotional part and a logical part. All decisions we make start in the emotional part – that's how our brains work.

If the emotion is strong enough, we'll usually ignore the logical part. Love and want are both strong emotional reasons for buying something.

To stop ourselves being sold to, switch on the logical part by asking a question – something as simple as, 'Do I really need this new car or these new shoes?' your brain will probably respond with a resounding 'NO!' and save you a lot of money.

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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It's time to make an LPA. There is a common misconception that Lasting Powers of Attorney only need to be put in place when an individual gets older. In fact, it is always wise to put LPAs in place earlier in life. By doing so, you will gain peace of mind that your affairs – both financial and health – can be looked after if you are ever unable to do so. You will also be ensuring that your loved ones are not left in an impossible position, unable to deal with your affairs, if the worst should happen.

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How to choose an ESTATE AGENT

If you are looking to sell your home, the right estate agent is worth their weight in gold. However, how do you weed out the weak from the wonderful?

COMPILE A SHORTLIST

Don't just decide upon the first estate agent that you see or the one that puts the most leaflets through your door. Instead, compile a shortlist using recommendations from family and friends, online reviews and testimonials. You should also look for an estate agent that has experience selling properties similar to yours.

CHECK THEIR PERFORMANCE

Once you have your shortlist, invite each estate agent round to your home to discuss their offerings and to conduct a valuation. This is the perfect opportunity to find out more about how they operate. You may want to ask:
> How quickly do they sell homes?
> Are they a member of an accredited independent ombudsman service?

- > What would they do if your property was not selling as quickly as you would like or at the price you expected?
- > Do they carry out viewings at weekends?

FIND OUT THE FEE

You need to know what percentage of the sale price each estate agent would take upon completion. Currently, the average estate agent fee in the UK is 1.18 per cent for a sole agency agreement. Going with a sole agency usually means a lower fee, but this does mean that you only have one agency marketing your property. Remember these fees are negotiable.

HIGH STREET VS ONLINE-ONLY AGENT

Online-only estate agents such as Purplebricks make up only five per cent of the overall property market, yet they are increasing in popularity. These typically have a fixed fee that needs to be paid up front, rather than the 'no sale no fee' commission charged by high-street companies.

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Create your own OUTDOOR KITCHEN

GARDENING

The COVID-19 pandemic meant that many of us turned our attention to our gardens to create the perfect outdoor living space. Great for entertaining, hosting in the garden has become the ideal way to entertain family and friends. Creating an outdoor kitchen gives you a stylish space to cook outside so you can make the most of the warmer weather with your family and friends. Learn how to create an outdoor kitchen on any budget, ready for summer entertaining.

MEASURE YOUR SPACE: You can design an outdoor kitchen to suit all kinds of spaces. Measure your designated area to establish what you have to work with. A basic kitchen will need space for an appliance, like a barbecue, and some workspace. The larger your space, the more you'll be able to add.

FIND THE RIGHT APPLIANCES: Find cooking appliances that will suit your budget. Pizza ovens are bang on trend and can be used for all cooking. However, if that doesn't take your fancy, barbecues and grills are available in different sizes according to your needs. Some people even add fridges and microwaves to their outdoor spaces.

GET YOUR CONNECTIONS IN PLACE: You may need to bring in professionals to provide electricity, lighting and plumbing to your space. Keep everything secured away for safety and to make sure the space looks neat and organised.

BUILD A SHELTER TO COVER ALL WEATHER: A shelter is a must if you're dealing with electrical equipment, but it will also help you make the most of your space. Having shelter will let you use your outdoor kitchen in any weather, for year-round entertainment.

MAKE SURE YOU'VE GOT ENOUGH STORAGE: Storage is a must for your outdoor kitchen. Shelving, trolleys and cupboards can keep your utensils, tableware and other supplies safe and clean, ready for when you need them.

An outdoor kitchen is a must if you like entertaining at home. Start now to get yours ready in time for summer.

Photo credit: Giflio via housebeautiful.com, Morso/Landform Consultants/Kea via idealhome.co.uk



GARDENING



CONTAIN YOURSELF

Five ways to master container gardening, for maximum effect

Container gardening is pretty much what it sounds like – the display of plants, flowers and herbs in containers.

Gardening this way offers variety, flexibility and a great deal more control than placing plants in flowerbeds or around borders. To get it right, you need to abide by a few simple rules.

ONE:
Location location location

The ability for your plants to flourish will almost certainly depend on location. Around six hours of sunlight a day and a south-facing position will offer them the best chance to make something of themselves.

TWO:
Choose your container wisely

While containers come in all shapes and sizes and cater for various budgets, the golden rule is to allow adequate room for your plants to grow, and to ensure there is adequate drainage in the bottom.

THREE:
Heavily soiled

You can pick up a bag of high-nutrient, moisture-retaining, airy soil at the garden centre for less than the price of a glass of wine, and it will be considerably better for your plants than standard garden soil.

FOUR:
Water lovely plant

Try to water plants every morning to allow them to flourish during the day. Watering in strong sunlight runs the risk of leaves being singed. Positioning containers next to a natural water source will help as well.

FIVE:
Feed greed

Adding nutrients, slow-release fertilisers and liquid feed to your watering can – or even directly to the container – will give your soil and your plant a perfect boost each day, as well as helping it to fend off any nasties.



Photo credit: idealhome.co.uk



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PLANTS THAT STAVE OFF SLUGS AND SNAILS

Are you being driven to distraction by slugs and snails in your garden? If the answer is yes, then a few well-placed plants are just the solution you have been seeking.

FERNS: Ferns are low-maintenance, hardy, and make an attractive addition to any sized garden. Plus, they are way down on the list of the favourite foods of slugs and snails as their thick leaves are hard to chew. Plant in a moist, well-drained spot for optimum results.

HYDRANGEAS: Instantly recognisable by their pretty pink, blue and white flowers, hydrangeas may appear beautiful to us, but, fortunately, this is not the case for slugs and snails. With the ability to create the ultimate barrier against these slimy creatures, hydrangeas thrive in moist, well-drained spots with some shade.

LAVENDER: While this sweet-smelling herb does attract the attention of bees, its strong fragrance is off-putting for slugs and snails. Place lavender strategically around your garden to help protect your other plants from the destructive habits of gastropods.

GERANIUMS: Geraniums are not an attractive option for slugs and snails as travelling across their hairy stems and leaves is too uncomfortable. There are more than 300 species of geraniums, so you are guaranteed to find one that complements your garden.

FOXGLOVES: Foxgloves can be perennial or biennial and produce stunning bell-shaped flowers that sit on long, swaying stems. Toxic when eaten by slugs and snails, as well as humans, foxgloves look lovely in borders around your garden.

OTHER WAYS TO DISCOURAGE SLUGS AND SNAILS

- > Create barriers with crushed eggshells, pine needles or thorny cuttings
- > Remove slug shelters such as bricks and large logs
- > Lay down copper tape around your plants
- > Sprinkle a little salt on your most valuable plants.



MOTORING



MAGNIFICENT MOTORS

THE MODIFICATIONS BEING MADE AHEAD OF THE 2022 FORMULA 1 CHAMPIONSHIP

The evolving entity that is Formula 1 is undergoing perhaps its most rapid change ever in 2022, with a blueprint for the future (and the new season which began in Bahrain on March 20) based on two principles – greener and more competitive racing.

On the eco side, the fact that the world's exemplars of motoring excess have signed up to increasing bio-components within the fuel system is impressive. The new season has seen this increase from 5.75 per cent of fuel load to 10 per cent, via the new E10 fuel. The E stands for ethanol, which has a near-zero carbon footprint, and sets a precedent for even cleaner fuel in the future. F1 experts are already working hard to formulate a fully sustainable product in the near future.

Combining this eco drive with more competitive, exciting racing – the like of which we saw at the conclusion of the 2021 championship when Lewis Hamilton had an eighth world title snatched from his

grasp – is a win/win for F1. To aid this, the new cars set to be launched are rounder, slicker and more stunning to look at.

Included in their structure are moves to make them more equipped for closer racing (with the removal of excessive downforce), notably through over-wheel winglets and wheel covers. They also have 18-inch low-profile tyres, reducing overheating when they slide, plus entirely new front wings and noses so as to generate consistent downforce when close to a car in front.

Finally, rolled tips on the rear wing will allow clean air for chasing cars to drive through.

Further good news for F1 fans is that the existing power units – the 1.6l turbo-hybrid – remain. These are the most advanced engines on the planet, and are designed so that the unit will separate from the chassis without exposing the fuel tank. This also makes it the safest racing car ever made.

All we need now are the drivers...

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BRITAIN'S GREATEST SPORTING MOMENTS...

THE GREAT Dame

SPORT

Each month, we look at one of the most significant events in British sporting history. This month, it's Dame Kelly Holmes DBE and her double Olympic gold



It's possible to strive for so long for something that you imagine it may never arrive, and that's certainly true in the case of Dame Kelly Holmes DBE.

An athlete who turned professional in 1993, she initially enjoyed a number of successes, including winning the 1,500m title at the Commonwealth Games in 1994.

Injuries – notably stress fractures – marred the years that followed, and while interspersing her time on the sidelines with silver and bronze medals, Holmes believed she may never return to gold medal contention.

"It was always silvers and bronzes," she says. "I was proud to be picking up World Championship medals, and of course my first Olympic medal – the 800m bronze in Sydney in 2000 – was wonderful. But I was never close enough to think I could move myself up."

At the Athens Olympics in 2004, Holmes, by then 34, was in the heyday of her career. Her form

going into the 800m and 1,500m events had been good – she'd scored her first major gold in five years at the Commonwealth Games in 2002, with three silvers the following year.

And, sure enough, everything clicked in Athens. For once injury-free, she powered past rival Maria de Lurdes Mutola on the final bend in the 800m to take a gold medal in a victory celebrated up and down the country. She had only decided to enter the race five days previously.

Her specialist event, the 1,500m, proved another dream race. She ran from the back of the field, advanced, and this time held off World Champion Tatyana Tomashova of Russia on the home straight, setting a new British record in the process.

Holmes had become only the third woman in Olympic history to do 'the double', and, to prove it was no fluke, won gold at the IAAF World Athletics Final later in the year, before hanging up her spikes.

A true people's champion, Dame Kelly now undertakes fantastic work as an athletics and mental health ambassador.

Photo credit: sipa/Shutterstock

B^{OWLED} out

A SPORTING ICON LIKE NO OTHER LEAVES US ALL TOO SOON

There are some deaths that confound logic, sense and, in many ways, fairness. The passing of Shane Warne, one of cricket's all-time icons, surely falls into that category.

The 52 year old's contribution to the game was almost immeasurable. There were the Ashes triumphs, the World Cup wins, the record wicket hauls and the exemplary media career that saw him transition from Aussie baddy to one of the game's truly loved characters.

Warne had been misunderstood at times during that golden era of the 90s, which began in earnest in 1993 at Old Trafford when he bowled what became known as the 'ball of the century', in taking the wicket of Mike Gatting.

For the years that followed, Warne was every bit the posturing, scheming, bleached-blond Aussie who toiled, tricked and turned over English batsmen with alarming regularity. He almost singlehandedly made spin bowling cool, and sparked a generation of others looking to perfect the art.

And as partisan as he was, this was someone respectful to the game, as ready to praise rival sides as he was happy to bemoan the failings of his own. He never concealed his love affair with the UK, and as a result we took his passion and honesty into our hearts.

It made the shock of his death, owing to a suspected heart attack, so much more devastating. There was also a dreadful irony at play where Warne's final tweet, from March 4, gave tribute to the death of another Aussie cricketing great, Rod Marsh, who died just hours before Warne.

That Warne was about to join him on the magnificent wicket in the sky represented the same unexpected turn akin to one of his bewildering leg-spinners.

In his death, we have lost not just an Australian sporting great, but also someone whose craft, passion, enthusiasm and humility made the game of cricket what it is today.

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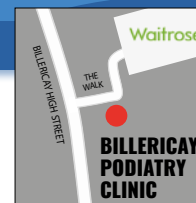
Are you suffering from painful nails?

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Laughter

THERAPY IS A MUST-DO

They say that laughter is the best medicine, but is there any truth to this classic saying? The answer is yes. Get ready to bring laughter therapy into your life to boost your health and wellbeing.

THE LAUGHTER CLUB

Laughing helps to boost your endorphins, which are your body's feel-good hormones. Back in the 1990s, Dr Madan Kataria conducted research into the health benefits of laughter by forming a Laughter Club that brought people together in Mumbai parks to share funny jokes and stories. The club grew and soon they ran out of stories, so instead they tested the theory of laughing alone, which provided the same uplifting benefits. Now, people all over the world practise laughter yoga, a laughter therapy designed to boost your mood.

HOW LAUGHTER THERAPY WORKS

In a laughter therapy session, you'll do stretches

and breathing exercises to help you relax. Your instructor will then guide you through various exercises to encourage different types of laughter, such as prompting you to think of funny memories and interacting with others.

Even forced laughter can eventually turn into real laughter so that you can enjoy the benefits.

THE BENEFITS FOR YOUR HEALTH

Laughter can provide a lot of health benefits. It can help you reduce stress and anxiety, elevate your mood and reduce tension. It could even help to boost your immune system and help you sleep better, owing to better oxygen levels in the blood.

Researchers continue to look at the benefits of laughing, and it's generally accepted as a good way to improve your overall health. Why not make laughter therapy a key part of your self-care routine so that you can experience all the amazing health benefits of laughter?

Don't put your life on hold

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At Nuffield Health Brentwood Hospital our experienced general surgeons specialise in a range of diagnostic and repair procedures. They are experts in their field and can provide rapid access to treatment.

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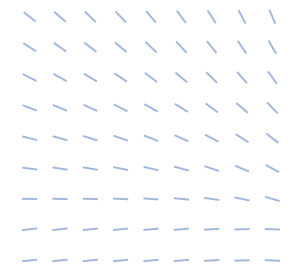
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HEALTH & FITNESS

Natural MENOPAUSE MANAGEMENT



A NATURAL APPROACH TO MANAGING THE MENOPAUSE

Whether you don't want to take hormone replacement therapy (HRT), you can't for medical reasons or you want to supplement this prescription treatment, there are natural ways that can help you to manage the menopause.

EAT A HEALTHY DIET

Women's bone density reduces during menopause so it is essential that you eat a diet rich in calcium to keep your bones healthy and strong. Reducing your sugar intake and eating low GI foods can help to reduce mood swings, while eating healthy fats can help increase the healthy bacteria in your gut which can diminish after menopause.

REDUCE ALCOHOL INTAKE

Some women find that alcohol exacerbates their symptoms, especially hot flushes. Alcohol can also increase your risk of developing osteoporosis, heart disease and some types of cancer. Plus, it is high in calories, which is not ideal if you are experiencing weight gain as a result of the menopause.

PARTAKE IN REGULAR EXERCISE

Important for both your cardiovascular and bone

health, as well as reducing feelings of stress and anxiety, it is more beneficial to exercise gently and regularly than it is to go all out once in a while. Both yoga and swimming are great options for women undergoing the menopause.

COGNITIVE BEHAVIOURAL THERAPY (CBT)

If you are suffering with low moods and/or anxiety as a result of the menopause, CBT can help you work through these emotions. There is also some evidence that suggests CBT can help to control hot flushes.

TRY HERBS AND SUPPLEMENTS

There are several herbs and supplements that are said to help manage menopause symptoms, including:

- > Black cohosh – to alleviate night sweats and hot flushes
- > Red clover – to slow down bone loss and alleviate hot flushes
- > Dong quai tea – to ease pelvic pain and regulate oestrogen levels
- > Valerian root – to treat joint pain, aid sleep and reduce hot flushes.





TAME THE CURLS

Does your curly hair drive you to distraction? Does the mere hint of heat or humidity turn your luscious locks into a frizzy frenzy? As one of the most precarious months of the year, April can bring sun, rain and wind, all of which can wreak havoc with your curly hair. Find out how to manage your mane below.



Avoid hair-styling tools
Although you may be tempted to use your trusty straighteners, blow dryers and hot combs even more when the heat and humidity are ruining your usually sleek curls, this is the worst thing you can do. Instead, let your curly hair dry naturally or use a diffuser and invest in a good air-dry styling cream.

Deep condition frequently
When the weather can't make its mind up, now is the time to embrace conditioning treatments, as these will help your hair to stay in optimal condition. If you usually deep condition once a week, change this to every other day when the weather starts to heat up.

Try the pineapple trick
If the heat and humidity tend to attack your curls while you are sleeping, then the pineapple trick is just what you need. All you need to do is loosely gather your curls at the highest point of your head and secure them with a band. This will guard against frizz.

Layer up products
If the forecast is rain, then you need to be prepared by applying the right products for your type of hair before you leave the house. For medium-textured curls, opt for a water-based mousse, or if your hair is fine, an alcohol-based one is better. Once dry, spray your hair liberally with an anti-humidity product.

CAN I REMOVE MY UNWANTED LEG OR FACE VEINS?

YES! At Beauty Studio MediSpa we can treat red, purple and blue thread veins with our clinically proven CUTERA CoolGlide laser. This light-based state-of-the art aesthetic technology enables us to achieve great results on our clients, at an incredibly reasonable price compared to visiting a doctor or surgeon.



HOW DOES A COOLGLIDE LASER VEIN TREATMENT WORK?

It uses non-invasive laser energy to heat the blood vessels and coagulate the blood in the unwanted vein. Your body then sees the targeted vein as a foreign "object" and your own immune system then breaks down and absorbs the vein, leaving little or no trace of the original lesion.



Result was achieved after one CoolGlide session at The Medispa

Results will be seen in 2-12 weeks, depending on the size of the vein. Typically face veins will disappear in a couple of weeks where as larger blue veins may take up to 12 weeks to fully disappear.

An average of 2-3 treatments are required for optimum results. Immediately after treatment the veins in the affected area will either disappear or may become slightly darker until they are reabsorbed.

WHY HAVE MY LEG VEINS BECOME SO VISIBLE!

As we age our veins are not as efficient at returning blood back to the lungs. The blood then 'sits' in the vein causing it to enlarge and become a permanently visible thread vein.

In the case of varicose veins, the blood sitting in the vein builds up to such an extent it will bulge and protrude above the surface of the skin.

If you have fair skin your veins will be much more visible because the skin is more translucent. Plus as our skin ages it becomes thinner so our veins show more easily.

Also if you are very slim & carry less body fat, your veins will be closer to the surface of your skin and therefore become more visible.

CAN YOU PREVENT YOUR VEINS GETTING WORSE?

Yes! Reduce sitting or standing for long periods of time and be more active! Regular exercise will improve your circulation and encourage blood flow back to the lungs. Increasing your activity with even a simple daily walk will help reduce veins.

Maintain a healthy weight as extra weight places an additional strain on your venous system creating unwanted visible veins.



IS TREATMENT SAFE?

Yes, we've already safely carried out over 800 CoolGlide vein procedures. Our laser specialists are fully trained and experienced in these procedures. A Patch Test is also carried out during your consultation for additional safety.



Before & after two CUTERA CoolGlide laser treatments

HOW TO BOOK

Before your treatment commences, a consultation and patch test will be required min 48 hours prior to treatment - cost £30.00.

Cost per session £130.00.

Please note: We do not treat varicose veins or any veins that protrude above the surface of the skin. For these we recommend consulting your doctor or a specialist.

Visit our website www.bsmedispa.com for more info on CUTERA CoolGlide laser Vein Treatment

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FOOD & DRINK

2022 FOOD festivals in the UK

Do you consider yourself a bit of a foodie? Or perhaps you just love to spend a lazy weekend milling around a market and sampling the local cuisine? Either way, you will be pleased to hear that the UK has some of the best food festivals in the world.

PUB IN THE PARK

All over the UK, May 12-September 18

Created by Tom Kerridge, Pub in the Park tours all over the UK and boasts a top line-up of chefs and music artists. Attracting more than 130,000 visitors in 2021, this popular festival celebrates everything there is to love about the British pub, including delicious food, great music and time spent with family and friends. More information can be found at pubintheparkuk.com

BIGFOOT

Buckinghamshire, June 17-19

A relatively new festival on the foodie scene, Bigfoot is the UK's first-ever craft beer music festival. Taking place in the stunning Claydon Estate, the headliners this year are Caribou and Happy Mondays. Tantalise your tastebuds with beers including Gypsy Hill,

Howling Hops and Signature Brew, and soak up all the booze with fabulous food from Patty & Bun and Club Mexicana. More information can be found at bigfootfestival.co.uk

THE BIG FESTIVAL

The Cotswolds, August 26-28

Taking place on Alex James' farm in the Cotswolds over the August bank holiday weekend, The Big Festival brings together some of the UK's biggest music artists and Michelin-starred chefs. Enjoy an exciting array of street food while rocking out to the likes of The Human League, Stereophonics and the Sugababes. More information can be found at thebigfestival.com

MEATOPIA

Tobacco Dock, London, September 2-4

One of the most popular and well-known London food festivals, Meatopia is a legendary event for fire-cooking enthusiasts. Offering a winning combination of amazing food, thirst-quenching beverages, roaring fire-pits and live music, Meatopia describes itself as the ultimate Bacchanalian party. More information can be found at meatopia.co.uk



HOW TO COOK PERFECT ROAST



Does your roast beef always end up dry and overcooked? If so, don't despair. Here's how to cook the perfect roast beef.

WHAT YOU NEED:

- > 1.5kg topside of beef
- > Selection of vegetables such as carrots, garlic cloves, onions, celery, etc
- > Olive oil

HOW TO MAKE:

- > Preheat the oven to 240°C/475°F/gas 9 and take your topside of beef out of the fridge and let it come to room temperature.
- > Chop your chosen vegetables and layer on the bottom of your roasting tray, drizzled in oil.
- > Oil and season the beef, before placing it on top of the vegetables.
- > Place the tray in the oven, then turn the heat down immediately to 200°C/400°F/gas 6 and cook for an hour for medium beef. If you prefer it medium-rare, take it out 5 to 10 minutes earlier. For well done, leave it in for another 10 to 15 minutes.
- > Baste the joint halfway through and add water to the veg as necessary.
- > When cooked, place your joint on a chopping board to rest for 15 minutes.
- > Use the juices and vegetables to make gravy.





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LEARN

how to say NO

STRUGGLING TO UTTER THAT TWO-LETTER WORD TO YOUR BELOVED YOUNGSTER? HERE'S HOW TO MASTER IT AND WHY YOU NEED TO TAKE BACK CONTROL

Constructive, confident and considered parenting means not always bending to your child's wants and desires. Sometimes the simple action of saying 'no' can seem obstructive and unkind, but when coaching our kids, the logic and reasoning behind our decision is vital.

Turning down some of our youngsters' requests is a key part of their development, but only if done in the right way.

ONE:
WHAT'S IN A WORD?

An obstructive 'no' is rarely going to garner a positive response. As well as being blunt, it leaves a child with little explanation as to the decision reached. Instead, parents are reminded of the benefits of using positive and negative wording. So instead of saying "Stop hitting", say "Keep your hands to yourself". Or replace "No, you can't have that" for "Why don't we look at these?"

TWO:
THE EXPLAIN GAME

No, if accompanied by an explanation that uses

emotion, empathy, consequences and alternatives will steer your child into a place where they not only go along with the response, but also agree with the sentiments behind it.

THREE:
WHAT WE HEAR

Furthermore, as humans listening to a sentence, we listen to some of the first part, all of the last part and very little of the middle. Consider this when outlining something to your child that they perhaps don't want to hear.

FOUR:
ACTION STATIONS

Accompanying rejection with a hug, or holding a hand, will soften the action and reduce the sense of loss a child may feel.

FIVE:
BALANCE

Finally, perhaps the true art of saying 'no' is to ensure you practise saying 'yes' as well. Children will be more understanding of the things they don't have if they know there are many other things that they have received, or will over time.

Reaching for
REPTILES

THE REPTILES THAT MAKE GREAT PETS... AND THOSE THAT DON'T



The lure of sharing time and space with reptiles links us back to a rugged and prehistoric past – after all, these creatures date right the way back to when dinosaurs were roaming the planet. An acquired taste, certainly, reptiles can be great pets, are largely self-sufficient, and act as a constant source of wonder for kids and adults alike.

Bearded dragons

A dragon by name, but in truth more of a lizard, this gentle creature isn't the most sociable of its kind, but enjoys being handled nonetheless. They have a varied diet, including vegetables, crickets and worms, and can live for more than a decade.



Leopard geckos

Leopard geckos can live twice as long as the bearded dragon and are nocturnal, so will stress if not allowed time to relax in dark spaces. You'll need to ensure they have cover in their terrarium, and keeping two males together is a strict no-no as they are known to fight.



Box turtles

Box turtles may look cute, but they are a lifelong commitment and can live for more than 40 years. This pet is not suitable for kids – despite their sluggish demeanour, the turtle has complex care requirements, can suffer from anxiety, and requires cleaning out each week.



Chameleons

We know chameleons are ever-changing, ever-evolving creatures, and that extends right the way through to liking different temperatures at different times of the day, so as maintenance goes, they require more than most. Factor in a need for good ventilation and natural sunlight, and a preference for living in trees, and it all points to this being a tricky reptile to maintain unless you can ensure plenty of foliage and a clean, non-toxic surrounding.



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Badger photo: Andrew Bakinson - 2020/ISON

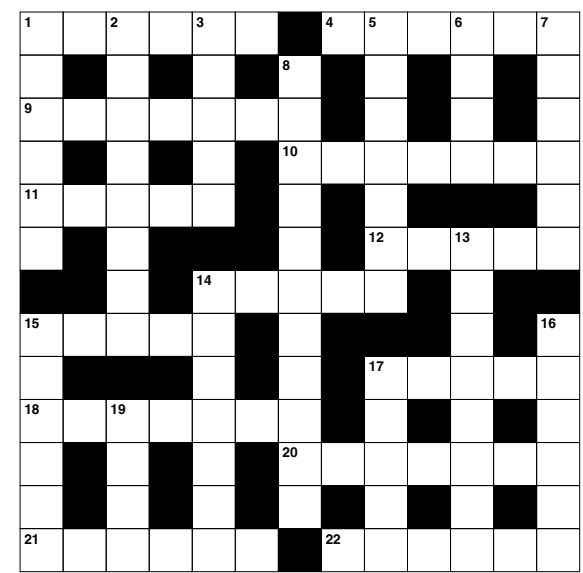


ACROSS

- 1. Creative act (6)
- 4. Pertaining to vinegar (6)
- 9. Nerve impulses (7)
- 10. Not solid or liquid (7)
- 11. Send money in payment (5)
- 12. Country in North East Africa (5)
- 14. Loathe (5)
- 15. Sense of seeing (5)
- 17. Wrong (5)
- 18. Light shoes (7)
- 20. Prior (7)
- 21. Enjoy greatly (6)
- 22. Large eel (6)

DOWN

- 1. Wish for (6)
- 2. Propelling the body through water (8)
- 3. Haggard (5)
- 5. Small mat (7)
- 6. A group of three (4)
- 7. Form-fitting garment (6)
- 8. Sea beacons (11)
- 13. Giving way under pressure (8)



- 14. Reaches (7)
- 15. Female sibling (6)
- 16. Listener (6)
- 17. Refrain from (5)
- 19. Invalid (4)

DID YOU KNOW?

- ▶ The heart of the average blue whale is approximately the size of a car
- ▶ The Chrysopelea snake can leap from trees and 'fly' distances of around 300 feet
- ▶ Dogs can sense human emotion, knowing when people are feeling sad, happy or something else
- ▶ The platypus is one of the few living mammals to produce venom
- ▶ Some spider species try to eat their partners after mating
- ▶ The unicorn is the national animal of Scotland
- ▶ Every tiger and zebra has a unique stripe pattern
- ▶ A flamingo's head has to be upside down when it eats

SUDOKU

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

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TRAVEL

Guide to the best hot springs in the world



Pamukkale Thermal Pools



Banjar Hot Springs



Kerosene Creek



Cascate del Mulino

While many of us enjoy a soak in a hot tub during a getaway, there's nothing better than the natural version – a hot spring. This is a naturally occurring phenomenon where water is heated from the Earth's crust. Some of the world's most popular travel destinations are home to some incredible hot springs, and are a must to experience during your visit. Check out our guide to the best hot springs in the world.

Blue Lagoon Geothermal Spa, Iceland: One of the most famous hot springs in the world, more than 4,000 people visit Blue Lagoon every day. The beautiful blue water, alongside the idyllic mountain scenery, provides the perfect spot for relaxation. With 38°C temperatures and an on-site spa, a visit to Iceland isn't complete without a visit to Blue Lagoon.

Pamukkale Thermal Pools, Turkey: Pamukkale Natural Park is a UNESCO World Heritage Site and home to a dozen thermal springs. It's a picture-perfect setting with beautiful blue water set against white limestone – ideal for relaxing in the Turkish sun. The Egyptian Queen Cleopatra is known to have visited the Pamukkale pools.

Banjar Hot Springs, Bali: The Banjar Hot Springs provide a stunning setting across two levels and offer complete relaxation. There is even a family pool, providing something for everyone in this wonderful part of Indonesia.

Kerosene Creek, New Zealand: New Zealand provides so many amazing experiences, and Kerosene Creek doesn't disappoint. Set deep within the Rotorua forest, spending time relaxing in this striking hot spring is an experience you won't forget.

Cascate del Mulino, Italy: One of Tuscany's most popular spots, the Cascate del Mulino is open 24 hours a day, allowing guests to experience its beauty at all times of the day and night. The limestone pools are magnificent, and it's a great place to unwind after a day exploring the sights of Tuscany.

With incredible hot springs located all over the world, will you visit one on your next adventure?

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