

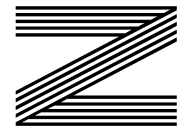
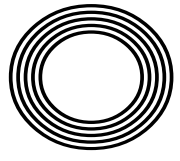
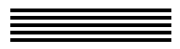


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Editor's notes...

APRIL 2024



Nik Allen, Editor

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

I recently read the story of Chris Kanizi, who runs an award-winning fish and chip shop in Greenwich. Of Cypriot descent, his family moved to this country in 1977 and has embraced one of Britain's culinary staples for two decades. Yet he's been told the 8ft Union Jack mural on the outside of his restaurant must go because both the mural, and the words 'A Great British Meal' are "inappropriate for the area"!

How? Why? In what version of Britain are we living in that we cannot proudly display our own flag? In fact, how many times have you been in an

Italian, Spanish, French, or Turkish restaurant, or visited the US or Canada or Australia, and welcomed the fact that they openly embrace the colours, flavours and flags of their country?

We have lost our minds if the lunatics at Greenwich Borough Council force through the order for Kanizi to paint over a mural that portrays the love, gratitude and respect he has for this nation. It can't be allowed that Kanizi, or me, or anyone else, cannot fly their flag. It's enough to send a man doolally with disgust.

Until next month, take care of yourself, each other, and fly your flags with pride!

Nik Allen

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GIMME!GIMME!GIMME!

THE RESURGENCE OF POP ICONS ABBA – 50 YEARS SINCE THEIR EUROVISION WIN

Fifty years ago this month, a Swedish pop group called ABBA wowed the Eurovision stage with their catchy hit, *Waterloo* – even though the UK gave them precisely ‘nul points’. This victory launched the band into legendary status in the world of pop music. But what have they been up to since then?

WHO WAS IN ABBA?

ABBA was made up of two couples: Agnetha Fältskog and Björn Ulvaeus, and Benny Andersson and Anni-Frid Lyngstad. The group enjoyed worldwide success throughout the 1970s and into the 1980s with pop classics like *Dancing Queen*, *The Winner Takes it All*, and *Gimme! Gimme! Gimme! (A Man After Midnight)*. They had nine UK chart-toppers and sold up to 385 million records worldwide.

THE BIG SPLIT

In 1982, the pop world was shocked when the group announced they were breaking up. Around the same time, each couple within the group also parted ways. But the band members kept busy. Agnetha and Anni-Frid both released solo albums, and Anni-Frid devoted herself to charitable work. Björn and Benny forged individual careers, but also continued working together on shows like the award-winning musical *Chess* and the *Mamma Mia!* stage show.

BACK TOGETHER AGAIN

Fast forward to 2016, and the group shocked the world once again with the announcement of their reunion. They were going to appear as virtual avatars in a groundbreaking entertainment experience called *ABBA Voyage*.

In a joint statement, the members expressed their joy at reuniting after more than three decades apart, saying: “We all four felt that, after some 35 years, it could be fun to join forces again and go into the recording studio. So we did. And it was like time had stood still and that we only had been away on a short holiday.”

A RESOUNDING TRIUMPH

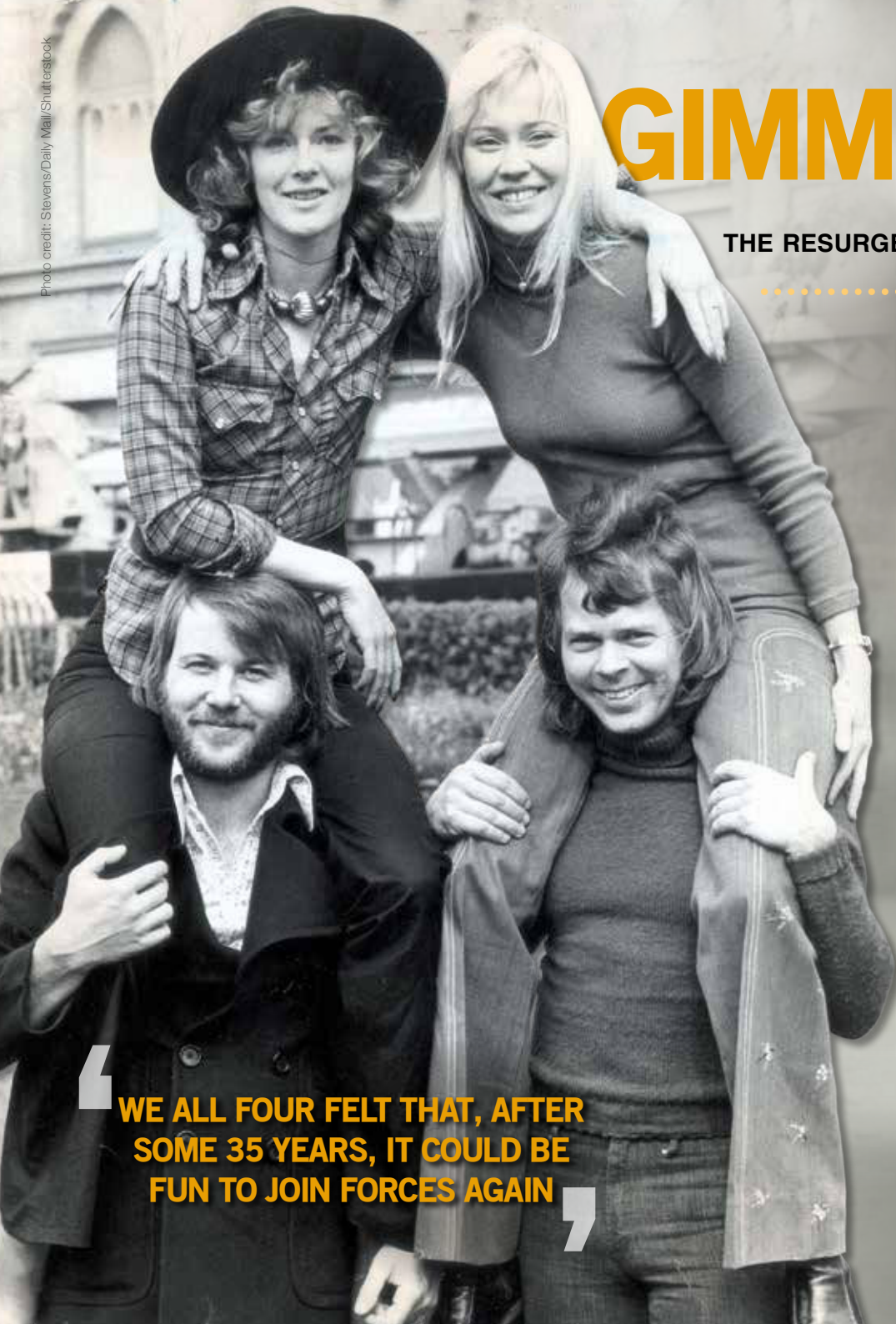
The show featured super-realistic avatars of the band, looking just like they did in the late 1970s. They played a mix of new and old hits, and the show was a massive hit. In May 2022, all four members attended the premiere in London and the newspapers had a field day.

In November 2021, ABBA released their ninth and final studio album, *Voyage* – their first release in 40 years. The reviews might have been mixed, but fans loved it. It soared to the top position in the UK charts, earned four Grammy nominations, and brought the group’s music to a new generation of fans. And, of course, it will help to make sure the *Money, Money, Money* continues to roll in!

50 YEARS ON

This May, BBC One is showing a special documentary called *ABBA: Against The Odds*, commemorating the 50th anniversary of ABBA’s Eurovision triumph. The programme will coincide with the 68th Eurovision Song Contest, where Years & Years singer Olly Alexander will be representing the UK. Coincidentally, this year’s show is being held in ABBA’s own country – in Malmö, Sweden, on Saturday, May 11. The documentary promises to unveil the untold story of the iconic supergroup, showcasing their remarkable journey to global fame.

“WE ALL FOUR FELT THAT, AFTER SOME 35 YEARS, IT COULD BE FUN TO JOIN FORCES AGAIN”



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Photo credit: Ken McKay/ITV

a new morning

WITH TV PRESENTERS BEN AND CAT TAKING OVER AS THE NEW HOSTS

Following a challenging few months for the show, ITV bosses have pinned their hopes on Ben Shephard and Cat Deeley to take forward the continued renaissance of *This Morning*.

Having stepped in during a turbulent interim period, the charismatic pair are now the permanent hosts for the Monday to Thursday slots, succeeding Phillip Schofield and Holly Willoughby, who departed the show in May and October respectively.

Both new presenters are veterans of British TV. Deeley rose to prominence as the host of *SMTV* alongside Ant and Dec. She also gained recognition by earning an Emmy Award nomination for her role as the host of *So You Think You Can Dance?* in the United States.

As well as previously hosting ITV's *Good Morning Britain*, Shephard, who started his career on Channel 4's *The Bigger Breakfast*, has also held presenting gigs for *T4*, *The Xtra Factor* and *Ninja Warrior UK*. He also previously stood in for Schofield on *This Morning* several times, and currently fronts the

game show *Tipping Point*.

The 49 year old said: "I get a bit longer in bed, so I am grateful for the opportunity!

"*This Morning* is such a prestigious show and it's a real honour to be taking my place on the sofa."

With such experience and long-time popularity with UK viewers, it is not surprising that the photogenic pair have been trusted to reinvigorate what is considered to be a British institution.

Also, given the show's failure to win at the audience-voted National Television Awards in September 2023 (for the first time in 13 years), Deeley and Shephard will have their eyes on a very specific prize in 2024!

In recent months, *This Morning* has featured an ever-rotating line-up of presenters, including Andi Peters, Sian Welby, Mollie King, Josie Gibson, Craig Doyle, Emma Willis, Christine Lampard and Rylan Clark. Alison Hammond and Dermot O'Leary, who have previously presented the show throughout the week, will continue to co-host the show on Fridays.



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a little BIT OF LUCK

Are you looking for a new indoor plant for your home? Lucky bamboo is easy to take care of, provides a great visual appeal, and is said to bring luck, wealth and good health to its owners.

HOW TO CARE FOR LUCKY BAMBOO

Lucky bamboo is known for being virtually indestructible, making it a great indoor plant for beginners and those who don't have a lot of spare time.

1 LIGHT

Lucky bamboo thrives in bright but filtered sunlight. Avoid placing it in direct sunlight as this may scorch the leaves. It can also tolerate light shade but will grow larger when kept in a bright room.

2 SOIL

Plant in well-drained, rich potting soil for best results. Also, lucky bamboo does well when housed in pebbles or a vase filled with water, as long as it has an inch of standing water at all times.

3 WATER

Lucky bamboo is sensitive to chlorine and other chemicals found in tap water. Therefore, it is better to use bottled or distilled water or tap water that has been allowed to sit for 24 hours to allow the chlorine to evaporate.

4 TEMPERATURE AND HUMIDITY

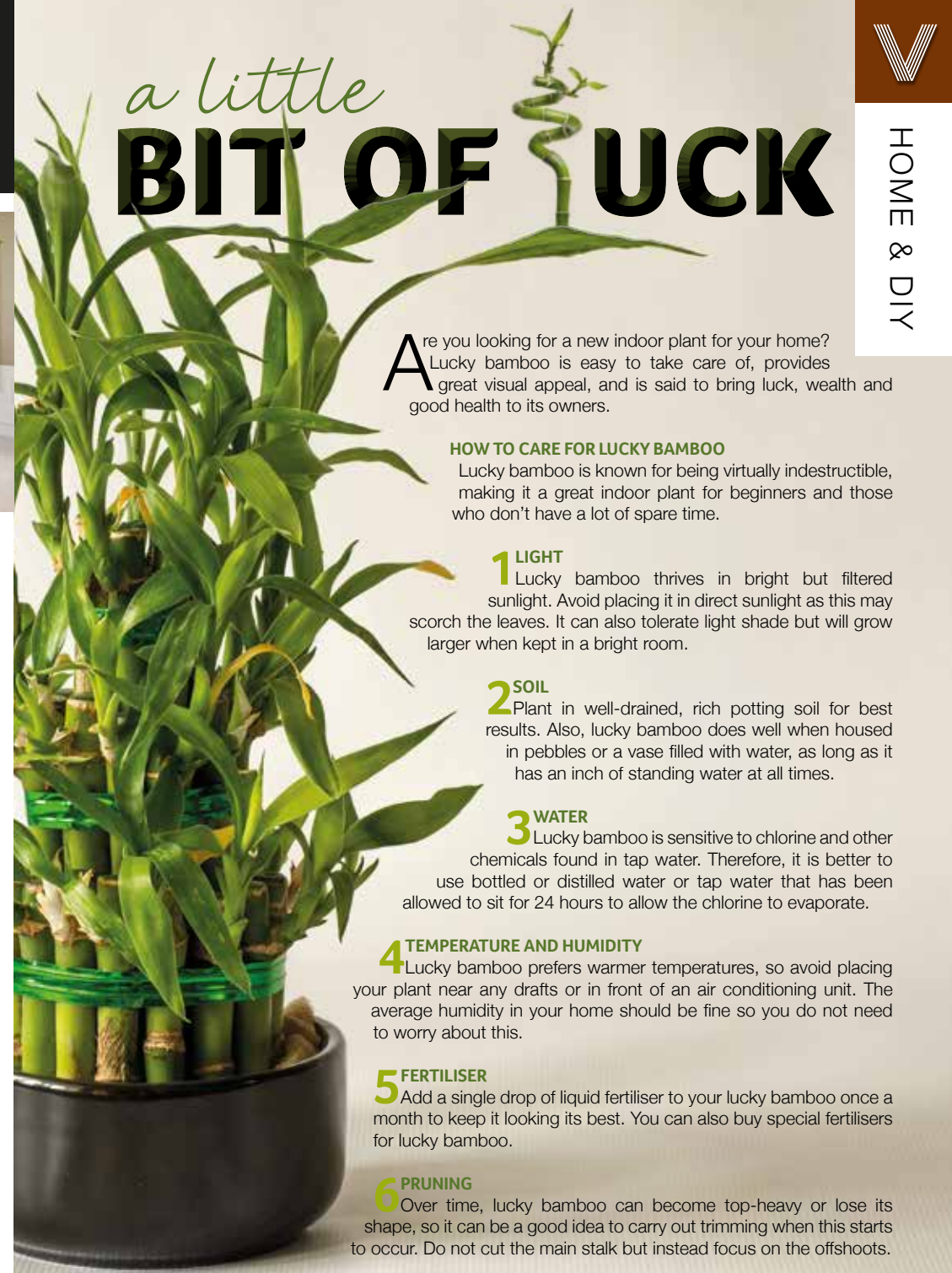
Lucky bamboo prefers warmer temperatures, so avoid placing your plant near any drafts or in front of an air conditioning unit. The average humidity in your home should be fine so you do not need to worry about this.

5 FERTILISER

Add a single drop of liquid fertiliser to your lucky bamboo once a month to keep it looking its best. You can also buy special fertilisers for lucky bamboo.

6 PRUNING

Over time, lucky bamboo can become top-heavy or lose its shape, so it can be a good idea to carry out trimming when this starts to occur. Do not cut the main stalk but instead focus on the offshoots.



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How to CLEAN PAINT ROLLERS



A step-by-step guide to cleaning your paint rollers

Paint rollers are a must-have tool for painting your home, but they can be a nightmare to clean. If you are guilty of throwing away paint rollers after each use, then this guide is just what you need.

HOW TO CLEAN A PAINT ROLLER (WATER OR LATEX-BASED PAINT)

YOU WILL NEED:

A bucket | A putty knife | A stiff-bristled brush or old rag | A pair of rubber gloves | Washing-up liquid

WHAT TO DO:

Step 1: Remove any excess paint

Paint rollers are highly absorbent, so you first need to remove any excess paint. Use a putty knife to gently scrape off any excess paint back into the paint can.

Step 2: Remove the roller from the frame

Put on a pair of rubber gloves and then slide the roller off the frame. Place some warm water and a few squirts of washing-up liquid into a bucket. Submerge the frame in the bucket and clean using a stiff-bristled brush or an old rag. Leave to air dry.

Step 3: Wash the roller

Submerge the roller in the bucket and use your hands to massage the paint out of it. Make sure you clean every surface of the roller. If the paint has already dried, leave the roller in the water to soak for 30 minutes before cleaning.

Step 4: Rinse the roller

Fill the bucket with fresh water and then rinse the roller. It may take several minutes of rinsing before it is completely clean. Shake off any excess water.

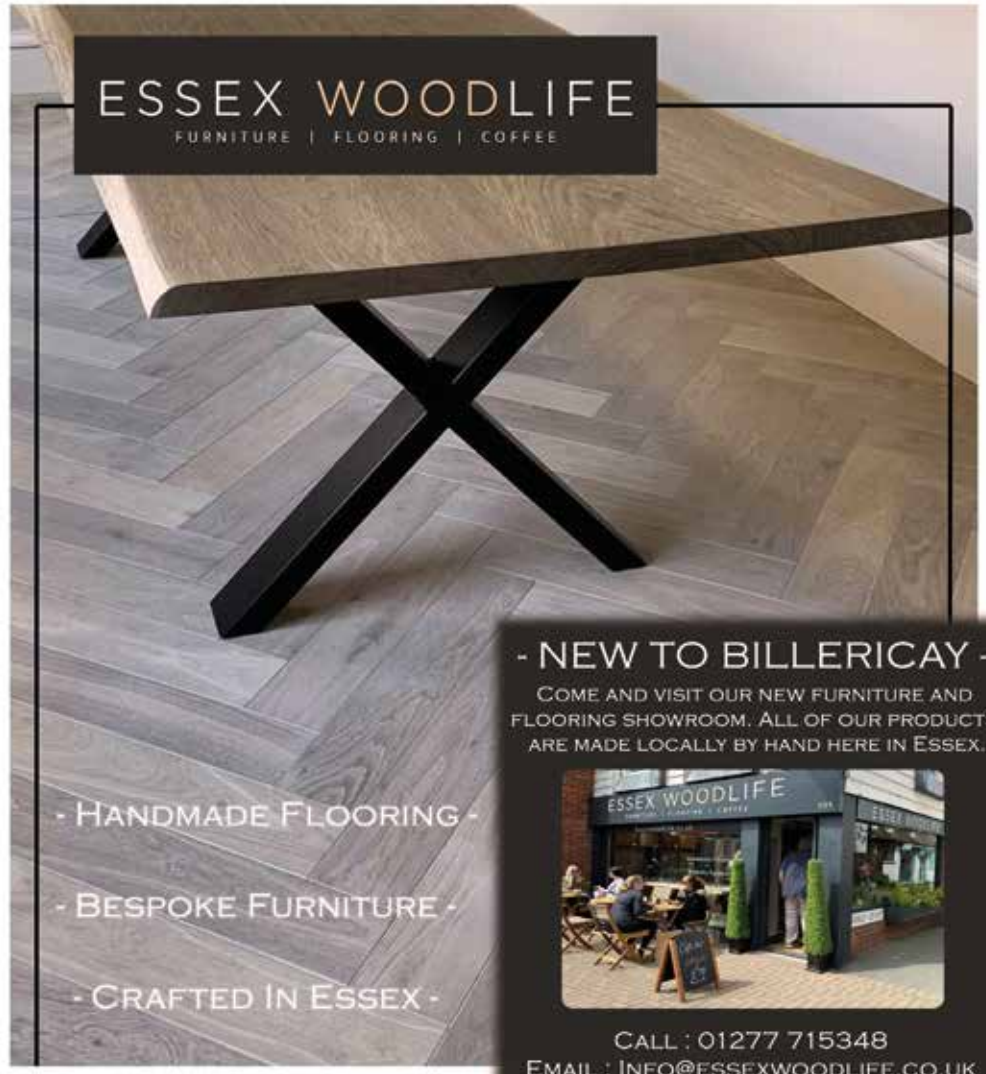
Step 5: Dry the roller

Never place a roller on its side to dry as this will flatten the fibres. Instead, place it upright on its end or slip it over a trouser hanger.

NB: If you have used oil-based paint, follow the same steps but replace the washing-up liquid and warm water with mineral spirits. You will also need to wash the roller for 5-10 minutes in the solution rather than 1-2 minutes.



Photo credit: thespruce.com



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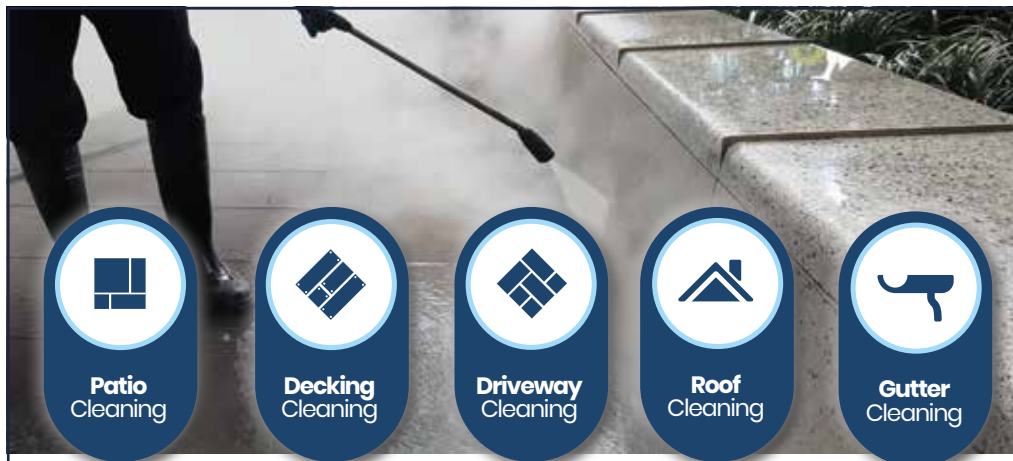
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HOW TO MAKE YOUR OWN OTTOMAN

You will need:

A wooden crate | Castor wheels | Dark wood wax | Short wood screws | Standard wood screws | Plywood | 2 x wood battens | Upholstery foam | A piece of fabric | Spray adhesive | Wadding | A staple gun

How to make:

1. Apply furniture wax to the crate to make it look more rustic and aged.
2. Fix the castor wheels to the base of the crate using short wood screws.
3. Measure the top of the crate and then cut a piece of plywood to these measurements.
4. Cut two battens of wood, one inch shorter than the width of the plywood lid.
5. Cut a piece of upholstery foam the same size as the lid.
6. Stick the foam to the back of the plywood lid using the spray adhesive.
7. Cut a piece of wadding that is large enough to wrap around the foam and then cover the lid with it, and secure it with the staple gun.
8. Cut your chosen fabric so that it is big enough to wrap around the lid.
9. Cover the lid with the fabric and use the staple gun to secure it to the underside.
10. Add the battens of wood to the underside of the lid using two standard wood screws. These will stop the ottoman lid from sliding around.

CUSTOMISATION TIPS

- > For a child's bedroom, stencil their name onto the side of the crate.
- > For a nautical theme, attach rope for handles.
- > For a retro feel, cover the lid with an old pair of jeans or a vintage dress.

Photo credit: Gracie Oaks viawayfair.co.uk, August Grove via wayfair.co.uk, canarystreetcrafts.com, pillarboxblue.com





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Benefits of Domestic Solar

By embracing solar energy for your home, you can enjoy significant cost savings, energy independence, environmental sustainability, increased property value, and the peace of mind that comes with contributing to a cleaner and greener future. It's an investment that pays off both financially and environmentally.

Cost savings

One of the most significant benefits of solar energy is the potential for long-term cost savings. By generating your own electricity from solar panels, you can significantly reduce or even eliminate your reliance on grid electricity. This leads to substantial savings on your monthly electricity bills, especially as utility rates continue to rise over time. With proper planning and sizing of your solar system, you can lock in predictable energy costs for decades.

Return on investment

Installing a solar energy system is an investment that can yield attractive returns. While there is an initial cost involved, the long-term savings on electricity bills can offset that expense. In many cases, homeowners can recoup their investment within a reasonable timeframe and enjoy years of virtually free electricity from the sun. Additionally, some jurisdictions offer incentives such as tax credits, grants, or net metering programs, which further enhance the financial benefits and accelerate the ROI.

Environmental Independence

Solar energy provides homeowners with a sense of energy independence. By generating your own electricity, you become less reliant on the grid and its potential price fluctuations or outages. This gives you greater control over your energy consumption and reduces your vulnerability to disruptions in the energy supply. With solar power, you have a reliable and consistent source of electricity right on your property.

Increased Property Value

Homes equipped with solar energy systems tend to have higher property values. Solar installations are considered valuable assets, as they offer long-term cost savings and environmental benefits. Studies have shown that homes with solar panels sell faster and at higher prices compared to homes without solar. Therefore, investing in solar energy not only provides immediate benefits but also enhances the overall value and marketability of your home.

Durability and Maintenance

Solar panels are designed to be durable and require minimal maintenance. They typically come with warranties ranging from 20 to 25 years, and their lifespan can extend beyond that. Generally, solar panels only require occasional cleaning to remove dust or debris. The simplicity and reliability of solar energy systems make them a low-maintenance option for homeowners.



INTERIOR DESIGN PROFILE

STUDIO IRO

THE INTERIOR DESIGN STUDIO TEACHING US TO EMBRACE IMPERFECTION...



Studio Iro is the design studio of founder Lucy Carrell, whose work is inspired by the Japanese practice of Wabi, where beauty is found in imperfection. Studio Iro's portfolio contains understated designs that have subtle details to create warm spaces that leave a lasting impression.

A CLOSER LOOK AT STUDIO IRO

Studio Iro creates styles that are eclectic and beautiful, bringing together a range of influences to create looks that are always unique. From antique furniture to colour blocks that add interest and style, you should expect the unexpected and watch it all come together perfectly.

Studio Iro uses textures and original features of properties to create looks that are unique to each space. Colour pops through art, textiles and accessories add fun elements to looks that are

easy to recreate in your own home.

CREATING THE LOOK IN YOUR HOME

Lucy describes her designs as "soulful and warm", and this is a theme you can easily recreate in your own space. Some Studio Iro-inspired tips include:

- > Imperfections should be embraced, such as bricked walls, adding their own beautiful touch to your project. Not everything needs to be flawless.
- > Keep an eye out for antique furniture, like a sideboard and armchair that can add some character to a more contemporary home.
- > Use abstract or fine art and decorative wallpaper to lift your spaces and bring in some patterns and textures.
- > Embrace florals and greenery to add further detail to your space and make it look more homely.



Photo credit: studioiro.co



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PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

ACROSS

- 1. Spur on (4)
- 3. Came into possession of (8)
- 9. Income (7)
- 10. Sprites (5)
- 11. Four-wheeled road vehicle (3)
- 12. Card game (5)
- 13. Insurgent or revolutionary (5)
- 15. Where one finds Rome (5)
- 17. Cook meat in the oven (5)
- 18. Not on (3)
- 19. Brought forth (5)
- 20. Respectable; refined (7)
- 21. Expulsion (8)
- 22. Solely (4)

DOWN

- 1. Irretrievable (13)
- 2. Donor (5)
- 4. Winged child (6)
- 5. Joblessness (12)
- 6. Officially cancels (7)
- 7. Shamefully (13)
- 8. Sporadic (12)
- 14. Open area of grassland (7)

1		2		3	4	5	6	7
			8					
9						10		
11						12		
	14							
			15	16				
17							18	
19				20				
21						22		

- 16. In slow tempo (of music) (6)
- 18. Large body of water (5)

DID YOU KNOW?

- ▶ Feng shui, meaning 'wind and water', is an ancient Chinese art of arranging spaces to achieve harmony and balance.
- ▶ The aim of feng shui is to balance the life force of chi. In the Taoist belief, chi is said to inhabit everything.
- ▶ To protect against negative chi, feng shui practices include making sure to always keep the bathroom door closed and to throw away wilted flowers immediately.
- ▶ In feng shui, every colour has a meaning. For example, black signifies contemplation and wisdom, while purple is connected to power and prosperity.
- ▶ Feng shui has influenced the design of a number of landmarks around the world, including the glass pyramid at the Louvre Museum in Paris and the Sydney Opera House in Australia.

SUDOKU

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

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Billericay Mayflower Rotary's **Soapbox Derby**

on **Sunday, May 5**

Gates open for this very popular, annual, Billericay event at 10am, with races starting from 11am. Around 20 karts will be racing down London Road from Sun Corner, Billericay, CM12 9JZ, competing for the following prizes:

Student Class – 1st, 2nd, 3rd.

Wacky Racer Class – 1st, 2nd, 3rd.

Corporate Class – 1st, 2nd, 3rd.

Fastest Soapbox Class – 1st, 2nd, 3rd.

There will also be a prize for the "Best Constructed Soapbox".

There's a lunch break from 1pm - 2pm, during which there will be some exciting entertainment.

Racing all day until 4.45pm.

Prizes will be presented at 5.00pm.

The event will close at 5.30 pm.



There will be several attractions to keep everyone happy, including many drink and food outlets, and a large area for children's rides and amusements.

Don't forget your "advance saver" tickets online at: <https://billericaymayflowerrotaryclub.yourticketbooking.com/p/SoapBoxDerby>

Advance family ticket = two adults and two children 17 years and under = £15.00

Advance ticket (adult or child) = £5.00 (children aged four and under are free and do not require a ticket).

Please note there is a £1.50 transaction fee. This fee applies to the whole order not per ticket.

Gate prices on the day = £7.00 per person

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2024**
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Sports legend celebrates community links

Though not a native of Brentwood, legendary British boxer and former world champion Frank Bruno MBE's significant association with the area packs a punch.

During his 14-year boxing career, which started in the 1980s, Frank Bruno MBE was known for his exceptional punching power and dynamic resilience. It led him on the path to becoming a national hero in Britain, as a nation celebrated not just his sporting achievements, but also his unique personality.

His connection to the Brentwood and Ongar area was also something that became greatly aligned with his professional journey. It began during the peak of his career after he moved to the area, as he found the environs a serene contrast to the intense and brutal arena of boxing.

His presence also helped to raise the profile of the region, drawing attention to its community and cultural offerings, as he engaged with local events and charities and endeared himself to residents, becoming a beloved local figure.

It showed in his career as he eventually fought 45 times, winning 40 bouts – 38 of which were by knockout. His most notable victory came against Oliver McCall in 1995, when he won the WBC heavyweight title – a significant moment for both British boxing and Bruno's status as a UK icon.

After retiring, Bruno willingly discussed his own battles with mental health and wellbeing, becoming an advocate for raising awareness of such issues, particularly among men. His openness has been instrumental in helping to reduce stigma.

His autobiography, *Frank: Fighting Back*, chronicles his life, career and struggles, offering an intimate examination of the life of a sports legend. His ongoing association with the local area highlights the enduring bond between the public figure and the community he chose to call home.

Frank Bruno's story is one of hardiness, community engagement and the power of sport to unite and uplift.

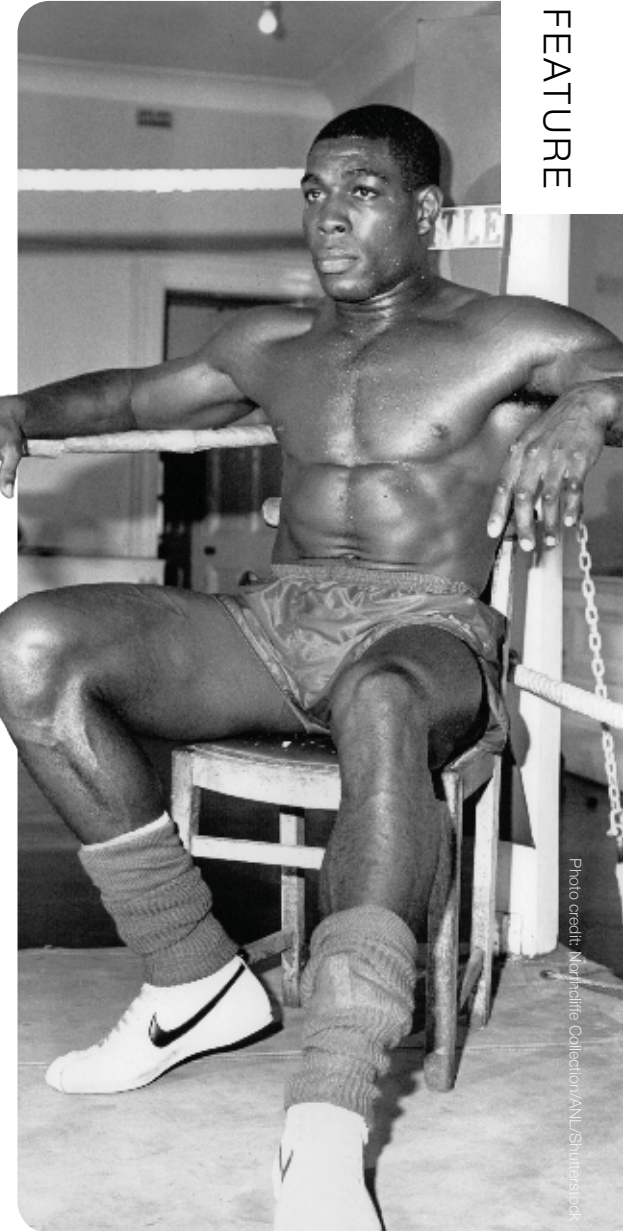


Photo credit: Northcliffe Collection/ANL Studios/Corbis

LOCAL FEATURE





The stunning Elizabethan mansion – Hill Hall

Among Essex's many notable buildings, one in particular offers visitors a glimpse into England's rich past.

Hill Hall was originally constructed for Sir Thomas Smith during the reign of Queen Elizabeth I, covering approximately 50 hectares. Enveloped by an 18th-century landscaped park providing dramatic vistas atop a high ridge, with grounds descending in every direction, it offers breathtaking views across the rolling landscape.

The gardens, designed by prominent architects Reginald Blomfield and Philip Tilden, retain features from the late 17th century and are nestled within the parkland for which Humphry Repton, a renowned landscape gardener, created a design in 1791.

Located southeast of Epping – near Junction 27 of the M25 – its approach is through a carriage drive lined with young lime trees, leading directly to the hall's gates. This path closely follows the original drive of the house, despite various modifications over the centuries.

The hall itself was built between 1569 and 1575. Adorned with terracotta and cut-brick dressings, it features a north front with mullioned windows and central Elizabethan entrance arch under a Tuscan portico.

The garden to the south displays nine bays with outer three-storey towers, while the east front – remodelled in 1714 – boasts giant half-columns and a family coat of arms. Despite numerous alterations by the Smith family, the original Elizabethan layout remains largely intact.

A blend of historical and modern landscaping, surrounding gardens to the east, south and west of the hall feature a late 19th-century flagstone terrace, mature trees and remnants of 17th-century formal gardens.

Later, it briefly became a women's prison hosting, among others, Christine Keeler, the model involved in the Profumo affair, who was jailed for perjury.

Hill Hall has now been divided into private houses, but parts remain open to the public for pre-booked tours on Wednesday afternoons.



Photo credit: Heritage Image Partnership Ltd/Alamy Stock Photo

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- > How are your eating habits?
- > Are you sleeping okay?
- > Do you get any physical exercise?

If you are not happy with your answers, then it may be time to look at reducing your daily screen time.

How much time are people spending on screens?
 The average screen time for people aged 16-64, across different platforms and devices, is an estimated six hours and 37 minutes per day. Mobile devices account for most of this, with users spending an average of three hours and 46 minutes on their smartphones, with desktop computers not far behind at two hours and 51 minutes.

How screen time adds up over one year

1 hour	→	15 DAYS	a year
2 hours	→	30 DAYS	a year
3 hours	→	45 DAYS	a year
4 hours	→	61 DAYS	a year
5 hours	→	76 DAYS	a year
6 hours	→	91 DAYS	a year
7 hours	→	106 DAYS	a year

What problems are associated with too much screen time?
 Too much screen time can cause a whole host of problems for adults and children alike, including: Obesity | Sleep disturbance | Depression | Anxiety | Hyperactivity | Poor language development | Inferior social development | Low moods | Headaches/eye strain | Light sensitivity | Shorter attention span | Frustration and less impulse control

How to know if you are spending too much time in front of a screen
 If you are unsure whether or not you are spending an unhealthy amount of time in front of a screen, ask yourself the below questions:
 > How often do leave your house and socialise?

- How to manage and reduce screen time**
- > Create tech-free zones, such as mealtimes and bedtime
 - > Set and enforce daily/weekly screen time limits
 - > Consider using an app that controls the length of time your child can use a device
 - > Eliminate background TV from your home
 - > Try to spend more time outdoors as a family
 - > Set clear work boundaries.





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WHAT'S ON

YOUR LOCAL EVENTS

HANNINGFIELD FAMILY ACTIVITY DAY

Hanningfield Reservoir Nature Discovery Park, Hawkswood Road, Billericay, CM11 1WT
Thursday, April 11, 10am and 2pm



Photo credit: Essex Wildlife Trust
Hanningfield Reservoir Nature Discovery Park

Join the Wilder Learning Team to celebrate springtime with games and activities including the nature egg challenge, learning about wildlife, bug hunting, and how to use wood tools to create a coppice character. There are two sessions to choose from. Visitors should arrive within 30 minutes of the start of the session.

Suitable for children aged three and over. Tickets cost £10.84 from www.shorturl.at/zAFZ5

TREVOR NELSON SOUL NATION

The Brentwood Centre, Doddinghurst Road, Pilgrims Hatch, Brentwood, CM15 9NN
Friday, April 19, doors open at 7pm for an 8pm start

Trevor Nelson brings his ultimate old-school party to Brentwood for the first time in 2024! Soul Nation has been Trevor Nelson's pride and joy over the last six years, starting off with a monthly residency at London's legendary Jazz Café in 2013. Expect Trevor to play and celebrate old school R&B classics that will have you dancing all night.

Tickets cost £24.99 from www.shorturl.at/hilwS

A TRIBUTE TO THE TENORS & THE MUSICALS

The Billericay Theatre, 34 Radford Way, Billericay, CM12 0DX
Sunday, April 21, doors open at 3pm for a 4pm start

The Billericay Theatre is thrilled to welcome the fantastic Arran Harding for a night of incredible tunes

from some of the world's best tenors. Hear music by Alfie Boe, Michael Ball, Il Divo and classic musicals, while sitting in classic cabaret seating.

Tickets cost £12 via www.thebillericaytheatre.co.uk/show/sunday-soiree-a-tribute-to-the-tenors-the-musicals

BILLERICAY DISTRICT RESIDENTS' ASSOCIATION

The Reading Rooms, 73 High Street, Billericay, CM12 9AS
Saturday, April 27, 10am – 4pm

If you care about the future of Billericay, come along and find out more at the Billericay District Residents' Association's open day. Refreshments will be available.

To find out more, please visit www.bdra.org or www.billericayactiongroup.org.uk

BRENTWOOD THEATRE'S 30TH ANNIVERSARY GALA NIGHT

Brentwood Theatre, 15 Shenfield Road, Brentwood, CM15 8AG
Saturday, May 4, 6pm

Join Brentwood Theatre as they celebrate their 30th anniversary in style. Dress to impress and enjoy a night of live entertainment, great food and finish the night dancing on the theatre stage. Tables can fit a maximum of eight guests, and each visitor can enjoy a refreshing welcome drink.

Tickets cost £48 via www.brentwood-theatre.co.uk/event/brentwood-theatre-30th-anniversary-gala-evening



Photo credit: Brentwood Theatre

The Reading Rooms The Billericay home of the Open Bible Learning Group



April

The **Open Bible Learning Group** opens its doors each Sunday afternoon to anyone with an enquiring mind and interest in reading their Bible more effectively.

The group meets **Sundays at 2:30** in the **Reading Rooms, Billericay High St.** to explore the exciting and powerful message God has revealed in his word, the Bible, by means of talks, discussions and presentations.

The **Open Bible Learning Group (OBLG)**, a group ordinary men and women, first met here in the **Reading Rooms** in 1957 as a place to worship and study. This month the **OBLG's Sunday 2:30 pm "Events"** programme includes:

- 7th Apr **The Proof God Exists**
- 14th Apr **Are Humans Born Good?**
- 21st Apr **Is it possible to live for ever?**
- 28th Apr **What the churches didn't tell you about - God**

OpenBibleLearningGroup.com/Events

Why not come along Sunday afternoon to the Billericay Reading Rooms, or else join us for a the **'Live' Zoom session?** To get Zoom details **email** your request to: Hello@OpenBibleLearningGroup.com

For a full list of **Future Events**, free **Home-Study Packs** or past **Audio Recordings** see our website **Events page**, or check out our new **5 minute Bible Shorts** and past **Specials** on our  channel [@openbiblelearninggroup](https://www.youtube.com/@openbiblelearninggroup).

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Why do businesses benefit from hyperlocal advertising?

1. Targeted advertising

Hyperlocal advertising allows companies to target customers who are within a specific geographic area, making it easier to reach the right audience and increase the chances of converting them into paying customers.



2. Cost-effective

Hyperlocal advertising can be cost-effective because it is focused on a specific local area, meaning that businesses can reach their target audience without wasting money on broader marketing campaigns that may not be as effective.



3. Increased engagement

Hyperlocal advertising can lead to increased engagement with customers because it is focused on the local community and the interests of the people living in that area. By targeting customers with ads that are relevant to their interests and needs, companies can build a stronger relationship and increase their chances of repeat business.



4. Improved search engine optimisation

Hyperlocal advertising can improve a business' search engine optimisation because it targets customers who are likely to be searching for businesses and services in their local area. By optimising their website and other online presence for local search terms, businesses can improve their visibility and attract more customers.



5. Better return on investment (ROI)

Hyperlocal advertising can lead to a better ROI because it is focused on a specific area and customer base. Targeting customers who are likely to be interested in their products or services, can increase conversion rates and revenue.



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GOING THE DISTANCE

A brief history of the London Marathon, in advance of this year's event on April 21

While we have the Ancient Greeks to thank for the world's most recognised long-distance running event (it's named after the 25-mile route from Marathon to Athens, embarked on by a Greek messenger who announced victory over invading Persians in 490BC, then promptly collapsed and died), the modern incarnation of the challenge is a very British creation.

Indeed, from a standardised 25-mile distance, the challenge was extended by a mile and 385 yards ahead of the 1908 Olympic Games in London, with Queen Alexandra requesting the race start on the Windsor Castle lawns and finish in front of the royal box at the Olympic Stadium.

The random boost in mileage stuck, and the marathon has evolved to become one of the toughest (yet at the same time perfectly achievable) endurance challenges.

Globally, there are thousands of official marathons that take place every year, yet of them all, no one has ever run one quicker than Kelvin Kiptum, who was tragically killed in a car crash in his native

Kenya on February 11 of this year. His time of two hours and 35 seconds (and a barely believable mile pace of four minutes and 36 seconds) at the 2023 Chicago Marathon is an incredible legacy to leave.

The London Marathon is arguably the world's favourite. Conceived by Chris Brasher and John Disley in 1981, it has men's, women's and wheelchair variants. At the first event, there were 6,255 finishers, with Dick Beardsley and Inge Simonsen crossing the finish line first hand-in-hand.

Kiptum holds the current London Marathon record (2:01:25), the fastest of more than one million entrants across the past four decades. More than £1 billion pounds of sponsorship has been raised for good causes during that time.

With nearly 580,000 applicants in 2024 – an almost fourfold increase compared to a decade ago – the London Marathon has never been more popular. Beginning in Greenwich Park, it finishes on The Mall, and almost 99 per cent of runners who start will finish.

If you feel inspired, entries will soon open for the 2025 event. And even if you decide not to run, it's still a great event to witness as a spectator, with a lively atmosphere and community spirit as crowds come together to cheer on the runners.



Kate WINSLET

Photo credit: David Fisher / Shutterstock



She was the prim beauty who won our hearts on the doomed deck of the *Titanic*. Wind forward almost three decades and Kate Winslet CBE wows again as a ferocious female leader who makes grown men quake in their boots.

Once upon a time in Hollywood, there were two unspoken rules: first, glamorous film stars generally played the roles of glamorous women; and second, a jump to television often meant your career was in terminal decline!

Thankfully, like most things in Tinseltown, neither of these caveats remains true.

Take Kate Winslet in HBO's *Mare of Easttown*, for example a critically acclaimed 2021 miniseries in which her character Mare Sheehan – a detective sergeant and lifelong resident of Easttown – is tasked with investigating a local murder while also dealing with personal and professional challenges. The show was lauded for its gritty realism, encapsulated by Winslet's Mare, a downtrodden, frumpy and dishevelled woman who is a far cry from the actress's usual splendour.

"It's always been good to step outside who I really am," the *Titanic*, *Eternal Sunshine of the Spotless Mind*, *Hamlet* and *Avatar: The Way of Water* actress begins. "Some actors like the security of a certain type of characterisation, but for me that feels boring. My contentment actually comes in taking risks; and of course, some work, and some don't!"

Most for Winslet have worked, thankfully; so much so that rather than push her daughter away from the emotional perils of the entertainment industry, as so many parents do, she has encouraged her to carve out a niche. In 2022, the Reading-born beauty starred in *I Am Ruth*, a deeply moving film for Channel 4 which explores the ruptured relationship between Ruth (Winslet) and her teenage daughter, Freya, played by Winslet's own first-born child Mia Threapleton, whose mental health is becoming increasingly compromised by her mobile phone.

"I've always kept my children away from the media and that part of the industry. And in the case of Mia, not only has this protected her, but I think also kept the idea of acting and performing pure and wholesome, and that's really important."

Indeed, with her lookalike daughter embarking on her own acting career, 48-year-old Winslet could consider early retirement, especially considering she's already won an Oscar, two Emmy Awards and numerous BAFTAs, as well as being awarded a CBE by Her late Majesty Queen Elizabeth II in 2012 for services to drama.

Instead, she has delivered one of her finest performances yet in six-part satire, *The Regime*.

Created by *Succession* alum and *The Menu* cowriter Will Tracy, the Sky Max series features Winslet as the manicured and manic dictator of an imagined European state.

Primarily filmed at the picturesque Schönbrunn Palace in Vienna, Austria, with additional scenes shot in the baroque rooms of Wentworth Woodhouse, near Rotherham, *The Regime* is a fever dream that simultaneously terrifies, baffles and entertains viewers.

"You've got to keep pushing in this industry. As they say, standing still is going backwards!"

Push she does, something aided by a happy private life and marriage with Edward Abel Smith. The couple contentedly exist in the rural confines of West Wittering on the Sussex coast, turning away from the red carpets and flashbulbs. "Of course I will do what I can when promoting projects, but outside that, I've never been too fussed about the scene.

"I've never missed it, and I don't think it's ever missed me!"



BEGINNER'S GUIDE TO Pineapple lily



Eucomis, aka pineapple lily, makes an impressive addition to any garden with its exotic-looking blooms and tufts of vibrant leaves. However, despite their show-stopping appearance, they are relatively easy to grow, making them perfect for beginners.

What are the different varieties of pineapple lily?

- 1 Eucomis comosa:** A tall variety that grows up to 75cm, with large leaves that boast a slightly wavy edge.
- 2 Eucomis autumnalis:** Produces a long, thin flower spike that is topped with a small rosette of leaves.
- 3 Eucomis bicolor:** A two-tone variety that has pale green flowers with maroon edging.
- 4 Eucomis pallidiflora:** Known as the giant pineapple lily, this variety can reach up to 2m when in flower.

Where to plant pineapple lilies

Pineapple lilies are tender plants that need plenty of sun to thrive. Choose the warmest and brightest spot in your garden and make sure the soil is well drained. You can plant pineapple lilies in either borders or containers.

How to plant pineapple lilies

If growing pineapple lilies in your garden, plant bulbs 15cm deep in fertile, well-drained soil. Keep the plants well watered during growing season (April to early October).

If growing in containers, plant bulbs in a wide, shallow pan, if possible, but a normal flower pot will do. Use a loam-based compost (a mixture of clay, sand and silt) with added sharp sand to improve drainage. Allow at least 7.5cm between bulbs and make sure the top of the bulb is just below the soil's surface. Just like plants in the garden, water well during growing season.

How to care for pineapple lilies

Keep pineapple lilies well watered during the summer but dry in the winter by either digging up the bulbs or moving pots indoors in autumn. Remove any dead leaves and spent flowers at the end of each growing season.



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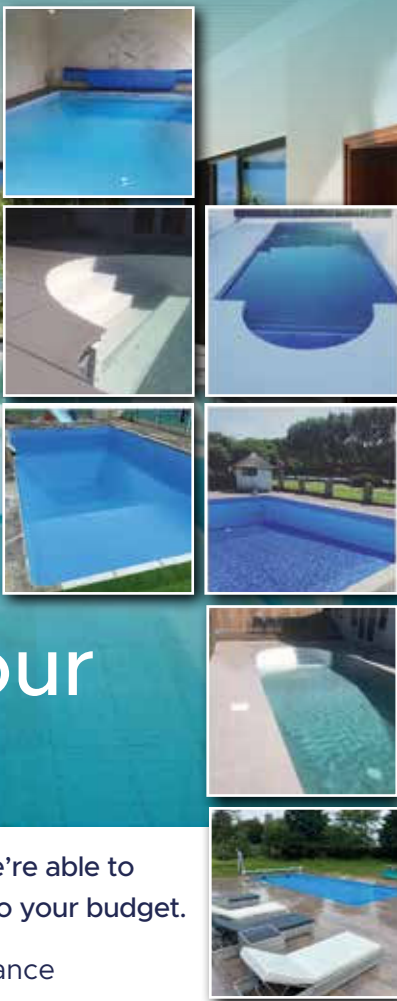
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GARDENING

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Climbing vines are great for all-sized gardens, adding visual interest and acting as a highly effective disguise for any eyesores without taking up too much room. Discover the best climbing plants for your garden.

BEST CLIMBING VINES FOR STUNNING SCENTS

JAPANESE WISTERIA: Boasting fragrant flowers in shades of purple-blue and white, Japanese wisteria needs a lot of space and support, as well as twice-yearly pruning. Allow this plant to grow up an established tree or a house wall.

ROSE CLIMBERS: Roses are beautiful to look at and stunning to smell, making them the perfect climbing vine for creating a scent-filled garden. These can be grown up a trellis or up and around arbors to create an intimate area in your garden.

BEST CLIMBING VINES FOR EARLY BLOOMS

WINTER JASMINE: Winter jasmine produces fragrant yellow flowers in the depths of winter before its dark green leaves appear in spring. Its stems do not like twine so they need support from a trellis secured to either a wall or fence.

JAPANESE QUINCE: One of the first shrubs to flower each year, the Japanese quince bears red, pink or white blossoms along its bare branches. This vine can be trained to grow up against a wall or a fence.

BEST CLIMBING VINES FOR SHADY SPOTS

SAUSAGE VINE: Sausage vine is a frost-hardy evergreen climber that grows to around 6m high. With pale pink blooms in April and May, this climbing vine will grow in the shade, making it ideal for a dreary corner. Grow in a wall-side border for the best results.

CHINESE VIRGINIA CREEPER: A deciduous climber that attaches itself to walls and fences with little sucker disks, the Chinese Virginia creeper produces masses of growth each season and is one of the few climbers that actively thrive in shady areas.





SPORT



DIFFERENT GRAVY

WHY IT'S IMPORTANT TO AVOID LOOKING LIKE A TURKEY AT THE UPCOMING WORLD GRAVY WRESTLING CHAMPIONSHIPS

We all know the popularity of gravy up north, but for nearly two decades, a group of Lancashire locals have been intent on taking things a step further by hosting the World Gravy Wrestling Championships.

First held in 2007 in the small Lancashire village of Stacksteads, Rossendale, the championships take the form of two-minute bouts. Competitors, adorned in fancy dress, wade into a pool of the aromatic stuff, grappling and grabbing their opponent. They are scored on wrestling ability, fancy dress and the level of entertainment provided. Firefighters are in attendance ready to hose down competitors in between bouts.

Held on August bank holiday at the Rose 'N' Bowl pub, the event attracts large crowds and a bevy of soon-to-be drenched competitors. While the competitive wrestling features adults, younger

gravy aficionados can have a go after the main event, and there's never a shortage of applicants, with numbers increasing each year.

In the early days, the key constituent was bona fide Lancashire Gravy. Yet after the event became besieged by wasps who found the unique recipe rather too irresistible, an alternative mixture of caramel and cornflour was devised.

The World Gravy Wrestling Championships also raises significant funds for local charities.

Having taken a short hiatus during COVID-19, the championships roared back to popularity after the lockdowns with the most successful contests yet. And while meat stock is very much the order of the day, the fact that the event is held at a pub means competitors can always knock back something afterwards that offers slightly more punch than a watery beef or chicken accompaniment!

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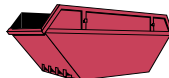
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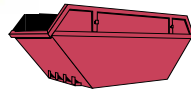
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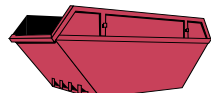
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PUPPY play!



PETS



One of the best things about getting a new puppy is being able to teach them tricks. Once you have mastered the basics of puppy training – sit, down, come, and stay – you can move on to more fun ones!

Give a kiss

Who doesn't want to be on the receiving end of a big, wet kiss from their new best friend? A great trick for kids to teach, all you need to do is place a little treat on your cheek and then add the command "kiss". Repeat until mastered. This is also good for preventing unwanted licking.



Roll over

To get your puppy to roll over, they first need to be able to lie down and stay. Once they are lying down, hold a treat between your first two fingers, a few inches above their nose. Bring the treat over to their side, luring your puppy to roll over. When they are lying on their side, reward them with the treat and verbal praise. Repeat until mastered.

Spin around

A trick your puppy will love. To get them to spin around in a circle, say "spin" or "twirl" as you move your hand (with a treat in it) in a complete circle.



Reward your puppy as soon as they complete a spin. Make this trick more difficult by issuing different commands for spinning clockwise and anti-clockwise.

Shake paws

Would you like your dog to greet your friends more formally when they arrive? An easy trick to teach, first tell your puppy to sit. Next, keep a treat in your closed hand and wait for them to sniff or paw at it. Reward them, and repeat. Eventually, your puppy will paw at your hand every time and this can then be turned into a paw shake.

NB: Once each trick is mastered, you no longer need to provide them with a treat every time they complete a task.



PETS

Have you MICROCHIPPED your cat?

While microchipping your cat isn't currently compulsory, following the government's announcement on March 13, 2023, all pet cats in England must be microchipped by June 10, 2024, or owners face a penalty.

When should I have my cat microchipped?

From June 10, 2024, it will be compulsory to have your cat microchipped from 20 weeks of age. All cat owners will be given 21 days from this date to have their cat chipped or face a fine of up to £500. There is no minimum age to have your cat microchipped. A lot of kittens are

microchipped at the same time as being spayed or neutered, as they will already be under general anaesthetic. It is recommended to have your cat microchipped before they go outside for the very first time.

Why should you microchip your cat?

As well as being a legal requirement from June of this year, microchipping your cat gives them the best chance of being identified and returned to you if they become lost or are stolen. Microchips are completely safe, easy to implant and, unlike collars or ID tags, do not come off or put your cat at risk of injury.

How does microchipping work?

Microchipping involves the insertion of a small chip (around the size of a grain of rice) underneath your cat's skin. This is typically carried out by your vet, a local authority or a trained member of an animal welfare organisation such as Cats Protection. If your cat goes missing, the microchip can be scanned and matched to your contact details.

How much does microchipping your cat cost?

In England, you can expect to pay between £20 and £30 to have your cat microchipped depending on where you live. If you are struggling to cover the cost, local charities or cat rescue organisations may be able to microchip your cat for a reduced rate.



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SPEAK UP

New figures show that 20 per cent of toddlers are not meeting their expected development levels because they were prevented from learning communication and play during the pandemic. If you are worried about your child's speech, then these talking tips are just what you need.



TALK TO THEM

If you are guilty of scrolling through your phone or leaving your toddler to play alone for long periods of time, then this can affect their speech development. Instead, make an effort to talk to your toddler throughout the day; tell them what you are doing and point out objects in the home.

READ TOGETHER

One of the most important things that you can do for your child is to read to them every day. In fact, reading just one book per day to your toddler can mean that, by the time they reach pre-school age, they are exposed to 1.4 million more words than children whose parents don't read to them.



USE SIGN LANGUAGE

While you don't have to become an expert in sign language, just teaching your baby or toddler a few signs such as 'more' and 'milk' can help them learn how to express themselves at a much younger age. It can also boost their confidence levels, which can in turn create a better environment for learning to speak.

AVOID BABY TALK

It is much better to talk to your baby using proper words than with baby talk, however adorable it may be. If your baby or toddler gets a word slightly wrong, do not point out their mistake but simply repeat it back to them correctly.

LIMIT SCREEN TIME

The less time your toddler spends on a screen, the better, as it is interactions with others that help with language development. Even programs that are designed for babies and toddlers are no substitute for human communication.





FASHION

PEPLUM perfection



A fashion must-have in the 1980s, peplum is set to make a huge comeback in 2024 and we couldn't be any more excited! Although it can be hard to get this look right, when you do, the results are remarkably flattering and super stylish.

WHAT IS A PEPLUM PIECE?

To the uninitiated, peplum is a style piece where the garment in question is taken in at the waist and flares out at the hips. Perfect for creating the illusion of an hourglass figure – even if you are not blessed with curves – peplum can be worn for both casual days out and more formal events.

HOW TO WEAR PEPLUM IN 2024

Pair a peplum top with wide-leg jeans or trousers

For a relaxed vibe, opt for a casual peplum top and pair it with wide-leg jeans or trousers. Creating a long and elegant silhouette and clearly defined waist, this look is great for fuller figures.

Ease in with a mini peplum

If you're unsure about this bold trend, why not ease yourself in with a mini peplum? With lots of variations to choose from, a top with a little kick hem offers the perfect way to dip your toes in. This style is best for a straight body shape.

Try a monochrome fit

Make a statement at the office or your next big occasion with a monochrome peplum outfit such as a peplum dress or peplum top and skirt. For spring 2024, fiery red or hot pink are both great options. A good choice for all body types.

Fake it with a belt

Not ready to invest in peplum? Fake this fabulous look by cinching a belt over a loose shirt, dress, top or jacket. Just make sure it has some flow to it so that the fabric below the belt drapes nicely over your hips. Perfect for pear shapes.

DO NOT pair peplum with skinny jeans à la 2010 – this is one style that belongs firmly in the past!

Photo credit: ASOS.com

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YOU rock(et) MY WORLD

A GUIDE TO GROWING, STORING AND COOKING WITH THIS CLASSIC SALAD GREEN

Used in salads since Elizabethan times, rocket has a distinct peppery flavour that people tend to either love or hate. Easy to grow and prepare, find out everything there is to know about this leafy salad green right here.

How to grow rocket

Rocket can be sown either indoors in containers filled with multi-purpose compost or directly into the soil. A sunny spot is best for spring sowings, whereas mid-summer sowings are best in a cooler spot in light shade. There are two main types of rocket you can grow:

1. WILD ROCKET

This is a perennial plant that is robust and easy to grow even in poor soil. It produces long, deeply divided leaves that have a strong peppery flavour.

2. SALAD ROCKET

This is an annual plant that has a shorter life span and produces dark, delicate leaves that offer a milder taste.

How to store rocket

Rocket should be stored in the bottom part of your fridge, known as the salad drawer, in either a brown paper or perforated bag. Consume within two days for optimum freshness. If you would like to freeze rocket, make sure you chop up the leaves first and then place them in an airtight container as whole leaves do not thaw well.

How to use rocket in cooking

Rocket can be mixed with other salad leaves to add a hint of spice, scattered on a pizza or used to garnish pasta dishes. It can also be wilted directly into pasta or eggs; just make sure you add it at the last minute to retain its flavour.

Some of our favourite rocket recipes include:

- Rocket pesto (see recipe below)
- Prawn, fennel and rocket risotto
- Ricotta and rocket lasagne rolls
- Slow-roasted tomatoes and rocket

How to make rocket pesto

- Combine 50g pine nuts, 100g rocket, 50g parmesan or vegan alternative, 150ml olive oil and 1 garlic glove in a blender.
- Season with salt and pepper and blend to a paste.
- Store in an airtight container in the fridge for up to five days.



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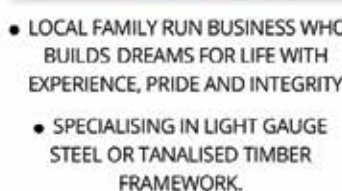


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FOOD & DRINK

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Find out all about our favourite varieties below and how to pair them with other foods for some unbelievable taste sensations.



SALAMI: Salami is one of the oldest Italian cured meats and is made from ground pork and seasoned with garlic, salt and spices. It is stuffed into casings and then hung to cure, ferment and dry. Do not cook with salami but instead add it to a sandwich or charcuterie board with cheeses such as pecorino or provolone.



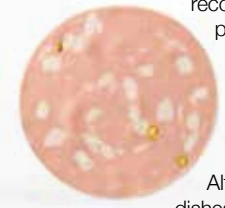
PROSCIUTTO: Prosciutto is made from the whole hind leg of a pig and is one of the most popular Italian-style cured meats. Slice very thinly and add to salads or wrap around freshly sliced cantaloupe melon for a tasty snack or delicious canapé.



SPECK: Speck is a cured meat that is produced from the pork leg and is first smoked and then cured. It is typically flavoured with spices such as nutmeg, juniper berries and bay leaves. This Italian cured meat is delicious in a risotto, as a cold appetiser or roasted on skewers with apple.



BRESAOLA: Bresaola is a type of cured beef that is made from the leg of the cow and infused with spices such as garlic, pepper and juniper during the drying process. It is rich in protein and low in fat, making it ideal for those watching their weight. Drizzle with olive oil and fresh lemon on an antipasto platter or enjoy with salty cheeses like parmesan.



MORTADELLA: Mortadella is instantly recognisable by its strong scent and pink colour. Mortadella is composed of cured pork and pistachios, and spiced with black pepper and myrtle berries. This cold cut works well with other meats, cheeses, bread and condiments such as mustard. Alternatively, add to cheese-based pasta dishes or stuff in ravioli.



SEASONAL & EXCEPTIONAL FOOD

MICHELIN RECOMMENDED

The Windmill Chatham Green is a charming family-run and dog-friendly restaurant and pub, surrounded by the beautiful Essex countryside, just outside of Chelmsford on the route to our city's racecourse.

Michelin star chef Tom Clarke and his partner Nancy Witte officially opened the doors in October 2022. Ever since, guests are invited with a very warm welcome by Nancy and her front-of-house team to enjoy and discover Tom's exceptional talent, creating different flavour combinations by using foraged and seasonal ingredients.

Last year, it was announced that they are now officially recommended in the Michelin guide.

Both have worked at some of the best restaurants in England and France. Tom, born in Chelmsford, has started his career in some very well-known local restaurants, such as Le Talboth in Dedham before moving on to work at Ramond Blanc's Le Manoir aux Quat'Saisons in Oxford, Le Strato Hotel in France, and the legendary L'Oustau de Baumaillère.

In 2015, he took over the head chef position at L'Ortolan in Reading where he was awarded one Michelin star and three AA rosettes, which he retained for five years until leaving to open his own restaurant.

Nancy, born near Berlin, has worked at the famous Sacher Hotel in Vienna, before moving to England to work at the private members club Mosimann's in the centre of London, as well as the Michelin-starred restaurant L'Ortolan in Reading, where the couple met.

Tom and Nancy found their true passion for foraging at the small experimental restaurant Forage Kitchen in



Bury St Edmunds, where they worked for two years prior before moving to the hamlet.

It is not so farfetched for the pair to choose this very location for their own venture when you realise that the family roots run deep here for Tom.

His uncle and grandparents ran The Bakery in the nearby village in Great Waltham, selling freshly baked goods to the local community until closing in 1991.

The restaurant has the cosy feel of a county pub with a rustic chic and original features. There is a well-stocked bar with a quite unusual offerings of sprits and cocktails.

The menu is kept short as dishes change frequently with the seasons. Menu descriptions are deceptively and don't reveal the full complexity of cooking until the actual dish arrives, served and described by the chefs and the front of house.

A clear feature as you arrive is the original windmill building next to the pub where Henry Challis, the last miller, stopped grinding wheat to start selling beer back in 1904. Since arriving, the couple have transformed the downstairs room into a very charming private dining room, offering the perfect space to celebrate any special occasion, from birthdays to a smaller wedding reception.

For those who are looking for a mini break, there are two individually designed ensuite bedrooms, which are accessible via a well-hidden secret garden overlooking the English countryside.



THE WINDMILL
CHATHAM GREEN



THE WINDMILL
CHATHAM GREEN

The Windmill at Chatham Green is hidden away in the beautiful Essex countryside, just outside of Chelmsford, near the city's racecourses, where Michelin Star chef Tom Clarke and his partner Nancy invite you to discover exceptional modern cuisine, using foraged, seasonal ingredients.

The menu is kept short and changes frequently to reflect seasonality and sustainability, using only the highest quality ingredients.

With a dedicated restaurant area, the pub still remains a pub, where you can enjoy unique drinks, wines and a selection of real ales at the bar or on the terrace.



Monday - Wednesday closed

Thursday 6.30 pm - 8.30 pm

Friday 12 - 1.30 pm & 6.30 - 8.30 pm

Saturday 12 - 1.30 pm & 6.30 - 8.30 pm

Sunday 12 - 3.30 pm

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All THE RAGE

COULD SCREAM THERAPY BE THE

U s Brits pride ourselves on having a stiff upper lip, but could this mindset be doing more harm than good? Practisers of scream therapy think so.

Doing what it says on the tin, scream therapy involves the participant letting rip. Not only that, but there are now several dedicated 'rage rooms' across the UK in which you can smash, thrash and crash to your heart's content.

In one of these destinations of controlled chaos, you are equipped with safety clothing (including steel-capped boots) and invited to take out your rage on items such as crockery, old TVs, DVD players and any other useless but irrecoverably destroyable stuff the organisers can get their hands on. You are even invited to bring your own items to obliterate – which may bring an extra dose of therapy to proceedings if perhaps you are still

KEY TO DEALING WITH YOUR ANGER?

hanging on to your ex's television.

While rage rooms may be a new concept, scream therapy is not. Both John Lennon and Yoko Ono were fans and patients of psychotherapist Dr Arthur Janov, who popularised the practice in the 1970s.

Dr Janov contended that screaming taps into a primal instinct, transporting us back to our childhood, where we may be harbouring repressed traumas. Through what he termed Primal Scream Therapy, individuals could revisit and liberate these suppressed emotions by vocalising them.

The jury is still out on whether scream therapy is actually useful, but what cannot be denied is that anger is a helpful emotion that ought not to be suppressed. So, whether you're screaming into your pillow or shelling out on a rage room, the main thing is that you're not yelling at other people.



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SKIING KNEE INJURIES



WHAT ARE THE MOST COMMON SKIING INJURIES?

Mr Saket Tibrewal, Consultant Trauma & Orthopaedic Knee Surgeon, at Nuffield Health Brentwood Hospital, explains more.

The most commonly injured joint when skiing is the knee, accounting for over a third of injuries. These injuries usually occur following a fall where the ski binding does not release causing a twisting force across the knee joint. The vast majority of injuries are to the anterior cruciate ligament (ACL), the medial collateral ligament (MCL) and the menisci (cartilage).

Why are we seeing more skiing-related knee injuries?

We are certainly seeing more knee injuries during the skiing season and there are multiple factors:

- Ski design – Modern skis are more curved and tend to “carve” through the snow. This may have the effect of steering the ski away from the body and twisting the knee.
- Boot design – Modern boots do a very good job of protecting the ankles and shins, but this can result in more force being transmitted to the knees, increasing the risk of injury.
- Poor preparation – Skiing is becoming ever more popular, however those who lack adequate fitness or preparation are at increased risk of injury.

When do most injuries occur?

Most injuries occur in the afternoon, particularly towards the end of your holiday week. This is when the fatigue really starts to kick in and you are most vulnerable to injury.

What can I do to prevent injuries?

It is difficult to go from a relatively sedentary office environment to spending several hours each day being active on the slopes. The physical aspect of skiing requires a combination of core strength, aerobic fitness, proprioception and balance. In order to manage this, it is essential to train properly prior to your holiday.

- Start your physical preparation at least 6-8 weeks prior to your skiing trip. Ensure you work on your core muscle strength and aerobic fitness. Regular swimming, cycling and using a cross-trainer are all good options. There are also ski-specific preparation programmes available through physiotherapists.
- If you are new to skiing, take lessons. A good skiing

technique minimises your risk of injury.

- Take a rest day – muscle fatigue reaches its peak 48 hours after you hit the slopes. If you start to feel the fatigue after a few days, then take a rest day.
- Avoid drinking alcohol at lunchtime. As tempting as it may be to have a drink on the slopes, it increases your confidence and decreases your reaction speed which could be a perfect recipe for an injury.

What should I do if I sustain an injury

- Make sure that you have adequate medical insurance before you leave home.
- Most ski resorts have excellent medical facilities and are very experienced at treating skiing injuries.
- If you are unlucky enough to break a bone, in the majority of cases it makes sense to have these treated, and if required operated on, before you fly home. Other injuries can usually wait for definitive treatment until you get back.
- A normal x-ray does not exclude other injuries within the knee. If you are concerned, then see a specialist knee surgeon when you return home for a proper assessment and further imaging (MRI scan) if required.

What are the treatment options?

Anterior cruciate ligament tears are the most common knee injuries. In general, they should be treated once you have arrived home, with the gold standard being reconstruction of the ligament. Operating on a swollen stiff knee very soon after a knee injury may result in a poor outcome. In the first few days and weeks following an ACL injury, the priority is to reduce the swelling and increase the range of motion of the knee. Surgery can be safely performed weeks or even months, after the initial injury. A simple brace and crutches should be enough to help you on your journey home.

Mr Saket Tibrewal is a Consultant Trauma & Orthopaedic Knee Surgeon at Nuffield Health Brentwood hospital and is solely dedicated to treating knee problems. He has extensive experience and one of the highest volume clinical practices, which covers all aspects of knee surgery and sports injuries.

For any enquiries, to book an initial consultation or to request more information, please contact the dedicated hospital enquiry team at Nuffield Health Brentwood Hospital on 01277 554181. Website: www.nuffieldhealth.com/hospitals/brentwood
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Wednesday 8 May at 6:30pm

With Ms S Bagtharia, Consultant Gynaecologist

Skin cancer

Thursday 9 May at 6:30pm

With Dr J Mann, Consultant Dermatologist



Find out more about our free events and book your space today, visit nuffieldhealth.com/hospitals/brentwood/events or call 01277 554 181



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NATIONAL STRESS AWARENESS MONTH

APRIL IS ALL ABOUT LEARNING TO REDUCE STRESS

Do you suffer with stress? If yes, then you are far from alone, with one in 14 adults admitting to feeling stressed every single day and more than one-third feeling stressed at least once a week.

WHAT CAUSES STRESS?

Sometimes stress is caused by one big event or situation in your life, or it might be an accumulation of lots of smaller things. People often feel stressed if they are under a lot of pressure, are facing big changes in their life or are worried about something. You may also feel stressed if you feel like you don't have control over a certain aspect of your life or you have responsibilities that you find overwhelming.

HOW DOES STRESS MAKE YOU FEEL?

Stress can affect your emotions, your body and how you behave in many different ways. Some of the ways stress can make you feel include: Feeling irritable, angry or impatient | Feeling overwhelmed | Feeling anxious or depressed | Not being able to enjoy yourself | Not having a sense of humour | Feeling uninterested in life | Feeling neglected or lonely | Existing mental health problems getting worse
In severe cases of stress, some people may also experience suicidal thoughts.

WHAT ARE THE MOST COMMON PHYSICAL SYMPTOMS OF STRESS?

Difficulty breathing | Panic attacks | Trouble sleeping | Muscle aches and headaches | Fatigue | Chest pains and high blood pressure | Sweating | Changes to your menstrual cycle
Existing physical conditions getting worse

HOW TO REDUCE STRESS

There are many techniques that you can try to reduce stress, including:
Being more active | Eating a healthy diet | Avoiding unhealthy habits such as drinking alcohol and smoking | Practising meditation | Laughing more | Connecting with loved ones | Getting sufficient sleep | Seeking counselling | Limiting your time on social media | Working smarter, not harder.



A WILL WRITER'S WORDS OF WISDOM

WORRYING PROBLEMS

If a married couple dies together, and where there is no Will, the eldest is deemed to have died first, so only the family members of the surviving spouse will inherit
Unless it has a Contemplation of Marriage clause, marriage or re-marriage invalidates a Will, requiring a new arrangement
Without a Will, spouses and civil partners are NOT automatically entitled to all of the estate assets on death, and the Government could inherit your estate if

you die with no surviving traceable relatives
Without a Will, even grandparents have NO automatic Legal Guardianship of their orphaned grandchildren
A beneficiary or their spouse should not be a witness to a Will, or they will disinherit themselves
If you have no surviving parents, siblings, grandparents, uncles or aunts, then under the Intestacy Rules, the whole estate goes to the Crown or the Duchy of Lancaster or the Duke of Cornwall

PEACE OF MIND SOLUTIONS

Always appoint charities as your final beneficiaries, to avoid your estate being claimed by the Government
By the use of a Property Protection Trust, you can ensure that if you pre-decease and your spouse remarries and has more children, your own children benefit from your share of your home, and not the new spouse. BUT if Probate is not completed, the Trust Deed will not be set up and notified at the Land Registry
A Grant of Probate confirms to Executors that they have the authority to act and carry out the wishes of the deceased
If a Named Beneficiary, Executor, Trustee or Legal Guardian changes their name, e.g., on marriage or by Deed Poll, it is not necessary to amend the Will:

documentary evidence, eg Decree Absolute, is sufficient
The estates of current or retired members of the Armed Forces, fire police and ambulance services, and most rescue organisations are entitled to exemption from Inheritance Tax if they die on active service, or if their later death was caused by an injury or disease that was received or aggravated while they were on active service
A properly worded Will could ensure that half the value of your home is potentially protected against Local Authority care home fees
There is no Inheritance Tax liability if the deceased spouse has left their entire estate to their surviving spouse or registered civil partner

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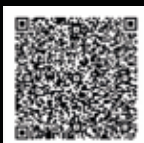


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Bluebells

The Sweetest Flower

As April arrives, bluebells emerge in woodlands, parks and gardens across the country, reminding us that spring is most definitely here. For centuries, these delicate blue flowers have captured the hearts of poets, artists and nature lovers. But sadly, they're not in bloom for long – usually from mid-April to early May. So get out and enjoy their beauty before it starts to fade. These are some of the best places to see dramatic displays of bluebells this spring.

Leigh Woods, Bristol: Admire a sea of bluebells against the dramatic backdrop of the Clifton Suspension Bridge.

Bodnant Garden, Conwy: Spanning more than 80 acres, Bodnant Garden is especially beautiful when the bluebells take over the Old Park.

Blickling Estate, Norfolk: Visit the Great Wood and Temple Walk at the birthplace of Anne Boleyn to see one of the country's best bluebell displays.

Mount Stuart, Bute: Visit this Victorian gothic mansion to see bluebells take over the stunning woodland below thousands of mature trees.

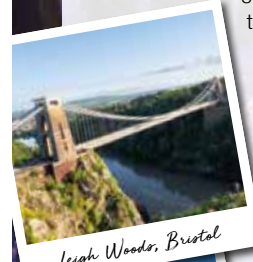
There are also dazzling bluebell displays at:

- > Hatfield Park and Garden, Hatfield, Hertfordshire
- > Whippendell Wood, Watford, Hertfordshire
- > Norsey Wood, Billericay, Essex
- > Blake's Wood, near Danbury, Essex

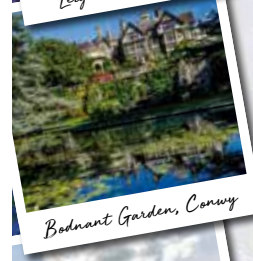
Fun Bluebell Facts

- > The UK is home to more than half of the world's bluebells.
- > The UK has two types of bluebells: the scented native English bluebell and the unscented, more upright Spanish bluebell. The Spanish bluebell was originally an ornamental plant and many see it as a threat to our cherished native species.
- > It's a criminal offence to uproot wild bluebells.
- > Other names for bluebells include cuckoo's boots, wood hyacinth, lady's nightcap and witches' thimbles.

Remember to tread gently when visiting bluebell woods so we can all help to preserve their beauty for future generations.



Leigh Woods, Bristol



Bodnant Garden, Conwy



Blickling Estate, Norfolk



Mount Stuart, Bute

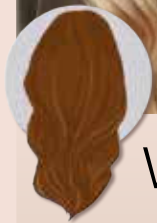


TRAVEL





Balayage VS HIGHLIGHTS



Want to lighten your hair in time for summer? Find out the difference between balayage and highlights, plus how to choose the right lightening method for your hair.

What is balayage?

Balayage is a French word that means 'to sweep'. In the world of hairstyling, this phrase refers to a hair colouring technique in which highlights are hand-painted or swept onto the surface of random sections of the hair without the need for aluminium foil. Balayage offers a natural, sun-kissed glow to your hair.

Why choose balayage?

- Ask your hairdresser for balayage if you want:
- Colour that blends seamlessly into your natural hair colour
- A sun-kissed glow
- A new colour that is just a few shades lighter than your natural colour
- Hair that gets lighter towards the ends

How long does balayage last?

Balayage lasts longer than regular highlights because of the seamless application. You can go many months without the need for a top-up if your hair is already naturally light.

What are highlights?

Traditional highlighting offers a more conventional way of lightening your hair colour and involves using aluminium foil to help saturate individual strands of hair from root to tip. This results in a more pronounced contrast between your base colour and the lightened hair.

Why choose highlights?

- Ask your hairdresser for highlights if you want:
- A stark contrast between your lighter highlights and darker, natural hair
- A more structured pattern of lightened hair
- Evenly coloured hair from root to tip

How long do highlights last?

Highlights tend to last between one and two months before your root colour will start to show through. The greater the contrast in colour from your natural hair, the more frequently maintenance will be needed.



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A Brand New Smile in One Day?

From the outside, Brentwood High Street's SmileHQ looks more like a boutique hotel than a dental practice.

Inside, owner Dr Vishal Patel and a highly skilled team of dental surgeons provide a treatment that transforms much more than just smiles.

The clinic is earning rave reviews for its Same-Day Teeth treatment — a life-changing procedure that gives patients a brand-new replacement smile in just one day.

Life Without Smiles

Life without a complete set of teeth isn't just an oral health challenge, says Dr Vishal. "While it sounds trivial, the problem of loose or missing teeth and poorly fitting dentures can be a real blight on lives.

"These conditions prevent patients from eating their favourite foods and getting the balanced



diet they need. It can also be a constant drain on confidence that leaves people feeling afraid to smile."

The Same-Day Solution

In the past, the only option for patients with missing teeth was removable dentures or implanted teeth.

However, dentures often leave wearers facing problems with eating and speaking clearly, while implant surgery is a lengthy process leaving patients without functional teeth during recovery.

SmileHQ's Same-Day Teeth changes this —

reversing even the most extreme effects of failing oral health and tooth loss in a single day.

The procedure uses state-of-the-art dental implants to replace loose or missing teeth, so it's also perfect for those who live with the daily inconvenience of dentures.

Results are such a dramatic improvement that Same Day Teeth are often life-changing for SmileHQ patients, says Vishal: "The changes we see in patients after receiving their brand new smiles aren't just cosmetic. For many, it represents a new lease of life, with improved confidence, a more youthful look and radically improved dental function."

The Science of Same-Day Smiles

Same Day Teeth technology uses a series of strong titanium implants as a substitute root for the replacement teeth. Where traditional methods require 6-10 implants per jaw and a lengthy recovery time, Same Day Teeth uses just four for a completely new arch of teeth.

Crucially, this means patients can walk into the practice with no teeth and leave the same day with a brand-new smile.

Trust SmileHQ's Same-Day Experts

Dr Vishal and the SmileHQ team have successfully placed thousands of same-day implants and also have extensive experience in advanced implant techniques, including bone grafting and sinus lifts.

If you suffer from loose or missing teeth or have poorly-fitting dentures, they are here to listen to you and explain the options at every step of the way.

"We believe everyone should be able to enjoy the benefits of a healthy, functional smile without the wait," says Dr Vishal.



Dr Vishal Patel
Dental Implant Surgeon

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How to MANAGE your EMAIL INBOX

TOP TIPS TO KEEP YOUR EMAIL INBOX UNDER CONTROL AND MORE ORGANISED

Do you struggle to keep on top of your emails? If yes, then you are far from alone, with the average professional spending a whopping 4.1 hours each day responding to work messages. Furthermore, more than one-third of office workers state that 'email fatigue' has made them want to quit their jobs.

1. ONLY KEEP EMAILS THAT REQUIRE IMMEDIATE ATTENTION IN YOUR INBOX

Although this may seem a little extreme, keeping only emails that require your immediate attention in your inbox can make this tedious task feel a lot more manageable. Move all non-urgent emails to relevant subfolders. Aim to have 25 emails or fewer in your inbox at the end of each day.

2. CREATE A WAITING FOLDER FOR ACTION-PENDING EMAILS

For any emails that require an action from someone else before you can respond, a waiting folder is a great idea. This way, they are not taking up space in your inbox and you can simply take a look at the end of each

day or once a week to remind yourself of any projects that are still pending.

3. MAKE SUBFOLDERS OR USE A LABEL SYSTEM

If you receive hundreds of emails a day, then subfolders are a must. These can be used to group together important email chains so that you can easily reference something when you need to.

4. USE YOUR CALENDAR TO TRACK EMAILS

For emails that require more than just a simple reply, we recommend that you add them to your email calendar with a reminder of when a follow-up email is required. You can also use an appropriately coloured follow-up flag to easily identify emails that require further attention.

5. CREATE TEMPLATES FOR GO-TO RESPONSES

Tailoring a reply for every email is time-prohibitive, so stock responses, can be a real life saver. Save a few different generic responses and tweak accordingly.



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Just off Wash Road on Tallon Road Industrial Estate is the motoring enthusiast's paradise. A large brick built two storey showroom with a Goodwood style clad portal front and a welcoming warm showroom.

Opened in 2021 Fairmont Sports and Classics intention was to create a classics and modern car sales environment with a unique old garage 'themed' two storey indoor arena. The showroom presents popular and iconic vehicles from our past, through to modern sports cars and other vehicles that Fairmont feel are different and interesting.

Described as seasoned motor industry professionals who have spent many years selling and buying cars, the team at Fairmont recognised a change in the car retail world which needed addressing. They felt that car showrooms have become sterile corporate environments that can be intimidating and uncomfortable places for buyers. Fairmont provides a relaxed comfortable space

where customers can browse the most eclectic mix of cars anywhere to be seen in Essex, which include cars from way back to the 60's and 70's and even some are modern day beauties.

Experience and knowledge is on hand to answer questions and to provide assistance for those venturing first hand into the world of classic cars or for those buying more modern and sports cars.

They take sourcing of their cars seriously, actively looking for the makes and models that are both in vogue and what customers are requesting.

"Whilst there is good availability of cars, what we must do is buy those examples that we are confident will satisfy our customers and reflect well on our business. The vast majority we see, under scrutiny, prove not to be to our standard".

Finding a good vehicle without the correct trade knowledge is not for the faint hearted and they only sell the examples that will provide pleasure, whether it's a daily drive modern car, fun classic or the high expectations of the enthusiast and collector.

The range and variety on offer is huge with over 100 cars, creating an interesting place to visit without any obligation, and you might just buy your next car from Fairmont.

Like me you may be welcomed with a nice complimentary coffee.





I CAR-NT BELIEVE IT

THE WEIRDEST THINGS BIG CAR COMPANIES MAKE... THAT AREN'T CARS



ProPilot Chair

Automakers are talented, skilled and enterprising across different types of technology, so it follows that, on occasion, their creations may go beyond simply four wheels.

LEXUS HOVERBOARD: Branded as Slide, Lexus's hoverboard embodies futuristic dreams with its spindle grille design and bamboo material. It's a functional hoverboard, representing a blend of imagination and Lexus's automotive style.



NISSAN PROPILOT CHAIR: This autonomous chair, following Nissan's Intelligent Parking Chair, offers a solution for those weary of standing in lines. It follows a pre-set path, mirroring semi-autonomous vehicle technology, and has been tested in Japanese restaurants for customer convenience.



HONDA UNI-CUB: The UNI-CUB, a personal mobility device, features a unique omni-directional driving wheel system and balance control technology.

AUDI RIB CHAIR: A collaboration with Clemens Weisshaar and Reed Kram, this stylish chair combines carbon composites and high-strength aluminium, and weighs just 4.9lb.



BMW BOBSLED: BMW's carbon fibre bobsled, developed for Team USA, contributed to an Olympic bronze in Sochi. It showcased BMW's expertise in weight distribution and sleek design, mirroring its automotive approach.

LAMBORGHINI IXOOST ESAVOX: This speaker boasts authentic Lamborghini parts, including an exhaust, and stands out in the realm of lifestyle products. It features high-quality audio components and the brand's signature design elements – a fusion of luxury automotive style and sound.

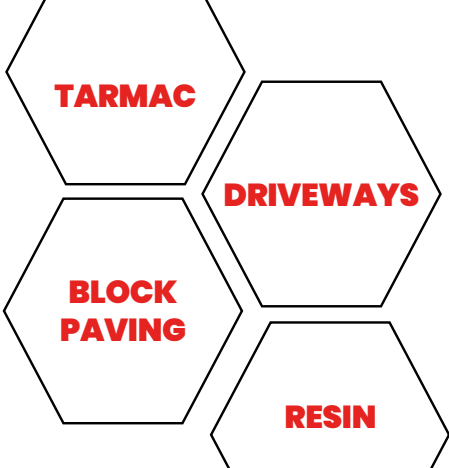
TOYOTA KIROBO MINI-ROBOT: Priced around \$400, this robot offers portable companionship and conversation, reflecting Toyota's strides in AI, at the same time as catering to Japan's social needs.



ASTON MARTIN RESIDENCES: The manufacturer has ventured into real estate with its showpiece 66-storey building in Miami, a collaboration with Argentine developers, which features bespoke lobbies, fitness centres and a spa.



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