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# Editor's notes...



Nik Allen, Editor

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

Happy New Year. This year promises to be dominated by the ongoing Brexit negotiations.

I've come across several businesses

raising their prices, in some cases considerably, and blaming Brexit for it.

But regardless of your view on the decision to leave the EU I'm sure you'll agree there are some things we simply can't blame Brexit for.

Recently a friend of mine told me he had contacted three businesses to supply him with a quote for different services. Nobody answered the phone when he called. But more shockingly, none of them even replied to the voicemail he left. Not responding to a sales enquiry is a cardinal sin in the business world.

Poor attitudes to customer care are more damaging to businesses than any exit from Brussels will ever be. Customers vote with their feet and anyone in business who provides great customer service usually does well and thrives.

In this month's local news, a village for people with dementia opens its doors, three masked people set fire to a restaurant and a school netball team claim a county title.

As always, please let our advertisers know you have seen them in **VISION** first when reaching out to them for their services.

I hope you enjoy this month's edition.

*Nik*

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# RAINHAM STEEL

# DANCING ON ICE GET

One of ITV's most popular shows will be returning in 2018 after a four-year break and a production shake-up. A host of celebrities will be taking to the ice partnered with some old and some new professional skaters. Ice-skating legends Jayne Torvill and Christopher Dean will also return, but this time on the judging panel alongside Jason Gardiner and new recruit Ashley Banjo. Phillip Schofield and Holly Willoughby will front the new series. The pair hosted the first six years between 2006 and 2011 together before Holly departed and was replaced for the final three series. Appearing on the show are a host of celebrities, including actresses, singers and reality TV stars.

With a fresh look and several years away from the screens, we're snow excited for the return of *Dancing on Ice*.

## The Celebs



Candice is best known for winning *The Great British Bake Off* in 2016. Since then she has got engaged, become a *Sunday Times* columnist and released cookery books. She will be paired with returning professional Matt Evers.

Max is a rugby star who is best-known for winning 44 caps for Scotland. He is also the cousin of radio DJ Chris Evans. Max will be appearing with skating partner Alejandra Izuquiedo.



Donna shot to fame after appearing in *Byker Grove* alongside Ant and Dec. After leaving the show she was part of a pop duo called Crush. She then turned her attention to TV presenting and fronted shows including *The Big Breakfast* and *MTV Select*. She will be paired with Mark Hanretty.



ITV viewers will be used to seeing Antony on their TV screens after his long run in *Coronation Street*. He joined the soap back in 2003 and has been a familiar face ever since. He has been partnered with newcomer Brandee Malto.



# YOUR skates on



Stephanie is best known for playing Cindy Cunningham in the Channel 4 soap *Hollyoaks*. She has been paired with Sylvain Longchambon.



Perri is used to rigorous training regimes due to competing as a track athlete. She will be competing with Hamish Gaman.



Shooting to fame after his appearances on *The X Factor* and *I'm A Celebrity*, Jake will now take to the ice alongside Vanessa Bauer.



The outlook is cold and icy for TV presenter Alex. He will take to the ice with partner Brianne Delcourt – who has been a finalist three times and won in 2011.



Singer Lemar will take the place of Monty Panesar, who had to withdraw from the competition after sustaining an injury in training. Lemar will be skating with partner Melody Le Moal.



Actress Brooke Vincent has played the role of Sophie Webster in *Coronation Street* since May 2004. Admitting she has been battered and bruised in training, Brooke will appear in the show alongside partner Matej Silecky.

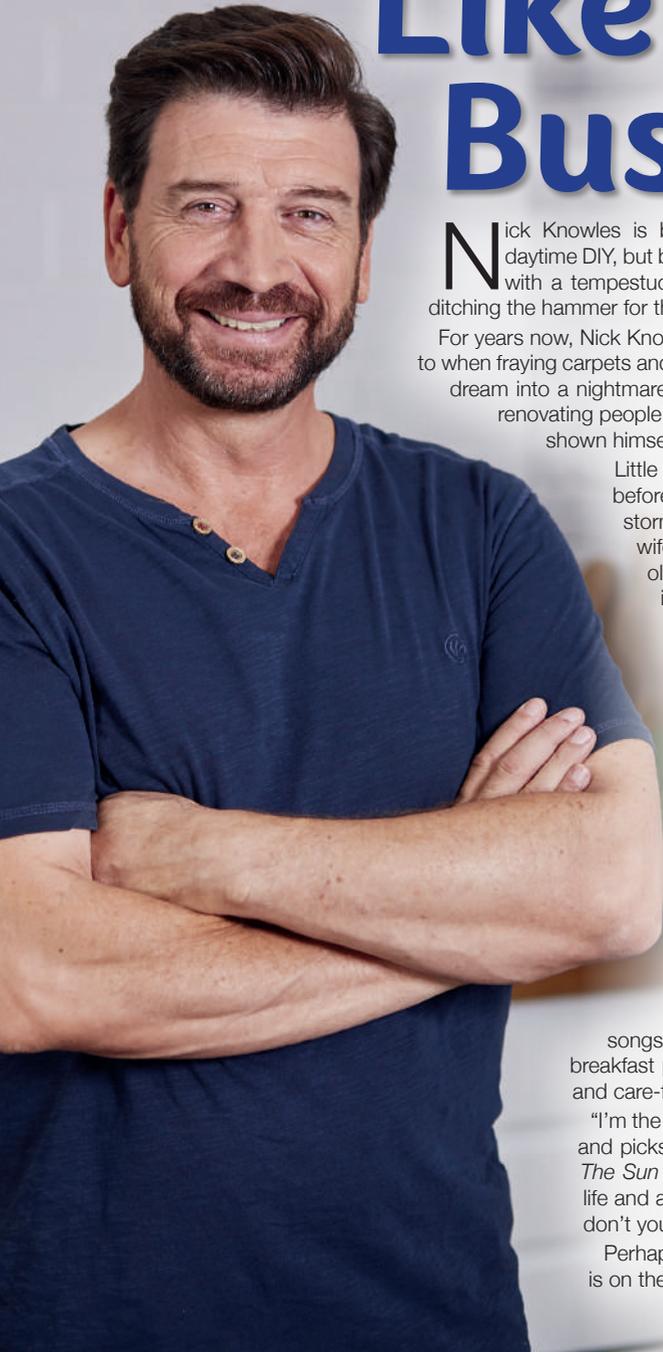


Cheryl is used to competing and won the Eurovision Song Contest with Bucks Fizz in 1981. She will be skating with professional Dan Whiston, who has won the show three times.



Self-confessed *Dancing On Ice* lover Kem will be appearing on the show after shooting to fame winning ITV2's *Love Island*. He has been coupled with Alex Murphy.

# There's Knowles Business Like Show Business



**N**ick Knowles is best known as the undisputed don of daytime DIY, but beneath all that dust and debris lies a man with a tempestuous love life – and a very real interest in ditching the hammer for the harmonica...

For years now, Nick Knowles has been known as the man to turn to when fraying carpets and faulty sockets are turning your domestic dream into a nightmare. But when the *DIY SOS* front man isn't renovating people's abodes – and lives – for the better, he's shown himself to be a man of many talents.

Little was known about Knowles off-screen before saucy details emerged of a somewhat stormy personal life. After divorcing second wife Jessica Moor in 2015, the 55-year-old was the subject of various tabloid interest. A brief reunion with Moor while she successfully battled cervical cancer proved not to last, and since then Knowles has been romantically linked with a succession of reality TV individuals, the most recent being *The Only Way Is Essex*'s Pascal Craymer.

Now, the DIY superstar and former presenter of game show *Who Dares Wins* has added yet another string to his entertainment bow in the form of a debut album, *Every Kind of People*. Having played the guitar for over 40 years, Knowles has struck a deal with Universal to cover a few of his favourite songs – and even took to Lorraine Kelly's breakfast programme to show off his husky vocals and care-free strumming style.

"I'm the kind of person who gets home from work and picks up the guitar and strums a lot," he told *The Sun* last month. "It's always been part of my life and a friend of mine said to me one day, 'Why don't you do an album?' It's been really exciting."

Perhaps a reworking of the *DIY SOS* theme tune is on the cards next? Then again, perhaps not.

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# WILD WOOD

If you've embarked on a home improvement project lately, you might find yourself with odd bits of wood that you don't know what to do with. But don't throw them in the fire right away, as you can make beautiful and eclectic items for your home, easier than you may think.

For the absolute beginner, craft a set of coasters. Simply take your timber and saw it into even squares, which you can then sand – ensuring an even surface – and then varnish. Slightly more ambitious is a chopping board, which can be achieved with three pieces of uniform hardwood (must be thoroughly sanded and not warped). Remove excess glue with a chisel before applying several coats of a food-safe finish like mineral oil, walnut oil or beeswax, allowing the oil to fully absorb into the wood – this oil will need to be re-applied regularly.

Your carpentry projects needn't be limited to old floorboards and scraps, and if you're lucky to find yourself in possession of a large piece of driftwood, you can create a spectacular candle holder. The wood will need to be treated to prevent rot and decay, so thoroughly scrub and soak your timber in soapy water before immersing in a diluted bleach solution. Now you can begin sanding and carving out the holes for your tea lights, before finishing with several coats of a good wood preservative like furniture oil or liquid wax.

Once you've mastered the basics of repurposing wood, the only limit is your imagination. You can be ambitious and craft bigger items like coffee tables or chairs, make your own wall art, or spruce up old furniture by using your scraps for cabinet refacing. It's even possible to make a lampshade by gluing slivers of wood shavings together. Basically, when it comes to wood, you can always turn it into something good.





# What's the CRACK?

Cracks in your home's walls can really take the shine off your living space, but an amateur attempt to salvage the situation could make the problem worse. Here's the lowdown on how to cover up cracks in walls without doing any more damage to your precious plaster.

Before starting the process, make sure to put down plastic sheeting to avoid excess mess that will have to be cleared up later.

## SCORE THE CRACK

Use a putty knife or a dull utility knife to score along the hairline crack to open its edges. This may seem counter-intuitive, but you need to increase the area for the repair compound to stick to.

## SPREAD JOINT COMPOUND

With a wide taping knife, smooth a thin layer of joint compound over the cracked section.

## TAPING

Press paper tape into the wet area along the length of the crack. You can use ordinary drywall tape and do not need to purchase any special plaster repair tape.

## CURING AND FEATHERING

Let the entire thing dry fully. Gently feather joint compound over the taped area so the compound extends two or three inches past the taped area.

## SECOND CURING

Let the joint compound dry. Lightly sand it down with fine sandpaper to get rid of any bumps or ridges. Do not sand so hard that you dig into the tape.

## SECOND FEATHERING

Feather a second layer of joint compound, this time extending the edges even further out to about six to eight inches. Let the whole thing dry before once again sanding down.

## FINISHING UP

Finally, your third coat of joint compound takes the edges out to 12 inches. When you are sanding this third and final coat, be aware this is your last opportunity to make things as perfect as they should be, so take your time and be careful to make it completely smooth.



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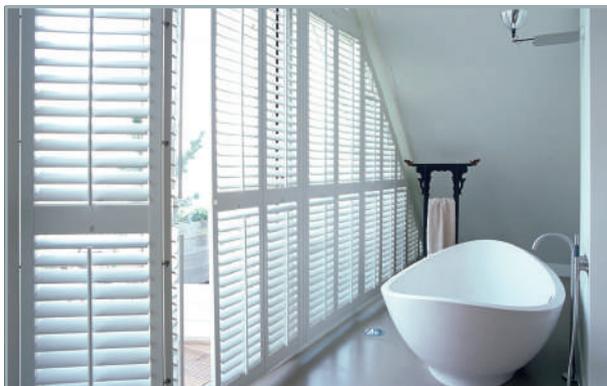
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# CAST IRON IDEA

## Is it worth investing in cast iron cookware?

**T**hey're expensive, heavy and prone to rust, and yet there are many chefs out there who swear by cast iron cookware. Why? It's tough as nails, to start with. As cast iron skillets don't have plastic or wooden handles, you can sear meat on the hob then happily throw the entire pan in the oven to finish. And while it isn't the greatest heat conductor – you need to warm up your pan for at least five minutes on the burner – it can withstand much higher temperatures, giving your steaks a mouth-watering crust while keeping the meat inside juicy and tender.

They also last for years, and even the rustiest skillet makes a hot find at a car boot sale as it can be scrubbed, re-seasoned and restored to its former glory. However, this need to season one's skillet – a process by which a layer of animal fat or vegetable oil is applied and cooked onto the cookware to make it stick-resistant – is a bone of

contention for some, particularly the time-starved; why not just buy a Teflon frying pan?

One argument is that this will cost you more over time as Teflon coating wears off, and the pans aren't as hardy. And the reason non-stick pans work so well is because they're coated with compounds known as fluoropolymers. When the pans start to chemically decompose at elevated temperatures, they're more likely to leach into your food and the air.

Having been around since the Han Dynasty in China (206 BC – 220 AD), cast iron has earned its reputation. It also looks great and is one of the few kitchen utensils you may one day pass down to your kids. It all comes down to preference. Though if you like your steak chargrilled on the outside and pink in the middle, cast iron may just be the pan of your dreams.



# LIGHTB💡LB

## moment

### HOW TO UNDERSTAND THE COMPLEX WORLD OF THE ECO-LIGHTBULB

**B**uying a bulb used to be a straightforward affair. First, one would figure out if they required a bayonet or screw-in fitting, then settle on a wattage – from 40w for a cosy glow, to 100w for those who prefer more of an interrogation room ambience. But as energy efficient lightbulbs have become not just ubiquitous, but a legal requirement over the past few years, it's easy to find yourself in the dark.

Firstly, let's look at what was wrong with the old incandescent lightbulb, which despite its lovely golden glow, was woefully lacking economically, losing 90 per cent of its energy through heat leakage. Comparatively, eco-lightbulbs last much longer, provide better value for money and can generate the same amount of light as the old bulbs while using at least 45 per cent less energy... which is why it was a no-brainer

when EU legislation began phasing out the traditional variety at the start of the decade.

Currently there are two main types of energy efficient light bulbs available in the UK. Compact Fluorescent Lamps (CFLs) and Light Emitting Diodes (LEDs). But while these thrifty little beauties save you money – the Energy Saving Trust maintains that by replacing all bulbs in your home with LED alternatives, you could save around £35 a year on your electricity bills – it's hard to create that same gorgeous radiance, particularly as the new bulbs are measured in lumens (brightness) and Kelvins (colour temperature), and the watts equivalent varies from bulb to bulb.

Here's a rough guide: to create around a 60w brightness, you need around 700 lumens, and for a similar warmth, between 2,700 to 3,000 Kelvins (a candle is around 1,500K, colder daylight is around 5,000K). LEDs generally cost more than CFLs, but they are more efficient, last far longer and offer a better quality of light. Eureka.





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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS



## Dementia village opens its doors

A village for people with dementia has opened its doors in Brentwood.

Brentwood Care Centre, situated in Pilgrims Hatch, opened the new 48-bed Windsor Village recently.

The village is designed to give older people greater independence and happy living for their years ahead.

The environment is different to what you might expect from a care environment. The village is intended to be vibrant and engaging, aiming to be stimulating and interactive.

Brentwood Care Centre is also one of the first care homes in Essex to have a Tovertafel, otherwise known as the Magic Table. It contains a series of games and is designed to encourage participation, engagement and stimulating physical and social activity.

Sharon Osborne, home manager at Brentwood

Care Centre, said: "Sometimes dreams do not become reality, however my dream working in the care industry for many years was to create a person-centred environment for older people.

"Windsor Village has fulfilled my dreams and expectations and I am proud to lead a team of likeminded caring people."

Jane Hare, dementia specialist, continued: "We have a duty of care for our older people and a duty to create an environment where our residents will feel comfortable and happy.

"Personalised care is how we started to create Windsor Village. We built the foundations around that and now you see for yourself the looks on the faces of those people when they step into Windsor Village.

"I am proud to be part of a innovative team who all strived for the same outcome."

## Woman trapped in car following crash

A woman was trapped in her car following a collision recently.

Crews were called to a road traffic incident on the northbound M25 between junction 29 and 28 on December 12 at around 2.30pm. Crews from Grays

and Brentwood attended.

On arrival, firefighters reported that two vehicles were involved and one female was trapped.

Firefighters released the casualty by 3pm and left her in the care of the ambulance service.



## Kick-start 2018 by doing something for charity

**B**rentwood women are being invited to kick-start the new year by signing up to Cancer Research UK's Race for Life.

The charity is urging women of all shapes, sizes, ages and abilities to enter Race for Life 5k or 10k events at Weald Country Park on Saturday, May 26, 2018.

By signing up, women in Brentwood will make a real difference in the fight against cancer. Money raised will help Cancer Research UK scientists find new ways to prevent, diagnose and treat the disease, saving more lives.

Gill Burgess, Cancer Research UK's Brentwood event manager, said: "January is the perfect time

for women in Brentwood to commit to getting a little more active in 2018 by signing up for Race for Life and taking on a new fitness challenge.

"Taking part in Race for Life is a hugely moving experience. It's a special opportunity for people to come together to remember loved ones lost to cancer or celebrate the lives of those dear to them who have survived."

Between January 1 and January 31, Brentwood women are being offered 30 per cent off entry fees for Race for Life 5k, 10k, Pretty Muddy, Pretty Muddy Kids, Half Marathon and Hike events.

To enter, visit [raceforlife.org](http://raceforlife.org) or call 0300 123 0770.

## Woman calls for crackdown on teen cyclists

**A** woman says police need to crack down on boys cycling on the pavements in Brentwood after one of her friends was knocked over by a young cyclist in the town centre recently.

The woman, who has asked to remain anonymous, said she and her friends had just left a charity shop on the High Street when three bikes went past and one knocked her over.

She said: "The young lad fell off his bike. I said I'd go into Boots and get a security guard then he rode off. Whenever you're in Brentwood on a Saturday, there's always bikes on the pavement. My friend was badly shaken up and bruised but she didn't break any bones. Bikes shouldn't be on the pavement and you don't know if they will knock you over or not.

"Someone will be seriously hurt unless something is

done - I'm worried for everyone's safety."

A spokesman for Essex Police said officers have received a number of reports of anti-social behaviour involving youths riding bikes in the High Street.

He commented: "We have carried out patrols and work closely with Brentwood Borough Council and partners including local schools to identify those responsible.

"As a result, several letters have been sent to parents to make them aware of these incidents.

"It is an offence to ride a bicycle on a footpath and can pose a danger to pedestrians. We ask anyone who has concerns or has been involved in an incident to contact the Brentwood community policing team on 101 or [brentwoodcommunitypolicingteam@essex.pnn.police.uk](mailto:brentwoodcommunitypolicingteam@essex.pnn.police.uk)."

— New Year —

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# Three masked people set alight restaurant in early hours

Three people wearing masks broke into a building in Brentwood, poured an accelerant and then set fire to it, Essex Police have revealed.

The incident is being treated as arson.

Firefighters were called to a fire at The Skew, Rayleigh Road at around 3am on December 5.

When they arrived, they found the building full of smoke. Firefighters wearing breathing apparatus went into the building and led four people outside to safety.

Firefighters extinguished the fire quickly and then cleared the smoke from the building.

The fire service called the police to the scene at

around 3.35am.

Detective Inspector Natalie Rooney said: "We believe this fire was started on purpose and could have posed a real risk of life.

"At this stage the motive behind the attack is unclear and our investigation is ongoing.

"If you saw three people acting suspiciously in this area in the early hours of this morning or have any other information about the incident I need you to contact my team."

If you have any information please contact Essex Police on 101 quoting incident 78 of 5/12 or Crimestoppers anonymously on 0800 555 111.

# Van driver admits causing death by careless driving

A van driver who admitted causing the death of an 84-year-old man from Brentwood by careless driving was sentenced at Basildon Crown Court on December 7.

Mihai Lupascu, 24, of Ballards Lane, North London, admitted causing Eric Sparrow's death when he appeared at a hearing at the same court, on November 24.

Mr Sparrow, from Brentwood, died following a collision with Lupascu's van in Greensleeves Drive, Warley, shortly before 1.30pm on Saturday, November 19, 2016.

He was waiting to get into the front passenger seat of his son's Range Rover which was parked in Greensleeves Drive, when a white Renault Master delivery van driven by Lupascu, hit him. Mr Sparrow

sadly died from his injuries a week later at Queens Hospital, in Romford.

The court heard that the delivery van had a defective nearside mirror at the time. It was also revealed that the owner of the van and Lupascu's employer had previously been dealt with at magistrates' court for permitting a vehicle to be used in a dangerous condition.

Lupascu was sentenced to four months' imprisonment, suspended for 18 months, and banned from driving for four years.

He was also ordered to attend probation and complete 200 hours of unpaid work.

He must pay a victim surcharge of £115 within three months.



## ATM thieves jailed for 15 months



Stock Image

Two Romanian thieves were jailed for 15 months for targeting cash points at petrol stations on major roads in Herts, Middlesex, Essex and Cambridgeshire.

BP Ongar Road and Shell, Warley, both in Brentwood, were targeted.

Vladut-Gheorghe Balaban, 26, and Marius Nitu, 29, are likely to be deported by the Border Agency at the end of their sentence, St Albans Crown Court heard on Friday, December 1.

The men, who used cash-trapping devices to steal customers' money, appeared for sentence after admitting conspiracy to steal from ATMs, mainly at BP filling stations, between July and October 2017.

The cash claw traps cash as it moves along a belt to be dispensed. The customer leaves empty-handed, but the thieves return later to remove the claw and the cash.

Police began an investigation after Cardtronics reported that there had been several offences in Hertfordshire and surrounding areas.

The two men, who were of no fixed address, were arrested on the A40 Western Avenue in Northolt.

They got away with between £30 and £250 a time. Balaban admitted 31 offences and Nitu 24 offences.

Judge Andrew Bright QC said it was a "highly sophisticated operation" and the two men were part of a wider conspiracy. The court heard that over several months, approximately 350 offences were taking place a month.

He told them: "You were professional thieves, spending your whole day in full time employment stealing from ATM machines."

The judge said it was appropriate for the Border Agency to consider their deportation when they have served their sentence.

## Firefighters help to release casualty following crash

Firefighters were called to assist at the scene of a crash in Brentwood recently.

The collision on December 4 happened at around 2.45pm and involved one vehicle on the M25 between junctions 28 and 29.

Fire crews from Brentwood, Grays and Basildon attended and worked with paramedics to help release a female casualty who was trapped in the vehicle.

Three lanes of the motorway were closed so emergency service workers could deal with the incident safely.

The casualty was released by 4pm and left in the care of the ambulance service.

## Drug dealer jailed for three years

A man from Brentwood found with 80 wraps of Class A drugs concealed in his underwear has been jailed for three years.

Ipswich Crown Court heard how 19-year-old Ryan Thomas was spotted by police travelling in a car along Mersea Road in Colchester on Sunday, March 12 this year.

The car was shown as being uninsured and having no registered keeper, prompting officers to signal to the driver to pull over.

The vehicle eventually stopped where it was found to have a strong smell of cannabis.

Thomas of Norman Crescent, Brentwood, was arrested and taken to Colchester police station where he was found to be concealing 80 wraps of Class A drugs in his pants.

The wraps were made up of 77 wraps of the Class A drug cocaine and three wraps of the Class A drug diamorphine.

He was charged with two counts of possessing a Class A drug with intent to supply. He pleaded guilty to the charges when he appeared at Ipswich Crown Court and was jailed for 36 months.

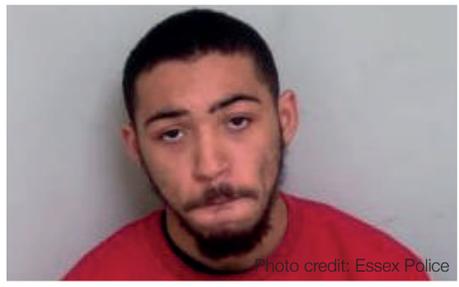


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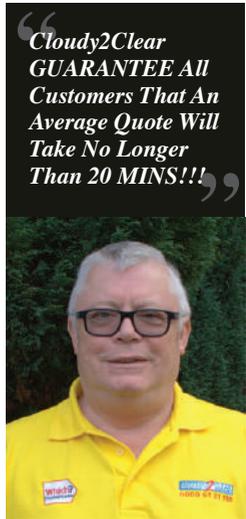
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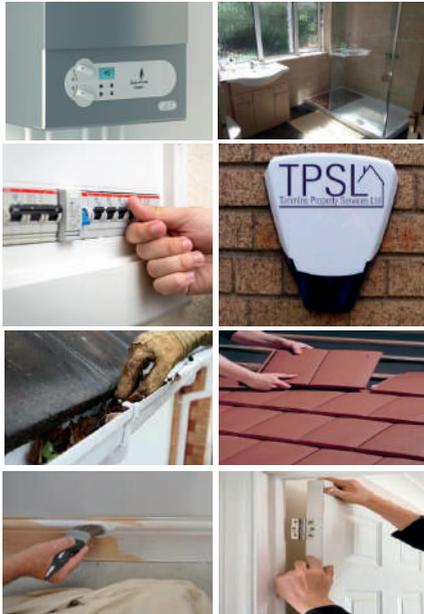
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# BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



LOCAL NEWS

I always think that the start of the new year is about hope. We have made it through the longest, darkest nights of winter and now there are brighter, lighter times ahead.

This said, there is much that is unsettling in the world right now. Dangerous tensions in North Korea threaten the world's peace. Uncertainties in the Middle East endanger stability. Interference by foreign powers in western democracy is opening a strange new front in old political rivalries.

But among this all, there are reasons to be cheerful. Something that has delighted and inspired me over Christmas is the news that children's reading standards in our primary schools have soared. In 2012 only 58 per cent of six-year-olds passed their reading tests. Today it is 81 per cent. The reforms that this government has made are now bearing fruit – big juicy fruit at that – in one of the most important areas of life. As a former teacher and the son of teachers I know only too well that if young pupils don't get the basics they don't stand a chance of being able to succeed later in their education. Whilst some people still go on to do well in life, the majority do not. These

new statistics can give us great hope in the future of our children and in our education system.

I tend to visit a local school every week during term time – so if there's a school or educational project you'd like me to visit, please let me know. And if any young person you know (or indeed any old person) would like a tour of the House of Commons, again, just get in touch.

Last year was an extraordinary year for me – my wife and I had a baby at the start of the year (about 12 weeks before the Prime Minister called the General Election), some people who we knew and loved passed away, and, of course, I became the local MP. This has brought me into contact with a huge number of fascinating local people, their talents and strengths, their outlooks and wisdom. A year ago, I could never have guessed this might happen. As I reflected at the Lighting Up Shenfield event, none of us really know quite what the future has in store.

All the very best for 2018 and please do contact me if ever I can help with anything. [www.alexburghart.org.uk](http://www.alexburghart.org.uk)



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Photo credit: The Cheeky Panda



LOCAL NEWS

# The Cheeky Panda

The Cheeky Panda rounded off a year of tremendous growth by winning two awards at The Essex Business Excellence Awards in November 2017.

The Shenfield-based company, which supplies the market with eco-friendly, bamboo-based toilet paper, only started trading in 2016 but has gone on to receive many accolades during its first two years of trading – including ‘New Business Of The Year’ and ‘Business Entrepreneur Of The Year’ for Chris Forbes at The Essex Business Excellence Awards.

Business-support agency INVEST Essex can lay claim to having played a key role in The Cheeky Panda’s rise, assisting the fledgling company from concept-stage, as co-founder Julie Chen acknowledges.

“We first got introduced to three local logistics providers by INVEST Essex, each of whom provided fulfilment solution options,” Chen explains. “With this direct support we were able to compare pricing and identify the key partners to work with us to quickly assemble a global supply chain and customer fulfilment.”

David Rooke, location services director for INVEST Essex, adds: “It was fantastic to see the success of

The Cheeky Panda recognised at the Essex Business Excellence Awards. It’s less than two years since we initially met with Chris and Julie and it has been great to see them build such a successful business supported not only by INVEST Essex but the other business support services that are available.”

The Cheeky Panda - whose products are selling well at Wholefoods Market and will be available on Ocado soon - is just one of a number of thriving recent start-ups to have benefited from the range of business support services on offer from INVEST Essex.

Having recently become an independent investment promotion and business support agency, with a new headquarters in Chelmsford, INVEST Essex is looking forward to assisting many more small-and-medium-sized enterprises (SMEs) in 2018 and beyond.

For more information please go to the website at [www.investessex.co.uk](http://www.investessex.co.uk), follow us on Twitter (@investessex) or email [business.support@investessex.co.uk](mailto:business.support@investessex.co.uk). More on The Cheeky Panda can be found here: [www.investessex.co.uk/studies/case-studies/the-cheeky-panda](http://www.investessex.co.uk/studies/case-studies/the-cheeky-panda) or follow them on Twitter @TheCheekyPanda1



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# ON PATROL WITH... THE PASTORS



LOCAL NEWS

## STREET PASTORS



Street Pastors in Billericay and Brentwood have had another very busy month. We have been volunteering in the High Street on Friday and Saturday nights helping anyone that needs it. We will continue to try to help throughout Christmas and New Year.

In addition to this we have launched a new initiative called Schools Pastors in partnership with Sawyers Hall Church, council, schools ministry and police. We aim to support young people in many ways.

We have also launched Rail Pastors who will now be patrolling the Greater Anglia line between Shenfield

and Colchester to support the Samaritans in all they do and try to intervene in any circumstances where people feel there is no hope.

Billericay Christmas Market, hosted by the Rotary Club, was a great occasion where thousands of people had the opportunity to meet us to see what we do and be aware of what we look like and why we volunteer.

Want to get involved? Are you over 18 and been in church attendance for at least a year? Email [Billericay@streetpastors.org.uk](mailto:Billericay@streetpastors.org.uk) or follow us on Facebook or Twitter.

# Eye-opening exhibition coming to town

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An exhibition portraying the lives endured by children during the Holocaust will be presented at Brentwood Theatre on Thursday, January 25 to Saturday, January 27.

International Holocaust Memorial Day is commemorated on January 27, the anniversary of the liberation of Auschwitz.

*No Child's Play* is a production of the Museum's Division, Yad Vashem – the World Holocaust Remembrance Centre.

Also at 11am on Thursday and Friday, Herman Rothman, a German refugee, will be in conversation about his remarkable life having been instrumental in discovering Hitler's will.

Places are limited for the hour-long talk – during which there will be no active viewing of the exhibition.

Arrival between 10.40am and 10.55am is essential.

Groups larger than six should register in advance by phoning 01277 213243, leave a message with a

contact number or email [mdareedwards@btinternet.com](mailto:mdareedwards@btinternet.com)

A meeting of commemoration will be held on January 27 at 6.30pm in the main hall, Brentwood County High School, Seven Arches Road, Shenfield Common, Brentwood CM14 4JF, where the exhibition will be open for viewing from 5pm.

The guest speaker will be Ruth Barnett who was born in Berlin and arrived in England in 1939, aged four, on the Kindertransport.

Her Jewish father escaped to Shanghai whilst her mother remained in hiding until 1945. Ruth will tell her personal story before an Act of Commemoration for the six million victims of the Nazi Holocaust.

There is free admission to all events but donations are welcome and a free will offering will be taken following the main meeting. There will also be bookstalls. Refreshments will be served following the evening meeting.



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## Equestrian team take championships by storm



The Brentwood School Equestrian Team enjoyed a truly spectacular set of results at the 2017 NSEA National Championships.

The team consisted of Charlotte Cooke, Ellie Burrell, Sophie Philpot, Imogen Pohl, Niamh Mills, Emma Philpot, Grace Parrish and Thomas Philpot.

Throughout the season, the young riders had worked incredibly hard, competing against schools from across the country, to qualify for the four-day championships held at the Addington Manor Equestrian Centre, Buckinghamshire.

Jumping with style, Sophie, Charlotte, Niamh and Imogen were crowned national champions in the 75cm event. Imogen also achieved an incredible individual win.

On the second day, Brentwood had a fantastic win in the Regional Points Championships (mixed heights) winning by over six seconds to their nearest rivals, Peebles High School, in Scotland.

The whole team, consisting of Charlotte and Imogen (70cm), Grace (80cm), Emma and Ellie (90cm) and Thomas (100cm), put in some very skilful performances.

The Brentwood team was really on a roll by the third day when the 90cm Show Jumping team, consisting of Grace, Thomas, Emma and Ellie, beat 50 teams across the nation by a thrilling 0.03 seconds to be crowned National Champions.

This team was the only team out of 50 to have all four riders clear over both rounds.

Emma and Ellie then jumped for England in the 90cm Nations Cup against Wales and Scotland. Both riders embraced the pressure and England won ending a 'Super Saturday' for Brentwood.

In addition, the Brentwood riders showed a depth to their talent with a 13th placing in the dressage. This team, Charlotte, Imogen, Emma and Grace, were less than four per cent away from the winners.

A final accolade was achieved by Sophie who was brilliant as runner-up in the British Eventing 80 Points League.

## School netball team take county title

Brentwood School's under 16 netballers fought off strong competition to clinch the county title in the National School's Netball Competition recently.

In a very strong and tough pool of eight teams from schools within the east region, the girls showed discipline, continuity and tenacity to triumph in a closely fought contest.

En route to the overall win, Brentwood had to top their group to progress through to a semi-final confrontation with the Ursuline.

Despite being two goals down at half-time, the squad pulled the game back and eventually pushed ahead to win by two goals.

In the final, Brentwood faced a strong Southend team in high spirits after winning their semi-final by a substantial margin.

The game went goal for goal until Southend broke ahead with a two-goal advantage at half-time. Brentwood fought back and took the title by one goal in a truly well-deserved victory.

Faith Rufai, who was player of the tournament, led by example as a captain, and was dominant and tenacious in the defending circle, strongly supported by Zara Philips and Mia Citroen.

The mid-court Skye Lynch, Lucy Holloway and Sarah Dawe were outstanding and Anna Reeves, Lauren Burgin and Annie Shaw played a vital and game changing role in the attacking circle.

Head of netball, Miss Annabel Simpson, said: "The team deserve huge congratulations for a massive achievement.

"The team are passionate, cohesive, enthusiastic, hardworking and committed to their netball."

At the time of going to print, the team were due to appear in the Regionals where they would be competing against bordering counties Kent, Suffolk and Hertfordshire.

Success at the Regionals would see the girls progress through to the Nationals.





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# How does your garden grow?

Green-fingered? Here are the gardening blogs you need to know about.

## The Patient Gardener - [patientgardener.wordpress.com](http://patientgardener.wordpress.com)

For those who have a long-running fascination with their garden, this blog is run by Helen Johnstone, a self-confessed 'plant obsessive'. Offering an insight into Helen's own horticultural paradise ('patience' cultivates an almost otherworldly garden, it seems), the blog documents the month-to-month progress of the plants, the festivals Helen attends, along with gorgeous snaps of nature and general gardening advice. A great all-rounder.

## The Middle-sized Garden - [themiddlesizedgarden.co.uk](http://themiddlesizedgarden.co.uk)

Alexandra Campbell – creator of The Middle-sized Garden – is a novelist and journalist by trade, so it should come as no surprise that each post is beautifully written. Fortunately, none of the practical aspects of gardening are lost, as Alexandra does her best to solve the conundrum of 'the middle-sized garden' which requires 'more manure, plants and hands-on help' than a tiny courtyard garden. Informative, captivating and with an emphasis on money-saving tips and environmental conscientiousness, this blog is a joy to read.

## The Compost Bin - [the-compostbin.com](http://the-compostbin.com)

The 'Compostwoman' lives with her family in rural Herefordshire and has an enviable four acres of garden and woodland which is populated with veg plots, chickens and all manner of other wildlife. A thorough and informative blog, The Compost Bin covers everything from composting (obviously) and veg-growing to chicken-keeping, cooking, preserving and sustainable living.

## Urban Veg Patch - [urbanvegpitch.blogspot.co.uk](http://urbanvegpitch.blogspot.co.uk)

Ideal for anyone who lives in a built-up area and dreams of nurturing their own veg, albeit on a very small plot of land, Urban Veg Patch was founded by Caro Shives, who helped develop the gardens of the flats where she lives in North London, turning them from a barren wasteland into a self-sufficient space with mini orchard and children's plot. Truly inspirational.





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*Thanks to a roast chicken dinner*  
**HARRY & MEGHA**



# and a sparkling ring CAN GET ENGAGED

Sometime this month, Prince Harry will fly to California with his wife-to-be, Meghan Markle, for a very important meeting – to meet her dad, the reclusive Thomas Markle.

Although he has spoken to him on the phone, during which he asked for Meghan's hand, Harry has not yet met his prospective father-in-law.

It is likely the meeting will be somewhere in Los Angeles where Mr Markle's ex-wife and Meghan's mother Doria Ragland lives. Mr Markle, who now lives in Mexico, has already said he is looking forward to giving Meghan away at her wedding in May in St George's Chapel, Windsor Castle.

Harry has met Doria and they get on well together and he asked her the same question - "Can I marry your daughter with your blessing?"

The answer was an unconditional yes. The scene was set for the engagement in September last year when Harry and Meghan were photographed holding hands at the Invictus Games in Canada which was their first public outing.

Within a few short weeks, Harry, 33, and Meghan, 36, became officially engaged.

We learned that Harry had designed her engagement ring himself from a diamond from Botswana, where the couple shared an intimate holiday. It also incorporates diamonds belonging to his mum, Princess Diana.

Meghan also described the proposal at Nottingham Cottage on the grounds of Kensington Palace: "We were roasting chicken. It was just an amazing surprise. It was so sweet and natural and very romantic."

That the proposal dinner was roast chicken sent the internet into a frenzy, particularly in America where engagement chicken is apparently a thing.

The actress admitted she "barely" let her husband-to-be finish proposing before she said:

"Can I say yes now?"

Harry added: "She didn't even let me finish, she said can I say yes, can I say yes and then there were hugs and I had the ring in my finger and I was like 'can I - can I give you the ring'? She goes 'oh yes, the ring!'"

Their love affair started with a blind date and they really fell for each other under the stars in Botswana.

The couple disclosed how the Royal Family helped their relationship blossom, with the "incredible" Queen and "fantastically supportive" Duchess of Cambridge helping the American actress settle in.

All this is vastly different for the girl from Los Angeles who, like Harry, comes from a broken home and succeeded in her ambition to become an actress culminating in her starring role in the US legal drama *Suits*.

Her father is white and her mother African American, and her biracial background was reflected in *Suits*. She is also a divorcee, whose marriage to Hollywood produced Trevor Engelson collapsed after two years.

Harry said his mother would have been part of their "crazy journey" and would be as "thick as thieves" with Meghan.

They also shared their hopes for the coming years, from having a family in the near future to setting off around the Commonwealth to carve out their joint future as working royals.

"The fact that I fell in love with Meghan so incredibly quickly was confirmation to me that all the stars have aligned and everything was just perfect," said Prince Harry.

"This beautiful woman just tripped and fell into my life. We're a fantastic team, we know we are and over time we hope to have as much impact as possible."



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# Don't Know What You Want for 2018?

**W**hat resolutions are you carrying over from 2017 that repeatedly get pushed to one side? What excuses do you make that let you ignore your wants or the change you need to be your ultimate you?

We all know how miserable January can be. The season of abundance is over, back to work, everyone is skint or miserable. This allows us to lament over those lost wants for the New Year.

How do people conquer their goals? They plan, consistently work towards their goal, know what motivates them, take action and hold themselves accountable. Resulting in living the life they want.

Easier said than done?

## TOP FIVE TIPS TO MAKE YOUR 2018 A WIN

### PLAN

By planning you allow your brain more space to action. Write, draw, or mind map your wants, goals for 2018. Prioritise them and reflect daily. Separate work or life goals. Acknowledge your values, are they aligned with your current situation? Look at your interests, skills, hates... Are you using those to your advantage?

### ACTION

Create your own motto/goal for six-months' time, encompassing your wants and ideal result. Break down your monthly steps that will make you reach your goal. Set five actions to reach that month's step.

### REFLECT

Daily reflection of your goal(s) and the action you need to take will empower you to achieve. Keeping a record of your thoughts, achievements, steps, etc. will act as a constant reminder and shift your mindset to make sure you don't make excuses.

### AWARENESS

Pay attention to your inner narrative. Part of your brain tells you to stay in your comfort zone which is why it feels easier. If you do break out, it's empowering. It's so easy to make excuses, but if you grab yourself an accountability partner, tell them what you need to do and by when, the excuses become much harder to make.

### ACCOMPLISH

Your motto/goal should motivate you to achieve but set yourself a reward too. Acknowledge yourself for what you have achieved along the way, it doesn't have to be tangible, it may be that you are feeling more confident, you are eating more healthily... the list is endless.

### BEFORE YOU KNOW IT, YOU'VE BECOME YOUR BEST SELF

Counteract the dullness of January, get fired up for 2018 and take action to fulfil your potential and carve out your ultimate you. Bulldoze through that list of wants, needs, changes...

Author, Kim Cutler, Storm McQueen Coaching.





Dr Kannan Athreya & Dr Alice Scott

Welcome to 2018... and a happy new – YOU!

Jan 2018

It's that time of year to think about what you want, what will make you happier, healthier and the changes you may want to make this year to get there.

Kicking off the new year, we bring you some of the solutions available to boost body-confidence in the coming year, and present you with insight on the options available should you have a body, face or skin concern that's been playing on your mind.

#### New – Skin

I cannot stress enough the importance of quality skin care – it's something that you get what you pay for though. Investing in products that use quality ingredients, and that are designed for your skin type or concerns will bring you the most benefit. The older we get, the more age becomes apparent, so using a good skincare range can determine how 'weathered' or not we appear.

Of course, sleep and water play a huge part in the overall result too, as well as a balanced diet and some exercise, fruit, vegetables, etc. It's about balance, over time. There are two prescriptive skin care ranges I recommend. Please book a consultation if you wish to discuss a new skincare regime.

#### New & Rejuved

Lines, wrinkles, droops and 'sags' are all tell-tale signs our age – not always a bad thing, of

course, but if its something that concerns you, there are a wide range of aesthetic treatments out there to freshen up your appearance.

**Dermalux LED (the award winner everyone is talking about)**

**PRP 'The Vampire Facial' (Platelet Rich Plasma)**

**PRP for breast volume and plumping**

**PRP and Laser Treatment for face and body rejuvenation and stretch marks**

**Dermal Fillers for Lips and Face**

**Wrinkle Reducing Injections**

**PDO Thread-lifting**

**Radio frequency for fat pocket reduction and skin tightening**

#### New – peace of mind

If you have that feeling 'something isn't right', then do not put it off. We offer a full medical investigation service – for both men and women. Our body 'MOTs' can give you peace of mind, with the reassurance of prompt treatment and attentive continuity of care if any problems are identified. Don't lose sleep, or put it off – **talk to us**.

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# VIT-A-MONTH

Your month-by-month guide to what vitamins to take every month of this year

## January

Without vitamin D, the body can't absorb calcium or stimulate certain immune responses that protect us from colds and infections, so make sure to get a daily dose.

## February

Beat those winter blues, help creaky cold bones and boost your brain with Omega 3.

## March

Spring into spring with an iron supplement which will boost your energy levels by ensuring all your organs and cells are getting plenty of oxygen.

## April

Along with producing collagen and helping to repair tissue, vitamin C is an antihistamine, perfect for those who suffer from hay fever.

## May

If you want to get in shape for summer, take some vitamin K which helps carry calcium through the body to strengthen bones and prevent fractures.

## June

Give your skin a boost with vitamin E. This antioxidant infuses the epidermis with moisture and soothes itchy, flaky skin while guarding hair and nails against free radical damage.

## July

Wear that swimsuit with confidence by taking a digestive enzyme to beat belly bloat.

## August

All that sunshine takes a toll on your skin, so help it heal with folic acid.

## September

Get your body and brain in gear with a dose of magnesium, which helps fight depression and boost exercise performance.

## October

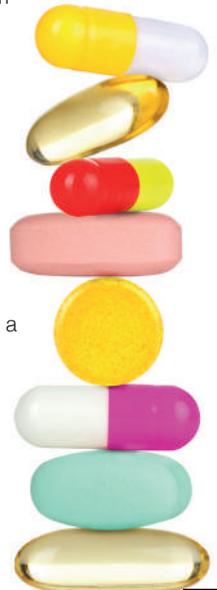
Calcium is an essential mineral which will help support your bones over the colder months, while protecting your teeth from all those Halloween treats.

## November

B Complex comprises a whole host of vitamins that get you in tip-top condition for this busy time of year. Whether giving you energy to attend all those festive soirees, reducing stress about end-of-year deadlines or balancing hormones, this is a powerhouse.

## December

Vitamin A will put the twinkle back in your eyes, give winter skin a warm glow and strengthen bones, so you can breeze through the festive period.





# NEW YEAR

# New Year

## 12 WAYS TO KICK START 2018

### DETOX

Even just a one-day juice fast will give your digestive system a rest after the period of indulgence.

### SUPPLEMENT

Having attended so many parties and events, the least you can do is boost your immune system with a good-quality all-round multivitamin.

### GET A GOOD NIGHT'S SLEEP

Rest is vital, so try to balance those late nights with a couple of early ones.

### MEDITATE

Staying sane as the new year begins is a challenge in itself, so give your brain a break with meditation. Even 10 minutes a day is said to have a positive effect on wellbeing.

### GO OUTSIDE

The urge to bed-in with endless box sets and bottomless tubs of Celebrations can be overwhelming, but will ultimately leave you feeling sluggish and blue. So, go for a walk, breathe in the air and let the natural world enchant you.

### DO YOGA

If you don't have time for a full workout, try to fit in 20

minutes of yoga. The deep breathing will calm you and the stretching will counteract all the hunching from present-wrapping.

### MAKE A SMOOTHIE

Start the day with a delicious smoothie packed with berries, seeds, bananas and almond milk.

### EAT NUTS

They're packed with nutrients (Brazil nuts in particular) and keep sugar cravings at bay.

### PUT DOWN YOUR PHONE

What better time to have a mini digital detox than in 2018? Make it your new year's resolution.

### PILE ON THE VEG

Christmas dinner leftovers are actually good for you – turkey is a superfood after all. Just make sure you eat all those sprouts.

### HYDRATE

If you do only one good thing for your body this new year, drink lots of water.

### BE THANKFUL

Christmas can be completely manic, so now it's over, take some time to be truly grateful to be with the ones you love.





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# FOOTBALL

## FOLLICLE FOLKLORE

What works and what doesn't in the crazy world of footballer hairstyles.

Long before tattoos became the required norm for any professional pulling on a pair of boots, sportsmen of the football persuasion used to identify themselves mainly in the form of devilish hairstyles, designed to fox and bamboozle even the most focused of opponents.

While the Bobby Charlton comb-over, Kevin Keegan mop and Carlos Valderrama mullet all have their rightful place in football follicle folklore, in recent times the Brylcreem brigade have stepped it up another notch.

Many say David Beckham started the modern trend of hip hairstyles – going from fluffy blond bombshell to shaved head was bold enough, but when a heavily lacquered mohawk appeared in the year 2000, it sent every terrace lad rushing to the barber shop. He's gone on to adopt every other possible haircut going, from tramlines to a spiky electric shock number, a topknot to an Alice band, badly drawn braids to a hypnotic hipster flick. Cometh the hour, cometh the next stellar hairstyle.

But not everyone can sculpt it like Becks. Here are some notable other footballers who have never signed up to the notion of a simple trim:

⚽ **Radja Nainggolan** (Roma and Belgium) – Radja is part of Belgium's golden generation... with the ball, not with a pair of clippers

⚽ **Abel Xavier** (ex-Liverpool and Portugal) – Braids, tramlines, bouffant, he did the lot... badly

⚽ **Djibril Cisse** (ex-Liverpool and France) – Cisse arrived at Liverpool soon after Xavier left, and provided a fitting replacement for hair hari-kari

⚽ **Ronaldo** (ex-Inter and Brazil) – Ronaldo sported this horrific fringe for the 2002 World Cup final. The outcome? He scored and they lifted the trophy

⚽ **Jason Lee** (ex-Notts Forest) – Lee admitted the terrace song about a "pineapple on his head" ruined his confidence, so he shaved it off

⚽ **Gervinho** (ex-Arsenal and Ivory Coast) – Gervinho took receding hairline denial to levels even Sven Goran Eriksson couldn't manage.

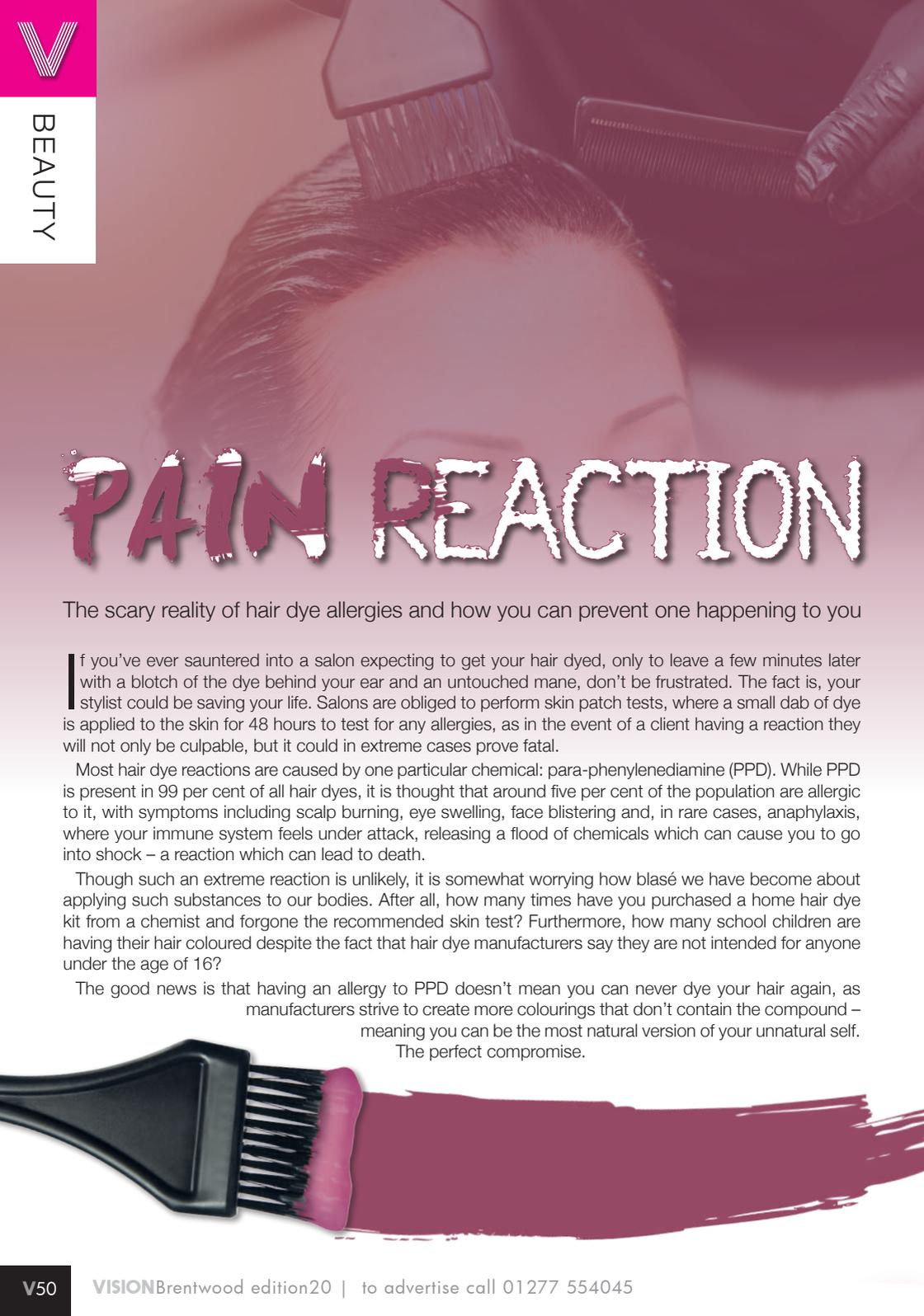
And just to prove even the best can have a bad hair day:

⚽ **Neymar** (PSG and Brazil) – he's calmed down of late, but this early barnet is clearly three haircuts in one.



Photo credit: REVAXION PRESS





# PAIN REACTION

The scary reality of hair dye allergies and how you can prevent one happening to you

If you've ever sauntered into a salon expecting to get your hair dyed, only to leave a few minutes later with a blotch of the dye behind your ear and an untouched mane, don't be frustrated. The fact is, your stylist could be saving your life. Salons are obliged to perform skin patch tests, where a small dab of dye is applied to the skin for 48 hours to test for any allergies, as in the event of a client having a reaction they will not only be culpable, but it could in extreme cases prove fatal.

Most hair dye reactions are caused by one particular chemical: para-phenylenediamine (PPD). While PPD is present in 99 per cent of all hair dyes, it is thought that around five per cent of the population are allergic to it, with symptoms including scalp burning, eye swelling, face blistering and, in rare cases, anaphylaxis, where your immune system feels under attack, releasing a flood of chemicals which can cause you to go into shock – a reaction which can lead to death.

Though such an extreme reaction is unlikely, it is somewhat worrying how blasé we have become about applying such substances to our bodies. After all, how many times have you purchased a home hair dye kit from a chemist and forgone the recommended skin test? Furthermore, how many school children are having their hair coloured despite the fact that hair dye manufacturers say they are not intended for anyone under the age of 16?

The good news is that having an allergy to PPD doesn't mean you can never dye your hair again, as manufacturers strive to create more colourings that don't contain the compound – meaning you can be the most natural version of your unnatural self.  
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# GOODFELLAS



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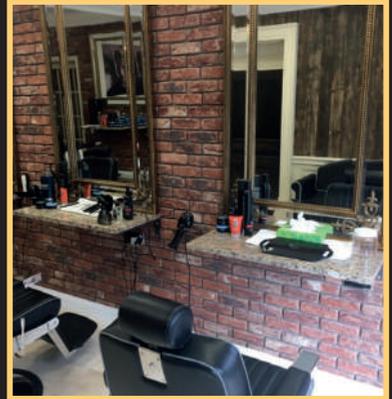
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# WINTER WARMERS



**H**opefully the autumn harvest has given you an abundance of vegetables in all manner of golds, greens and purples, just perfect for the kind of nourishing suppers we crave as the cold nights draw in.

**Beetroot...**A nutritious powerhouse, the humble beet boasts exceptional nutritional value, both in the root and the leaves (which can be cooked the same way as spinach). Try juicing raw beetroot with apple and carrot for a blast of cold-preventing vitamins, or wrap in foil and roast to serve alongside the Sunday roast. Excess beets can also be home-pickled – much nicer than store-bought.



**Leek...**Leek and potato soup is an obvious home for this winter beast. But leeks, with their delicate sweetness, work surprisingly well when braised in a cheese sauce, baked in a gratin or encased in pastry alongside leftover roast chicken.



**Sweet Potato...**Some may be surprised to know that the sweet potato is actually not related to the potato. It is a root vegetable but is different in taste and texture. Sweet potatoes are extremely versatile and can be baked, mashed or fried for a sweet and nutritious accompaniment. It also counts as one of your five-a-day and is a good source of four essential nutrients.

**Parsnip...**Roast parsnips make a delightful winter side dish when roasted and caramelised with maple syrup. They can also be mashed or made into a satisfying soup with nutmeg and a swirl of apple sauce. Autumn in a bowl.



**Cabbage...**Thanks to the 'cabbage soup diet' fad, this wonderfully versatile veg has a bad rep for being bland, soggy and, well, gassy... but served properly, cabbage can be a joy. Cabbage mashed with potatoes becomes colcannon, and served with a poached egg makes a hearty, cold-morning breakfast. You can eat it raw when shredded in a winter coleslaw alongside apples and pecans, and the truly brave can ferment their own kimchi, which is very good for the gut and can help keep viruses at bay.





# CRYSTAL

## Bowls

From botanical flavours to 'bleeding' veggie burgers, here's a look at what we might be eating in 2018.

*Plant-based everything* – Vegan food has been gaining in popularity for a while now, but things are about to go one step further as veggie burgers 'bleed' beetroot juice and expertly-sliced tomatoes mimic tuna in sushi. Also, much like nose-to-tail eating, we will be using every part of the veg with stems being used in salads, while melon rinds are pickled to be eaten. Vegan desserts are expected to get a makeover too, becoming creamier and even more indistinguishable from the real thing.

*Japanese dude food* – Much like 'dirty burgers' became the hot thing in American cuisine, miso and sashimi are no longer the cool kids in Asian dining, as Japan's heartier, more calorific fare like yakitori skewered chicken or deep-fried tofu in broth – dishes often served in the country's late-night izakaya bars – become de rigueur.

*Botanical delights* – Food is going floral as restaurants and producers alike take inspiration from the garden. Think rose-flavoured lemonade, lavender-infused chocolate and everything elderflower.

*Indian street food* – A natural evolution from the food van trend that has populated markets and urban spaces these last few years, Indian street food is set to make its way into our supermarkets and, by proxy, our homes. So ditch that boring old korma and get your chops around scallops in pickled ginger, or a fat Puri stuffed with veg and drizzled in chutney.

*Super powders* – It's well-known that the goal of every vegan diet is getting enough protein, which is why plant-based protein powders are becoming ubiquitous. The humble latte is also getting a healthy revamp as turmeric, masala chai, matcha and cacao find their way into more hot beverages.



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Neil (The Gleaming Glass Co)

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”

Billericay Self Storage - Ed

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# NO PARK?

## No Problem

With the dark nights drawing in it can be tempting to stay indoors. But when the sun is shining, it's important to bundle up the kids and have some fun with winter activities outside. As English weather is often unpredictable, it's also worth planning for a rainy day. Here are some excellent ideas for winter outdoor and indoor fun.

### FOR A RAINY DAY

#### *Board games*

Anyone over the age of 40 will have grown up regarding board games as the first 'go to' option when the weather turns; but over the past few decades computers and tablets have stolen something of that market away and left the likes of Monopoly, Operation and Kerplunk for the festive market. But trends are changing - industry research last year showed that millennials are driving a board games revival... and at the heart of that is the kids market, with more new board games and puzzles launched in 2016 than the previous two years put together.

#### *Scavenger hunt*

A twig, a 20p coin, a sweet wrapper, a conker, a roll of Sellotape... Whoever thought a scavenger hunt around the house could be so much fun? Yet for kids burrowing into nooks and crannies in pursuit of completing their hitlist, this is a simple, cost-free and hugely rewarding challenge for siblings and mates alike.

### GO OUTDOORS

#### *Geocaching*

Geocaching has become hugely popular over the past few years. It is an outdoor treasure-hunting game where participants use a GPS system to hide and seek containers anywhere in the world. This is a great free activity for the whole family and will have you exploring for hours. All you need is the Geocaching app and you're ready to get hunting.

#### *Mud painting*

This may be a parent's worst nightmare, but mud painting allows children to learn, play and use their imagination. It may be a messy activity, but it will keep kids entertained for hours and allow their imaginations to run wild.

You can also use the mud to create mud pie.



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# SCREEN ICONS

FIVE HOT WINTER TRENDS AND THE FABULOUS FILM STARS WHO INSPIRED THEM

**TREND:** Dazzle

Set your party dress to 'sparkle' this winter as fashion goes full-on glitz with chainmail minis, crystal mesh and everything sequins. But despite its shimmering façade, there is a minimalist touch to this trend, making it effortlessly modern.

**ICON:** Daryl Hannah in *Blade Runner*

The original futuristic babe, no one can pull off a sparkling mini quite like Ms Hannah, but that doesn't mean you shouldn't try.

**TREND:** Silk shirts

An improbable trend, silk shirts have a reputation for erring on the side of garish, but not the tailored, stylish delights that graced the catwalks this season.

**ICON:** Al Pacino in *Scarface*

Glamorous, bold and outrageously bling, Miami in the Eighties was a lavish playground, and you better believe that the boss of it all, Tony Montana, wasn't going to let the side down.

**TREND:** Seventies

If you've got any tweed, corduroy or brown suede languishing in the back of your wardrobe, pull it out because that Seventies look is bang on trend.

**ICON:** Ryan O'Neal and Ali MacGraw in *Love Story*  
Get your fashion love story on and try a little Seventies synchronicity with your sweetheart. Casual, cool and rocking every shade of brown, O'Neal and MacGraw were the original college hipsters.

**TREND:** Female tailoring

Suits are back, but not in the exaggerated shoulder pads of the Eighties kind of way. Instead, think loose silhouettes, slimline blazers and elegantly pressed slacks.

**ICON:** Faye Dunaway in *Bonnie and Clyde*

In this 1967 classic, Dunaway plays infamous real-life gangster Bonnie Parker. Possibly the most stylish bank robber ever, the American starlet rocks some serious tailoring, fabulous blouses and a chic beret, all the while toting a shotgun. Girl power.



# 18

# DESTINATIONS

18 OUT-OF-THIS-WORLD PLACES THAT



**Punta Cana, Dominican Republic**  
Crystal blue waters, white sand, beach parties and Caribbean culture.

**Kerala, India**  
Treasure, temples and stunning backwaters including five large lakes linked by canals.



**Kruger national Park, South Africa**  
One of South Africa's largest game reserves and your best chance of seeing the big five: lions, leopards, rhinos, elephants and buffalos.

**Lisbon, Portugal**  
Fascinating history, flea markets and fabulous food.



**Reykjavik, Iceland**  
Breathtaking architecture, wild nightlife and natural wonder.

**Curepipe, Mauritius**  
Quaint, steeped in colonial history and home to Trou aux Cerfs, a dormant volcanic crater.



**Vardzia, Georgia**  
Unlike anything you have ever seen, this a cave monastery site excavated from the slopes of the Erusheti Mountain.

**Khao Lak, Thailand**  
Perfect for peace and quiet, this resort destination combines lush tropical rainforest and expansive white beaches.



**Beijing, China**  
Home to the grand Forbidden City complex, the imperial palace during the Ming and Qing dynasties.



# ATIONS FOR 2018

WILL WOW THE WORLD OVER THE NEXT 12 MONTHS

## Valletta, Malta

Named as the European Capital of Culture 2018, this is one hot spot.



## Salzburg, Austria

Medieval and baroque buildings, stunning vistas and the birthplace of Mozart.



## Montevideo, Uruguay

A vibrant and eclectic city hosting some of the world's best steakhouses.



## Langkawi, Malaysia

An archipelago made up of 99 islands on Malaysia's west coast, this is literally paradise.



## Wellington, New Zealand

Fan of *Lord of The Rings*? Then you will LOVE the Weta Workshop in Miramar.



## Lake Assal, Djibouti

A crater lake in the Danakil Desert, surrounded by black lava fields and dormant volcanoes.



## Seoul, South Korea

A vibrant metropolis where the futuristic meets the ancient.



## Patagonia, Chile

Wild, vast and unbelievably picturesque, this is one for naturalists. Also home to guanacos, an elegant cousin of the llama.



## Vilnius, Lithuania

If Prague is becoming too commercialised, try a cosmopolitan city with diverse architecture, from the old to the modern, and where a pint only costs £1.30.



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# WHAT'S ON

*in your area*

### Live Music

**Bardswell Social Club, Weald Road,  
Brentwood, CM14 4TJ**  
Saturday, January 6, 7.30pm



On Saturday, January 6 there will be music from the 1950s until the present day at the Bardswell Social Club with Essex-based The Revival Band.

Doors open at 7.30pm. Admission is £5. Telephone 01277 214057 or visit [www.thebardswellclub.co.uk](http://www.thebardswellclub.co.uk) for more details.

### No Child's Play exhibition

**Brentwood Theatre, 15 Shenfield Road, Brentwood, CM15 8AG**

January 25 – January 26, 9.30am – 4pm,  
January 27, 10.30am – 1pm

Herman Rotham in conversation on January 25 and 26 from 11am – midday. No viewing of exhibition during the talk.



### Meeting of Commemoration for Holocaust Memorial Day

**Main Hall, Brentwood County High School,  
Seven Arches Road, Shenfield Common,  
Brentwood, CM14 4JF**  
January 27, 6.30pm

With speaker Ruth Barnett followed by Act of Commemoration for the six million victims of the Nazi Holocaust.

Books will be on sale. Refreshments following the Meeting of Commemoration. All events free but donations welcome, with a free will offering on the evening.

### Brentwood Carp Show

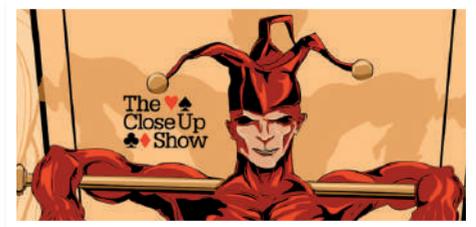
**Brentwood Centre, Dodinghurst Road,  
Brentwood, CM15 9NN**  
January 27, 9am – 4pm,  
January 28, 9am – 3pm



Join us at the Brentwood Carp Show to #GetCrafty and take advantage of our EXCLUSIVE SHOW DEALS. Our team of knowledgeable and experienced anglers will be on hand to pass on advice and answer any questions or queries you may have with regards to bait choice, tactics and how to get the best from Crafty Catcher products.

### The Close Up Show

**Brentwood Theatre, 15 Shenfield Road,  
Brentwood, CM15 8AG**  
February 2, 7.30pm – 9pm



Real magic, real close in the Audrey Longman Studio.

An intimate evening of close-up magic, trickery and sleight of hand in the company of top magicians from the famous Magic Circle.

Three performers will amaze and entertain from just inches away. Close-up magic is one of the most popular and impressive forms of the art and this unique event showcases some of the best exponents.

Performers vary with each show and a strictly limited audience get to experience the magic in an intimate setting, often taking part themselves.

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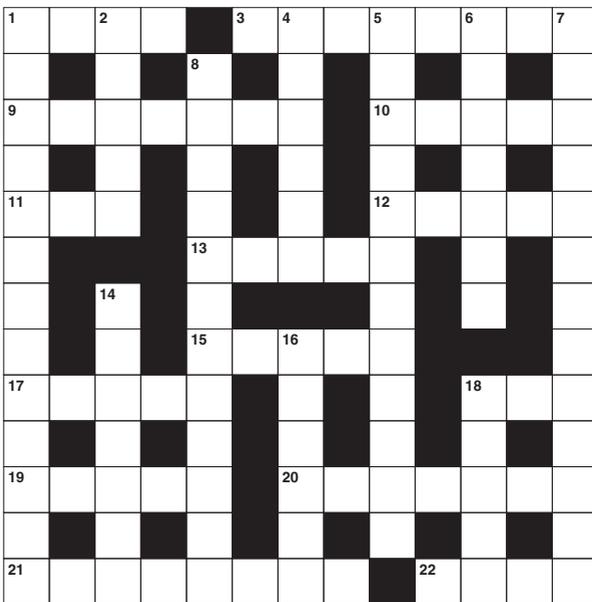
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# PUZZLES & TRIVIA



## ACROSS

1. Canines (4)
3. Where one finds Glasgow (8)
9. Swindles (7)
10. Uniform jacket (5)
11. Herb; regret (3)
12. Discover (5)
13. Decay (5)
15. A Fish Called \_\_\_\_ : film (5)
17. Tree of the birch family (5)
18. 22nd Greek letter (3)
19. Maladroit (5)
20. Tropical disease (7)
21. Channels of the nose (8)
22. Run away (4)



## DOWN

1. Removal of trees from an area (13)
2. Diving waterbird (5)
4. Building for gambling (6)
5. Casual chatter (6-6)
6. Plants that live a year or less (7)
7. Remove dangerous substances from (13)
8. Creator of film scripts (12)
14. Restores honour (7)
16. Standard; usual (6)
18. Servant in a royal household (5)

## DID YOU KNOW

- ▶ August had the highest percentage of births
- ▶ November is the only month used to represent a letter in the phonetic alphabet.
- ▶ Months that start on a Sunday will always have a Friday 13th
- ▶ Rio de Janeiro translates to river of January.
- ▶ In the original Roman calendar, October was the eighth month, hence 'octo' meaning eight
- ▶ Even though October has 31 days, it is the longest month of the year due to the clocks going back one hour

## SUDOKU

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

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# SWAP & Save

**T**hink you can't survive without your daily café-bought latte? What may seem like a few quid a day actually adds up, and this innocent treat could be stopping you from buying something you really covet in the long run. Here's how and why you should consider cutting back...

Coffee has never been so popular. From ubiquitous green mermaids on the High Street, to artisan Antipodean beaneries in the hipster parts of town, everyone is (literally) full of beans. But at around £3 a cup, coffee is not just powering up your day, its powering the economy, and what may seem like a small amount is actually a hefty wodge of your wage over time.

## STOP SLURPING, START SAVING...

Here's what cutting back on the beans could afford you:

### 1 week...£14

Pizza or pasta main course and glass of wine/beer in a restaurant

### 1 month...£60.90

Pod coffee machine

### 3 months...£182.70

Espresso machine

### 6 months...£365.40

European weekend break

### 1 year...£730.80

One-week all-inclusive European Holiday

### 5 years...£3,654

Second-hand car

### 20 years...£14,616

Nice pot for a 'rainy day'

*(based on £2.80 average for medium latte)*

Whilst there are many variables on how much you might actually save, the bottom line here is value for money and if your daily dose of the black stuff is worth the half-hour of pleasure you get from it. Buying coffee every single day is a habit. To slow down that addiction, try telling yourself that a bought coffee is a treat item.

For some, life without coffee may be too much, so here are some tips for recreating that coffee shop buzz:

- ☞ Invest in a good coffee machine at home – pods are good, fresh beans are better
- ☞ Put your home brew in a posh portable cup for on-the-go sipping
- ☞ Buy a one-cup dripper or AeroPress for quality coffee at work

Recreate sweet treats by buying big bottles of your favourite syrups and creamers.

# Usha Khokhar

CERT CII (MP)

07738 292420

usha@cooperandparks.co.uk



## WHAT DO ALL THESE COMPANIES HAVE IN COMMON?

Tesco: Every little helps

Apple: Think Different

Nike: Just do it!

L'Oréal: Because you're worth it

Zurich: Because change happens

Dr Pepper: What's the worst that can happen?

... they all want to educate you that their products and services will save you money, adapt your lifestyle, and if you change your mindset they could help you change your life...

I'm a mortgage adviser... similarly, I could save you money, help cater for your lifestyle and changing circumstances, but only if you recognise that life changes and so should we.



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## MONEY TALKS!

Recent Client Example

- Current liability
  - £690.00 - Interest only mortgage @ 4.75%
  - £750.00 - Credit card payments
  - £144.00 - Total Monthly Liability
- New mortgage with debt consolidation
  - £680.00 Repayment over 30 years @ 1.35%
  - £1440.00 Monthly Saving

*So... what are you waiting for?*

Contact me on [usha@cooperandparks.co.uk](mailto:usha@cooperandparks.co.uk) or 07738 829 420

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## The Walter Boyce Wellbeing Hub

The Walter Boyce Wellbeing Hub supports adults with learning disabilities. The centre aims to increase customers' confidence, self-esteem and expectations by supporting them to take greater control of their lives and enjoy their favourite activities.



Our newly refurbished centre offers:

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# Sports TECH



It's never been easier to keep fit without ever entering the tortuous territory of the gym, and these apps show that to achieve peak physique all you really need is some motivation and a smartphone.

## **IMUSCLE**

While you may not possess the necessary anatomical insight to know what your muscles are up to when you work out, iMuscle does. Allowing you to choose which specific muscles you want to train and tone from a detailed diagram, this app not only suggests relevant exercises, but also provides an in-depth animation of the muscles at work, so you know how to get the most out of your workout.

## **STRAVA CYCLING**

A GPS with a twist, Strava Cycling measures your speed, distance and elevation as you cycle to give you a full overview of how your training is progressing. Furthermore, this app can sync with other users, allowing you to discover the best

nearby trails and even pit yourself against fellow cyclists who have ridden the same routes.

## **POCKET YOGA**

As you'll no doubt have been told by one of your more flexible friends, yoga is a great way of relaxing your mind, body and soul. But if the thought of stretching in front of a room full of sweating yogis fills you with dread, Pocket Yoga – with its audio and visual guidance and catalogue of 27 separate routines – can help you enjoy the benefits of yoga in the comfort of your own home. Namaste.

## **CHARITY MILES**

The upshot of exercise for the majority of people is eventual self-improvement, but this app gives a little back to the community while you're in the process of re-imagining your own self. Charity Miles has partnered with a host of major companies, allowing you to choose from over 40 charities to support while you run. The more miles you go, the more money is donated to your chosen charitable project.

# SPORTING CALENDAR

Football fanatic, or just a total tennis-head? Don't miss an ace, goal or hole in one with this handy guide to what's what in the sporting world of 2018...



FEB

**4th: Super Bowl LII,  
Bank Stadium**

The 52nd Super Bowl will take place in Minneapolis. The New England Patriots are the current defending champions, and Justin Timberlake will be returning to the stage for the coveted half-time show slot – 14 years after his appearance with Janet Jackson featured an unfortunate wardrobe malfunction.

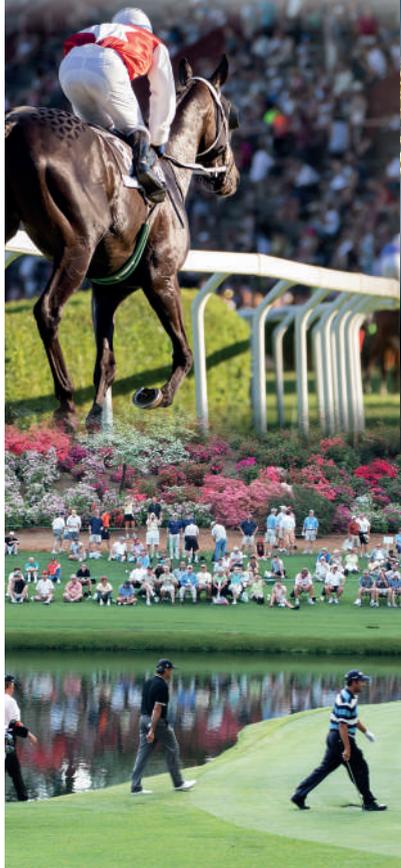
APR

**5th-8th:  
The Masters, Augusta**

Last year's champ, Sergio Garcia, is expected to feature, along with England's most recent victor, Danny Willett, and four-time winner Tiger Woods.

**14th: Grand National, Aintree**

The Grand National will hit Aintree in early April in a thunder of hooves and a menagerie of fascinating hats. Last year, 14/1 outsider One For Arthur grabbed the title – and a good chunk of the £1million pot that makes this race the most lucrative in the sport.





# JUN

**14th-July 15th:**  
**FIFA World Cup, Russia**

Yes, England are through and will be hoping for a strong start to manager Gareth Southgate's international competitive debut. But the Three Lions will need to be at the very top of their game if 2018 is finally going to be the year that football comes home, with Spain and France looking strong and holders Germany hoping to emulate Pele's Brazil with consecutive wins.

# JUL

**2nd-15th:**  
**Wimbledon, London**

Reigning champion Roger Federer will be aiming to add to his record of eight victories at the All England Tennis Club, while newly-knighted Andy Murray will be hoping to give the home fans something to cheer about. In the women's matches, new mother Serena Williams may well return – looking to continue her almost superhuman domination of the sport.

# SEP

**28th-30th:**  
**Ryder Cup, Le Golf National**

The biggest names in transatlantic golf will be heading to France this year for the chance to get their hands on those famous green jackets. The United States are the current defending champion, but last won in Europe in 1993.



Photo credit: A RICAPDO / Shutterstock.com

### 7th-29th: Tour de France

Brit Chris Froome will be hoping to keep hold of cycling's coveted Yellow Jersey this year – but there'll be stiff competition in the 21-stage race which, at 3,329km, will be the shortest route of the 21st century.

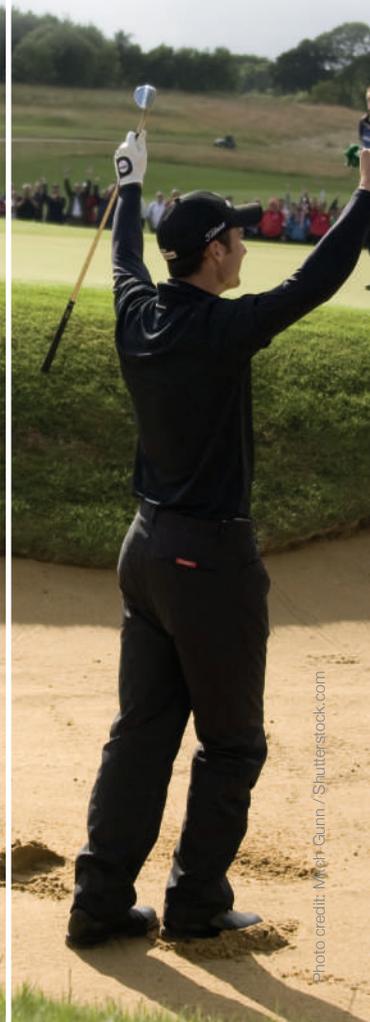


Photo credit: Matt Gunn / Shutterstock.com

# Speed

A sleek, aerodynamic land speed record car, primarily blue with a bright orange nose cone, is displayed in a workshop. The car is positioned on a raised platform. In the background, a sign on the wall reads "Mission Statement" and lists several bullet points. The overall scene is brightly lit, suggesting an industrial or exhibition setting.

# Demo

The Land Speed Record is one of the oldest accolades – but how much do you know about the brave drivers who sought to go faster than anyone before them? Andy Green, the current record holder, speaks to **VISION...**

In 1898, French engineer Eugène Brillié and his business partner Gustave Gobron founded a car company which created the Gobron-Brillié. Six years later, Louis Rigolly became famous for being the first man to go beyond the speed of 100mph – 103.56mph to be exact – at Chatillon-sur-Seine in France. Rigolly must have considered his automotive accomplishment to be insurmountable; the Frenchman was the first of many daring drivers to put their lives at risk in the pursuit of speed.

During the next decade, Rigolly's record was smashed seven times. From Henry Segrave attaining 200mph with the Sunbeam 1000HP in 1927, to renowned speed junkie Sir Malcolm Campbell's famous 300mph run with the Blue Bird in 1935. In 1965, another impossible dream was made real when Craig Breedlove took to the Bonneville Salt Flats in American Spirit and went at the speed of sound in a land vehicle for the very first time.

In 1997, Andy Green teamed up with his predecessor Richard Noble (Thrust 2, 650.88mph). The resulting vehicle, Thrust SSC, was the first to exceed the speed of sound on land. Now, 20 years after this momentous motoring marvel, Green and Noble are back with Bloodhound SSC. Their goal? 1,000mph.

"We've solved problems that no one has even addressed before because nobody has tried to build a car doing 1,000mph at ground level," Green says. "To put into perspective, the world's fastest jet fighters max out at about 900mph at ground level in thick air. They go twice as fast up in thin air at 50,000ft, but we're aiming to build a car that is faster than any jet fighter. The task is that ambitious."

Green is looking to become the first man in history to break his own land speed record.

"In the Bloodhound, I'm accelerating at 2G and slowing down at 3G, that's 60mph per second," the 55-year-old explains. "So it's equivalent to driving at 60mph and completely stopping in one second; that's how quickly the car will slow down."

Bloodhound SSC is operational, but Green is already looking to the next generation of speed demons.





SSC



# BLOODHOUND SSC

SPEED COMPARISONS OF THE FASTEST THINGS IN THE WORLD

28<sup>mph</sup>



USAIN BOLT

The maximum speed **USAIN BOLT** reached when he set his 100m record of 9.58 seconds in 2009

48<sup>mph</sup>



SIR CHRIS HOY

11 time world champion **SIR CHRIS HOY** can reach speeds of over 48mph using pedal power alone!

317<sup>mph</sup>



SPRIT of AUSTRALIA

**KEN WARBY** built his jet-powered boat in his back yard in Sydney. His record has stood since 1978!

763<sup>mph</sup>



THRUST SSC

In 1997 **ANDY GREEN** became the first and only person to drive a car faster than the speed of sound!

833<sup>mph</sup>



FELIX BAUMGARTNER

**FELIX BAUMGARTNER** had to jump from a height of 38,969 metres to reach these very high speeds!

988<sup>mph</sup>



RED BARON

The low altitude record is held by **DARRYL GREENAMYER** in his F104 - which he built out of scrap parts!

1050<sup>mph</sup>



BLOODHOUND

At peak speed **BLOODHOUND SSC** will be faster than a bullet from a .357 Magnum!

4510<sup>mph</sup>



NASA X-15

The rocket powered X-15 flew so high that two flights counted as space flights!

24790<sup>mph</sup>



SATURN V

**SATURN V** 160 times more powerful than **BLOODHOUND SSC** - generating 21.6 million Thrust HP at launch!

Notice how most of the really fast things achieve their speeds very high up where there is little or no air resistance (drag). The lower you get, the more dense the air becomes. At top speed Bloodhound could experience almost 20 tonnes of drag!

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