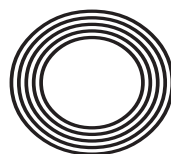
A photograph of Cheryl Cole, a British singer, smiling and looking over her shoulder. She is wearing a dark red, sequined, lace-trimmed dress. The background is slightly blurred, showing other people at what appears to be a red carpet event.

The RACE
to N°.10

**QUEEN'S
DEATH
CODE
REVEALED**

**FERRARI'S
Horse Power**

DINE IN THE
weirdest places



FREE

CHERYL

Feisty popstar's journey to parenthood

VISIONBrentwood | Edition 12



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OIEO £410,000

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Editor's notes...



Nik Allen, Editor

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

This month we focus on Prime minister Theresa May who sprung a big surprise on the UK and called a General Election in June. The media have been awash

with different opinions and views but for me it was a bold call and one that the PM called right.

With one eye firmly on the Brexit negotiations the election will either bring more people behind the government or create a much stronger movement against leaving the EU.

In Home and DIY we take a look at how the colour you have certain rooms can affect your mood and which colour is best for each room. In food and drink we take a look at the worlds weirdest restaurants.

In health and fitness we see how you can boost your memory.

In motoring, for you car enthusiasts we take a look at one of the most desirable car brands in the world, Ferrari.

In this month's local news, tributes pour in for former Brentwood County High School pupil after she lost her life in a car accident. There will be a new MP for Brentwood after Eric Pickles announced he was standing down and Brentwood Town FC are safe in their division. Local news is important to us so share your stories and email editorial@visionmag.co.uk

Let us know your thoughts and enjoy reading.

Nik

ACROSS 1. DRAMAS, 4. GOSSIP, 9. MARTINI, 10. SCHEMED, 11. LASSO, 12. RIDGE, 14. AMEND, 15. PECAN, 17. EERIE, 18. STIMULI, 20. NEST EGG, 21. SPRAYS, 22. EXULTS
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BRAVERY OF THE MUM WHO SAVED ANOTHER MOTHER'S SON FROM THE NAZIS *and paid with her life*

Louisa Gould was one of those people who lived an ordinary life at an extraordinary time and became a heroine defying the Nazi regime through her humanity.

The middle-aged general storekeeper was a widow who lived on the Island of Jersey, which was occupied by the Germans in WWII.

Her story became known after Jersey was liberated on May 9, 1945.

In 1942 she was still mourning the death of her son Edward who had been killed while serving with the Royal Navy in the Mediterranean a year earlier.

Also on the island was a Russian pilot, now a prisoner of war, Feodor Burriy. He tried to escape on three occasions. He was recaptured twice and tortured by the Germans.

On his third attempt he ended up at Louisa's door, and still reeling from the loss of her son, took him in, in a barefaced act of defiance against the Nazi occupation.

She hid him in her house in Millais in the northwest of the Island for almost two years.

She gave Burriy a room, changed his name to Bill and altered her son's clothes to fit him. She also gave him a fake ID and taught him English, but with a French accent, so the occupying forces would not think he was Russian. They settled on a cover story that Bill was a nephew, or friend of the family. "I have to do something to help another mother's son," she reasoned.

Now her amazing story is getting a wider audience with the release of a new film, *Another Mother's Son*, starring Jenny Seagrove as Louisa and ex Boyzone lead singer Ronan

Keating as Louisa's brother, Harold Le Druillenec.

Amanda Abbington plays Louisa's sister Ivy.

Months passed, and Bill became accustomed to his double life.

But 20 months after his arrival, someone informed the Germans that Louisa was harbouring a Russian.

Louisa had just enough time to move Bill to a safe house. But during a search of her property a Russian-English dictionary, a Christmas gift tag bearing his Russian name and a wireless were found; she was sentenced to two years in prison, and taken by cattle truck to Germany's Ravensbrück concentration camp – a place from which she would not return. In February 1945, she was sent to a gas chamber, aged 53. The camp would be liberated eight weeks later.

Harold, was sent to Belsen, and was the only known British survivor of the notorious concentration camp.

Ivy was also arrested, but survived after escaping deportation because a doctor at the Jersey General Hospital forged papers saying she was not well enough to leave the island.

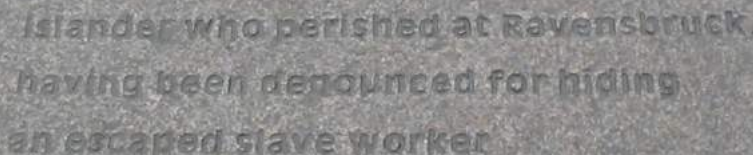
Bill was never recaptured, and returned to Russia after the war. He married and kept in touch with some Jersey residents, publishing a letter of thanks for their kindness in the local paper 20 years after the war ended and later visiting in 1995 to unveil a plaque dedicated to Louisa. He described his heart as being "wrung with pain" at the prospect of never being able to shake hands with his "second mother" again. He has since died.





RED KENNYGHT Presents

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SECRET CODE: LONDON BRIDGE IS DOWN

When the Queen dies a secret plan dating back 60 years will swing into operation.

It will start off with four words – 'London Bridge is Down'.

They will be spoken to the Prime Minister of the day, senior civil servants and Government officials who all know that London Bridge is the codename for Her Majesty.

Operation London Bridge, which has been secretly rehearsed for decades, covers every aspect of her funeral and her lying in state. Britain will be in mourning for 12 days.

It will be Sir Christopher Geidt, the Queen's private secretary, who will first contact the Prime Minister on a secure line with the code words, no matter what time of day it is.

From the Foreign Office's Global Response Centre in London the news will go out to the 15 governments outside the UK where the Queen is also the

head of state, and the 36 other nations of the Commonwealth for whom she has served as a symbolic figurehead.

The public will find out in a newflash after newspapers and television and radio stations have been told.

Although it is likely that many people will find out through social media, Facebook and Twitter.

The day after her death, Prince Charles will be crowned King and Camilla his Queen.

Prince William would become the Prince of Wales once his father took the crown, giving Kate the title of Princess of Wales, once held by Diana.

The state funeral will begin by her coffin being taken to Westminster Abbey by gun carriage, where it will be led by the Archbishop of Canterbury, Justin Welby.

The funeral will have 2,000 guests and there will be a procession before the Queen's body is taken by road to Windsor Castle where she will be buried in the royal vault.



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Why picking the right colours for the rooms in your house can lift moods, calm anxieties and even promote better health.

Green...is the colour of tranquillity. Evoking an abundance in nature, or briny oceanic depths, it restores calm and promotes peacefulness and reflection.

Paint: Any room in your home where you want to wind down.

Red...is the colour of love, fire and passion. A vibrant crimson can set pulses racing or spark stimulating conversations, which is exactly why you don't want it in your bedroom...

Paint: Ideal for dining room.

Blue...is the sleepest hue. Despite its reputation as the colour of coldness and sadness, blue is said to lower blood pressure and help promote a feeling of restfulness – making it ideal for bedrooms. Opt for softer, dusky blues over harsh navy and cobalt.

Paint: Anywhere you want some shut-eye.

Yellow...is not necessarily the most mellow, as too much in one room has been known to cause

feelings of frustration and anger. Just the right amount, however, and a space will feel brighter and happier.

Paint: Living room, but go for golden accents over floor-to-ceiling sunshine.

Purple...this regal shade can make you creative – so again, use it sparingly in the bedroom. The more vibrant and deep your purple, the more it will stimulate your brain, so pick softer lavenders if you want a more soothing effect.

Paint: Study or playroom.

White...far from being bland and cold, white promotes light and airiness, making it the best choice for a pokey or dingy bathroom.

Paint: The bathroom.

Orange...aptly, orange can make you hungry, so avoid splashing this colour around your home gym. Go bold and bright to promote an atmosphere of energy and joy.

Paint: The kitchen or dining room.





Photo credit: Riddle and Coghill Interiors

Cutting Edge Kitchen

CUTTING EDGE GADGETS FOR SERIOUS HOME COOKS

No celebrity chef worth his or her salt would be seen in a kitchen which wasn't kitted out with the latest appliances and gadgets. And it would seem Brits, inspired by what they see on popular television shows such as the *Great British Bake Off* and *Masterchef*, are following suit.

Last year, sales of kitchen appliances boomed, with many retailers reporting particularly strong growth at the premium end of the market.



SLIDE AND HIDE

A prime example of this growth is the 'Slide and Hide' by Neff. The oven, with its distinctive door which slides away, is a regular feature on *Great British Bake Off*. And despite its price tag (ranging from £500 up to £1,000), home bakers have been snapping them up.



STEAM OVENS

Sales of other high tech gadgets – such as steam ovens and sous vide ovens – are also on the rise with keen cooks undeterred by some of the eye-watering price tags associated with the gadgets.

Steam ovens use a combination of steam and hot air to cook food. As well as boosting the taste and smell of food, steam ovens are considered a healthier way to cook. But they don't come cheap – a number of oven manufacturers now produce steam ovens, with prices starting at around £1,000.



SOUS VIDE

For amateur chefs wanting to go even one step further, there is the sous vide option.

The sous vide technique was once a secret of great chefs worldwide, but will be familiar to *Masterchef* fans. Sous vide is a method of cooking food in vacuum sealed bags in a water bath or temperature-controlled steam environment.

A number of sous vide products are now available, including built-in ovens which allow you to bake, roast, grill and sous vide, and water baths which sit on the counter top. Sous vide water baths start at around £300, while a top range sous vide oven starts at the £2,500 mark.



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ART ATTACK

Let's be honest – not everyone has the requisite access to dead animals and large amounts of formaldehyde to create their very own front-room Damien Hirst installation. For people who want the look of a multi-million-pound, wall hanging artwork without spending the big bucks, all you're going to need is some glue, a heat source, and a whole load of crayons...

Anyone (with deep pockets) can shell out a load of cash on an obscure David Hockney or Claude Monet, but to add some artistic flair to your walls and keep things personal, why not create your very own unique melted crayon masterpiece with a little help from the kids?

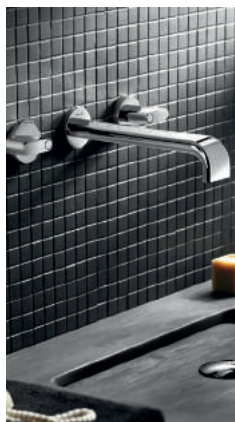
First, buy a large pack of multicoloured crayons and a canvas of any size. Before you start gluing, you should arrange the crayons in the order you want to glue them on the canvas – you can choose any colours you want, but be aware that blacks, browns

and greys tend to dilute the brighter tones.

Apply the hot glue gun to the crayons on the canvas by using a single line of glue for each crayon, matching each crayon with the edge of the canvas to keep the crayon line straight. You can add a personal touch at this point by creating a cardboard cut-out and pasting that to the canvas. The melted crayons won't run on this area. Then you can affix a photo to the area that is untouched by colour.

Alternatively, you can add a unique addition later by joining your kids in putting hand prints over the melted crayon.

Put down newspaper on the surrounding areas and tilt the canvas at an angle at which the colours will flow easier – and then begin to heat the crayons with a hairdryer. Watch as the crayons begin to stream multi-coloured streaks down the canvas, to create a quirky and colourful piece of unique art that won't cost the world.



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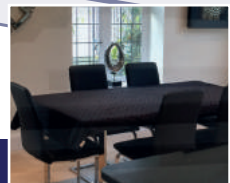
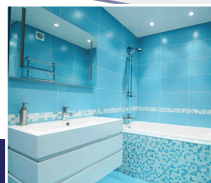
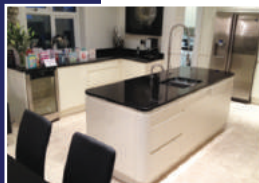
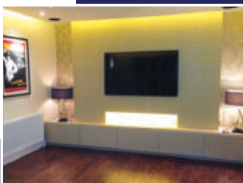
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IN STARCK CONTRAST

One of the most prolific creators of our time, Paris-born visionary Philippe Starck has garnered a reputation as the bad boy of design. He has turned his hand to practically every creative canvas, from hotels, restaurants, bars and clubs, to furniture, tableware, baggage, kitchens and even nutrition. In other words: if your space is feeling uninspired, it may be time to Starck it up. Here's the designer's style aesthetic in four quick points.

PRACTICAL CAN STILL BE BEAUTIFUL

First made in 1990, Starck's aluminium Juicy Salif lemon squeezer is so aesthetically pleasing it has a place in New York's Museum of Modern Art. With practical items it's easy to dismiss the way simple everyday items look, but since they will be on show the most, shouldn't they look good too?

DESIGN SHOULD BE TIMELESS

"A designer has a duty to create timeless design. To be timeless you have to think really far into the future, not next year, not in two years but in 20 years minimum," says Starck. So avoid fashions and opt for the classics.

CREATIVITY IS A PERSONAL THING

For some, Starck's line of Perspex chairs and tables for Italian brand Kartell are too minimalist; for others they represent the very epitome of sublime. The rule is to create space in your own eye, buying pieces you love and adding

personal embellishments like photos and art. After all, you're the one who has to live with it.

NEVER BE SATISFIED

"I am always disappointed; sometimes because I am very feminine, I cry when I see the results. I never go to hotels or restaurants that I have designed because for me they are like a mirror that reflects all my mistakes, all my weaknesses. I am always disappointed in myself," said Starck.

Dissatisfaction is a permitted state according to Starck, as long as you remember your home is a work always in progress, and the décor should change and grow with you.



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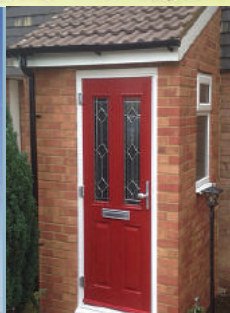
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Cloudy2Clear Announce Trusted Trader Partnership



Consumer champions Which? have now joined the thousands of customers who recognise that Cloudy2Clear Windows really are a business that you can TRUST. The company which specialises in repairing windows which are steamed up, broken or damaged by replacing the panes – not the frames has received the coveted ‘Which Trusted Trader’ status after going through a rigorous accreditation process entirely focussed on customer service.

Group Managing Director Marcus McGee believes that Which? have endorsed Cloudy2Clear’s long standing company policy of delivering the

highest standards possible at all times. ‘Our service is simple. If your double glazing has misted up we can replace the glass at a fraction of the cost of a new window, in any type of frame, and with a new 25 year guarantee. But it’s not just about saving people money, although that obviously helps. Whilst a number of tradespeople perhaps don’t focus on customer care as much as they should do, we make sure we turn up when we say we will, do the job the customer requires and leave their house as clean as a whistle.

Locally Cloudy2Clear service Billericay, Brentwood, Shenfield, Hutton Mount, Ingatestone,

Ingrave & Herongate and manager Chris Miller agrees that this approach is a major factor in his success. ‘The truth is that it’s not just the personal satisfaction that I get from doing a good job but also it makes good business sense. I get a huge amount of business from friends and family of people I’ve done work for, which just goes to show how much a little bit of effort is appreciated as both my customers and, obviously a body as nationally important as Which? now recognise.’

So, if your windows are steamed up, broken or damaged give Chris a call for a free quotation on 0800 61 21 118 and he’ll be happy to help!

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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



School in shock at death of former student

Tributes have been paid to a former student at Brentwood County High School who died in a car accident last month.

Megan Harding-Jones was pronounced dead on the A414 near the village of North Weald when the Volkswagen Polo she was driving came off the road and ended up in a field.

Megan's parents paid an emotional tribute to their late daughter through Essex Police.

A statement read: "It is with great sadness that Perry and Katharine Harding-Jones announce the tragic death of their beautiful and much loved daughter Megan in a road traffic accident on Saturday, April 15. No other people or vehicles were involved.

"Megan was a fun loving, vivacious teenager who was passionately devoted to equestrian life.

"An accomplished and talented rider; Megan loved her horses and competed in local and national equestrian events.

"Any words are inadequate to express the deep loss felt by Megan's family and friends at such a sad

and difficult time."

Megan attended Brentwood County High School (BCHS) who released a statement paying tribute to their former student.

It read: "The BCHS community is deeply saddened to hear of the loss of one of our former students, Megan Harding-Jones, on Saturday. Our thoughts are with Megan, her family and her friends.

"Megan was a wonderful young person who brought light and joy to all who came into contact with her. She was dedicated to her studies and always willing to do whatever was needed in order to ensure success. Staff who taught Megan during her time at BCHS have all commented that she was a joy to teach and an unfailingly positive and polite young person.

"The loss of any young person at the prime of their life is a tragedy that touches us all. We are all always part of our school community; that never leaves us. Megan's peers are our current Year 13 students, and Megan, like all our former students, remains as much part of our school as we all are."

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Unsung heroes honoured



Unsung heroes in Brentwood were honoured by the borough council last month when they announced the winners of its Civic Awards 2016.

The awards recognise individuals who have dedicated their time to help others in Brentwood.

One winner was Clive Othen, who devoted a good part of his time over the years to contributing to the borough of Brentwood in economic, charitable, heritage and civic functions. He was awarded for service to the community.

Another winner, Chris Luck has been helping in the community for 34 years and also received a service to the community award while Geoff Morgan, who has dedicated many years to helping others, ranging from his work in schools and colleges, to his charitable endeavours and his work with Citizens Advice Brentwood, won the Lifetime Achievement Award.

The Civic Awards Judging Panel said they were impressed with the quality of the nominations.

Mayor of Brentwood, councillor Noelle Hones, said: "During my time as Mayor, I have met so many members of our community who selflessly give their time and devote their lives to helping others.

"It is because of these local heroes, and their commitment to the work they do that makes Brentwood a better place to live."

Sir Eric Pickles to stand down

Brentwood will have a new Member of Parliament on June 9 after Sir Eric Pickles announced he will be standing down following twenty five years of representing the constituency.

In a letter to cllr Mark Reed, chairman of the Brentwood and Ongar Conservative Association, Mr Pickles said it has been an enormous honour to represent the constituency.

The letter reads: "Throughout that quarter of century, I have enjoyed success and some setbacks, but have always been sustained by the friendship back home in the patch. This was

particularly true when public office kept me away from the constituency. The warmth of local support was always a source of great strength.

"I had intended the present Parliament to be my last one, and I am grateful for the invitation to serve a further five years. After much heart searching I have concluded that now is the right time for Brentwood and Ongar to have a new representative in Westminster. Accordingly, I do not wish to have my name put forward as a candidate.

"The next MP for Brentwood and Ongar will have my enthusiastic support."

Confidential helpline celebrates first anniversary



A confidential helpline run by a hospice which serves Brentwood celebrated its first anniversary last month.

Saint Francis Hospice set up OrangeLine in April last year after successfully applying for three years' funding from the Big Lottery Fund.

Since then, its team of specially trained staff and volunteers has received hundreds of calls and provided face-to-face support to people who may be bereaved or in need of a friendly ear or chat.

Staff and volunteers have sent out 800 condolence cards to family members who have lost loved ones at the hospice, which were then followed up with a welfare phone call. OrangeLine, which is based at the charity in Havering-atte-Bower, has also been referring people to specialist advice centres and signposting people to local services.

OrangeLine project manager, Karen Freeman, said: "We are thrilled at what we have been able to achieve since OrangeLine was launched a year ago and are grateful to the Big Lottery Fund for making this possible.

"The service was set up because we identified a need to support people who felt lonely or isolated and this had led us to develop new social groups to bring people together to take part in activities and form friendships."



Borough Council tackling fly-tippers

Brentwood Borough Council cleared a fly-tip in Marsh Lane, Navestock near Brentwood after the road was blocked by a load of soil, tree roots, bricks and concrete.

The rubbish was piled across the lane making it impossible for cars to navigate or pass.

Council officers took immediate steps to close the road when they discovered the dumped waste

on April 6 as it posed a danger to approaching drivers, particularly overnight as the area has no street lights.

The day after, council officers cleared the rubbish in two loads that took 90 minutes to move, aided by its 7.5 tonne truck and the new JCB which has special features to help clear such waste.

Given the type of waste in this particular dump, it is thought to have come from a full garden clearance, and is similar in type and contents to previous fly tip deposits in nearby areas.

Elizabeth Line set to open this month

MTR Crossrail and Transport for London (TfL) are set to roll out new trains on the Elizabeth Line which will serve Brentwood.

New passenger trains are being tested across the line from Liverpool Street Station which terminates at Shenfield, just one stop on from Brentwood.

The route is set to be opened late May, with ideas to expand the fleet in the autumn.

A TfL spokesperson said: "The first new passenger train arrived in London at the beginning of March and is currently being tested across the network between Liverpool Street and Shenfield and as far as Southend.



"The new trains will be gradually introduced into passenger service on the Liverpool Street to Shenfield route from late May. These trains will be seven-carriage trains, at just over 160 metres long to fit existing platforms at Liverpool Street.

"They will also serve the new platform 6 at Shenfield which is currently being constructed by Network Rail. By Autumn, there will be 11 new trains meaning half of the train fleet will be run using the new trains, and some of the older trains will remain in service through to 2019."

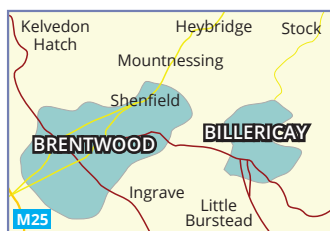


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Standing ovation for popular second master



Tributes were paid to the second master at Brentwood School recently after he stepped down from his teaching duties.

"There is no-one in this hall today who has had more of an impact on the life of this school in the last 20 years than David Taylor," Headmaster Ian Davies told staff and pupils at Mr Taylor's final assembly.

The thousand plus students and teachers present, greeted his words with a rapturous round of applause.

Mr Davies said Mr Taylor had always set sky high expectations, given unflinching support to students and been a great supporter of the school's numerous sporting teams.

"An excellent musician, having trained at the Royal College of Music, he has been instrumental in developing the highest standards of music throughout the school, and his profoundly impressive singing has been an example to all of us," he added.

"I have worked with Mr Taylor for the past 13 years and I am proud to call him not just a colleague but also a friend."

Mr Taylor's two daughters, Francesca and Jessica, both attended Brentwood and his wife Marisa is head of Italian and a teacher of French in the modern languages department.

Acknowledging the good wishes of pupils and colleagues alike, Mr Taylor said: "I would like to pay tribute to Brentwood School teachers, past and

present, as well as the support staff in the school for their dedication and great expertise."

After a well-earned break, he will be back on campus in a part-time position, working in the School's Alumni and Development Office as Director of the Brentwood School Foundation, helping to raise money for scholarships and bursaries to allow pupils who otherwise would not be able to afford the fees, the experience of a Brentwood School education.

Student police officers set for a muddy run



The next generation of Essex Police officers are preparing themselves for a Nuclear Races run in the mud in Brentwood to raise money for charity. Fifteen student police constables, part of Essex Police College's E2 intake, will battle the mud in a 7km nuclear event on May 14.

As part of their training course to become police constables, the team are holding a fundraising event for a charity and they chose the Centre For Action On Rape and Abuse (CARA) to support the brave victims of sexual abuse and sexual assaults.

CARA provides support to victims and survivors of sexual violence. It increases awareness and understanding of sexual violence, and its impact on victims and survivors, challenging the myths and misconceptions that surround it.

Dean Young, a probationer in Intake E2, said: "As a class we decided to support CARA because of the amazing work they do to work with victims and vulnerable people, it links strongly to our motivations to be police officers."

Anyone who would like to sponsor our student officers can do so by visiting their donations page at www.justgiving.com/crowdfunding/E2srollinthemud

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Pastors bring peace to the community



Street pastors currently patrol Brentwood and Billericay high streets between 9pm and 2am on Friday and Saturday nights. Their volunteers are all members of local Christian Churches who without judging anyone just want to help people who are or become vulnerable whilst out in the night time economy.

They patrol in a blue uniform and carry water, lollies and flip flops to be ready to help. They offer water to help hydrate and flip flops for ladies who can no longer bear walking in their high heel shoes. They carry first aid equipment, foil blankets and other equipment. They clear up broken glass as we go and remove bottles from the street.

If you see the street pastors out then they would love to chat to you and tell you more. You can see more on Facebook and Twitter and email on billericay@streetpastors.org.uk.

Third arrest after Sugar Hut nightclub disturbance

Police have arrested a third person in connection with a disturbance outside the Sugar Hut nightclub in High Street, Brentwood, on Sunday, April 2.

A 21-year-old man, from Brent Park, Brent, was arrested on suspicion of attempted murder on Monday, April 10, and has been released on conditional bail until Wednesday, May 3, pending further enquiries.

The arrest is in relation to an incident in which three people were struck by blue Audi following a fight involving more than 20 people at around 3.10am. The incident happened as hundreds of people left night time establishment to go home.

One of the victims remains in a critical condition in hospital. The other victims – a man and woman – have since been discharged from hospital.

A 32-year-old man from West Drayton, Hillingdon, arrested on suspicion of attempted murder has been released on conditional bail until April 28, pending further enquiries.

A 26-year-old woman, from Hornchurch, arrested on suspicion of assisting an offender has been released on conditional bail until May 3, pending further enquiries.

Anyone with information is asked to contact Brentwood Major Investigations Team on 101 or Crimestoppers anonymous on 0800 555 111. Alternatively you can email www.crimestoppers-uk.org

Brentwood ease fears of relegation after stellar run



Photo credit: David Tinkler Photography

Brentwood Town FC have secured safety in the Ryman Division One North league, after a solid run, collecting ten points from the last five games.

The run began with a draw at fellow relegation rivals VCD Athletic, before being narrowly beaten at home by Soham Town Rangers, who find themselves just one place and two points above the drop zone.

But that defeat lead to a winning run which stretched over the last three games.

They sprung a shock result, beating promotion chasers Haringey Borough 3-1 at The Arena.

The Blues then went on the defeat bottom placed Great Wakering Rovers 3-1 away from home, claiming just their fifth away league win of the season.

And then, to secure a position in the league for next term, they edged a narrow victory at home to mid table Witham Town.

It was an open game in the first half, with both sides hitting the post. But Harrison Georgiou's cool finish in the 17th minute proved to be the decisive goal.

Witham threatened after the break but Brentwood held on to secure their safety.



THE RACE TO NO.10

Thought that you were done with massively influential and political votes for the time being? Think again! As Theresa May instigates a snap election due for June 8, we look at some of the numbers behind her decision to summon the voting public to the polling booths once again.

► **34** The percentage of people who didn't turn out to vote for the 2015 General Election. That's around 22 million people – more than voted for any singular party at the election (the Conservative Party managed around 12 million votes that year).

► **17** The Conservatives' working majority in the House of Commons. The Tories have 330 MPs, Labour have 229, the SNP 54 and the Liberal Democrats have nine.

► **331** The number of days Theresa May will have been Prime Minister on June 8, having been invited to become Prime Minister by the Queen on July 13, 2016.

► **764** The number of days between the last general election (on May 7, 2015) and the next (including both election days).

► **21** The number of points that Theresa May's Conservatives lead Jeremy Corbyn's Labour by, according to a voting intention survey published by YouGov just hours before the Prime Minister announced plans for a snap election.

► **13** The number of MPs that voted against the proposal to hold a snap election, including Labour's Clive Lewis and Dennis Skinner.

► **7** The number of times Theresa May asserted to the media that she would not be holding a snap election, and would instead wait until the planned time in 2020.

► **946** The number of words in Theresa May's statement outside 10 Downing Street on Tuesday, April 18.

► **2** The number of former party leaders standing for re-election in June. Liberal Democrat Nick Clegg will be contesting Sheffield Hallam, while Labour's Ed Miliband is back to run in Doncaster North.

► **1** The number of votes you need to concern yourself over – your own!



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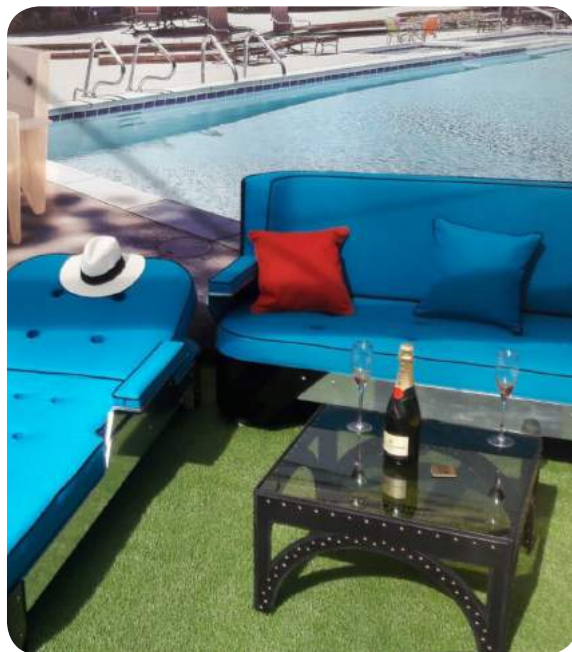
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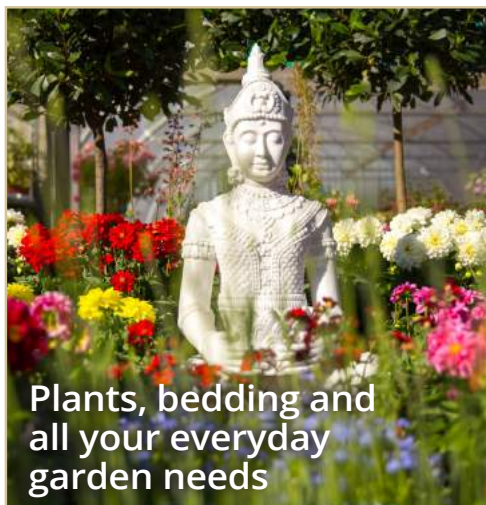
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Allot to be said for...

The idea of an allotment was once one consigned to images of old men in wellies and flat caps, but the desire to tend to your very own green plot is having a very 21st century resurgence.

Allotments first came into being in the Victorian era to provide a healthy hobby for factory workers who were expected to spend their working days inhaling all kinds of polluting chemicals. Over time they have become more associated with the middle classes – the romantic notion of self-sufficiency gaining exposure with the BBC series *The Good Life*, which ran for three years from 1975.

Nowadays, the idea of tending to an allotment has again crept into the minds of many an aspiring horticulturalist. The rising price of food has made self-sufficiency a viable option and the demand for green spaces of one's own amidst the hustle and bustle of urban life has created a new surge in demand for allotments

that councils are struggling to keep pace with. But what are the practical benefits of having your own patch of soil to lovingly care for currently?

- Just 30 minutes of gardening on your allotment can burn around 150 calories.
- If managed properly, an allotment can produce enough food to supplement a family's weekly shop, with fresh fruit and vegetables over the year, not only saving pennies but also providing your family with better tasting produce.
- Spending time out under the sun will improve your body's vitamin D levels, warding off illnesses and boosting your serotonin level.
- Allotments are essential habitats for wildlife. By cultivating an allotment, you are helping to keep the local biodiversity level stable. Just one square metre of land can support hundreds of species.

Will all these positive possibilities, there's a lot to be said for getting in touch with your local council to see how you can get your hands on your own productive patch.





SKY HIGH AND DEEP DOWN: *growing up*

A new kind of farming has sprouted up and you won't find it in the fields, but rather in containers stacked on roofs, hidden in factories and even deep underground.

Land, so they say, is the one thing they're not making any more of, and to grow commercial crops you need lots of it. But what if you could grow plants without soil or natural light?

Well that's exactly what this new crop of farmers have done using hydroponic technology.

One such company, Growing Underground, is located 100ft below street level in a WW2 tunnel system underneath Clapham. This hidden labyrinth hosts rows and rows of stacked beds, all holding leafy delights like rocket, watercress and red amaranth. Nutrients are sprayed in a mist directly onto the roots of the plants, which are grown in wood fibre pulp while being exposed to light-emitting diodes (LEDs) instead of sunlight. They grow from seed to plant in under 30 days, are untouched by chemicals and don't need to be washed before consumption.

Grown Up Urban Farms is another innovative brand which takes the concept one step further, combining aquaponics (fish farming) with hydroponics in a recirculating system. In other words: the fish (tilapia) are fed, their waste is pumped into the roots of the plants where it acts as a fertiliser, the plants purify the water and then it is pumped back to the fish. Alongside their enormous industrial warehouse in Beckton, east London, they develop systems in upcycled shipping containers which can be kept on rooftops of urban buildings.

It may all sound a bit sci-fi, and even unnatural, but with the world's population set to reach almost 10 billion by 2050, food shortage might be a very real problem, and innovations like this won't be fantastical – they'll be essential.





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becoming cheryl

It may not have been the easiest journey for the ex-Girls Aloud star, but new mum Cheryl has finally found joy in both her career and her private life.

When 19-year-old wannabe Cheryl Tweedy first stepped into the audition room of ITV's *Popstars: The Rivals*, it was evident the show had unearthed a true star in the making. Charming and sweet, with an endearing shyness, she was an instant triple threat with her impressive pop vocal skills, hip-hop dance moves and stunning looks.

For Cheryl, becoming a star was not just a fanciful dream, but a long-held ambition she had worked tirelessly towards having grown up on Newcastle council estates surrounded by drug and alcohol abuse, crime and poverty. "There were lots of users in my area. Heroin was there for the taking. I could have taken that route, but I always maintained my ambition and I'm proud of myself," reveals Cheryl.

One of five children, raised single-handedly by their mother Joan Callaghan, Cheryl has said in the past that her childhood, while happy, was often tough as her mother worked tirelessly to not only feed her brood, but also nurture them – always finding money for her daughter's dance and singing classes, no matter what.

In 2004, as the band started to take off, she met and began dating Chelsea and England footballer Ashley Cole. The couple were a formidable force in British media: good looking, successful, and rivalled only by the Beckhams. For their London wedding in July 2006, *OK!* magazine reportedly paid them £1million for exclusive rights.

Over the next few years, Cheryl's star only grew brighter. The first member of Girls Aloud to pursue a solo career, her debut effort *3 Words*

went straight to number

one, and she also became a judge herself – replacing Sharon Osbourne for the fifth series of *The X Factor*. But sadly, as Cheryl blossomed from WAG into National Treasure, cracks began to show in her marriage, and in 2010 she and Cole separated, citing his 'unreasonable behaviour' as the cause.

Through heartbreak, the 33-year-old beauty has always been defiant. During her divorce, she released her second album, *Messy Little Raindrops*, storming the charts as a way of countering the emotional angst. When she was hired and then swiftly dropped from the American version of *The X Factor*, she didn't go into hiding but into the studio, where she promptly worked on her third album – *A Million Lights*; another smash hit.

Cheryl married a second time, to Jean-Bernard Fernandez-Versini after a three-month courtship, only to end the relationship after 18 months. Having had enormous success in her career, it was evident she was seeking fulfilment in other areas. Joy came from someone whom she met almost a decade ago on *The X Factor*: One Direction star Liam Payne. Despite the 10-year age gap between them, the couple seem to be having the time of their lives and, after months of unconfirmed pregnancy speculation, welcomed a son in March.

"We are all madly in love and overwhelmingly happy with our little arrival," she gushed in an adorable Instagram post of Payne holding the newborn. As she embarks on this new phase of her journey, Cheryl is living proof that no matter where you come from, you should never be afraid to dream.





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Formidable Fashion

As fashionistas go wild for Raf Simons' first collection for Calvin Klein, **VISION** takes a look at his career so far.

The excitement was palpable at the autumn/winter 2017 Calvin Klein show in New York earlier this year. The fashion set were seated, David Bowie's *This Is Not America* blared out, and leggy waifs and surly boys strutted out in marching band-inspired shirts, workwear denim and sharp tailoring for the first collection headed by Raf Simons.

Considered a maverick appointment, it was a given that the Belgian visionary would steer clear of the clean lines and sexy underwear ads the brand is synonymous with, and fresh from his success at Christian Dior and Jil Sander, make the brand great again.

Fearless and uncompromising, the 49-year-old has always taken the unconventional path. Initially set on becoming a furniture

designer – he graduated in industrial design and furniture design in Genk in 1991 – he fell in love with fashion when a friend took him to Martin Margiela's 'all-white' show in 1991.

In 1995 he launched his eponymous menswear label, which soon began grabbing attention for its skinny suits, deconstructed but simultaneously perfectly tailored lines, and the use of 'ordinary boys' over professional models. When the Jil Sander fashion house chose him as its new creative director in 2005, it cemented his status as one of fashion's most formidable forces.

Having begun a three-and-a-half-year tenure at revered French house, Christian Dior, in 2012, in Frédéric Tcheng's *Dior and I* documentary we saw first-hand how someone so passionate could sometimes flare up in the face of the frustrations that come from working under someone else's brand – only time will tell if Simons can reinvigorate Calvin Klein or simply be a passing moment in its long history. But given the rapturous applause he received in New York, the former is looking far more likely.





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KIDS

CABBAGE PATCH KIDS

Want to raise your child as an avid veg eater? The trick may be to start as early as possible.

When you start weaning your child, it's tempting to begin with mashed banana, pureed apple and yummy sweet strawberries. But it is now believed that by persevering with vegetables early on, a child is more likely to accept them and eat throughout childhood.

But if you've found yourself wiping liquefied carrot off the walls after it has been thoroughly rejected by your little angel, you may be cynical. The problem is, our taste buds have an innate leaning to two distinct tastes – salty and sweet – so veg can seem bland. Also, breast milk has a slightly sweet flavour, so most of us develop a taste for sugar before anything else.

The solution then is simply perseverance. It can take up to 10 attempts to introduce a baby to a new flavour, so even a few attempted mouthfuls in among other foods your

child prefers are small steps to the end goal. Unfortunately, when a child reaches around 10 months old, the fussiness can really kick in, so the golden window is between six to 10 months. But if your child is already older and showing adverse signs to veg, don't fret – there are still ways to change their minds.

Firstly, make food as fun as possible. Broccoli can be intimidating, but if you're a giant who needs to eat five trees to grow big and strong, this humble veg is suddenly a lot more exciting. If it's the texture your child struggles with, eschew pureed food for finger food like carrot and pepper sticks arranged artfully on a plate. You can also add different flavours your little one enjoys, so consider a hummus dip or peas pureed with butter or even bacon. It may take a little patience, but the results are more than worth it. So, keep calm... and carrot on!



World's Weirdest

There are a number of weird and wonderful eateries all over the world. So whether you're into eating a lot of one thing, in strange places or using unorthodox containers and utensils, there's definitely something for you.

In the UK alone, the food market makes up one of the largest contributions to the high streets and accounts for a huge chunk of the economy. Within that, unique experiences and dining with a difference have become ever popular.

Heart Attack Grill

This eatery is not one for the faint hearted. Sorry, excuse the pun! Located in Las Vegas, this establishment will have you brimming with food, laughing and even crying with pain from the feast that awaits. According to hearsay, people and one of the founders have died from tucking into one too many of their crazy burgers featuring five patties, sodas with 100 per cent sugar can and chocolate smores

which arrive in a minimum of five a portion! It surely isn't somewhere you pop to for a salad or a bite to eat, but for the experience. Waitresses don nurse outfits and customers are given patient gowns on arrival. Go at your own peril!



Cereal Killer Cafe

The world's first ever cafe completely dedicated to your favourite breakfast staple...or treat in this case. Residing in London's Brick Lane, this place is sure to make the mind boggle. With more than 100 cereals on the menu, you're sure to find something tasty. What's more is that the menu spans American, global and British favourites, as well as an array of milks and toppings. The environment is edgy and nostalgic so prepare yourself for a pretty enlightening experience.





Best Restaurants

Across the pond, the food industry makes up an even larger portion of the US economy and again, the more unusual the better!

From restaurants that serve only pancakes, like the household US brand iHop (international house of pancakes), ones that go to town on the meat front, such as Meat Liquor in London, to the downright peculiar, such as Robot Restaurant in Tokyo, there's something for every colour or creed.

Here is just a few food establishments with a twist from all over the world to wet your appetite.

M6M Maldives

This postcard paradise is one for an extra special occasion. The island is already known for being one of the most beautiful in the world, whilst the beaches and clear waters are described as pure heaven. Located beneath the wonderous waters is an underwater adventure in the shape of M6M restaurant. The main room is surrounded by real fish and sea creatures, which can be seen through extra large glass windows. The decor is also not too shabby. The fresh seafood is not to be missed and the scenes will keep you mesmerized for hours. The head chef has led the decor and experience across the Ozen resort where the restaurant resides and it truly is paradise.



Dans Le Noir

Dining in the dark I hear you screech? This brand has restaurants all over the world but the idea began in France. Guests are led into darkness on arrival and shown to their seats by a hostess. But this not just a dining in the dark experience, it's a sensory journey and you'll be served by the visually impaired. Your other senses will be totally heightened so get yourself ready to taste and smell like you never have before.



DANS LE NOIR ?
Restaurant Bar Lounge



SHAKEN & STIRRED

cocktail for Spring

From James Bond to Tom Cruise, the humble cocktail has been a staple of every party-lover's back catalogue of booze. Here is a fantastic recipe for a spring cocktail that will revolutionise your reputation as a master mixologist.

MOSCOW MULE

With zingy ginger helping to warm your cockles in a cold snap, and zesty lime to provide a

cooling sensation in the heat, you'll be prepared to be the host (or hostess) with the most in any weather.

INGREDIENTS

- 2 parts vodka
- 1 part lime juice
- 4 parts ginger beer
- Lime wedges
- Mint

INSTRUCTIONS

Serve over crushed ice in copper mug and garnish with lime wedge and mint.



Multi award winning venue

Perched on the bank of the river Crouch in Hullbridge is The Anchor. We specialise in modern British cuisine served in a smart and stylish setting and are the only restaurant in Essex that has been awarded the prestigious **Michelin 'Bib Gourmand'**, given to establishments offering skilful cooking at exceptional value. We are also featured in the *2017 Good Food Guide*, reflecting our bid to stamp our mark on the Essex culinary map.

Any restaurant boasting awards such as The Anchor is enough to excite the taste buds of any diner and our head chef Daniel Watkins is certainly leading the way in Essex gastronomy. His menus reflect the seasons wonderfully, with each dish perfectly balanced in both flavour and texture, whilst some of the techniques used in the kitchen at The Anchor are rarely seen outside of London. Combine this with a clear eye for detail and it is no wonder that each dish resembles a work of art.

With a picture-perfect location, relaxing bar and atmospheric dining room, we like to think The Anchor makes the perfect venue for a taste of exceptional, award-winning food.



LIVE MUSIC

We have more great live entertainment as acoustic singer **Ben Eve** joins us on **12th May** and jazz specialist **Joe Gibson** returns on **26th May!**



MAY BANK HOLIDAY WEEKEND

Get into the summer mood by enjoying the three day weekend at The Anchor with some great food in the sunshine plus our classic mouthwatering **BBQs** in our gorgeous outdoor area! (Weather permitting)



GOING FOR GOLD

From helping fight inflammation to preventing heart disease and cancer, turmeric may be the most effective nutritional supplement in existence.

It's tasty, has been around for centuries and is a key ingredient in Britain's favourite dish – chicken tikka masala – but it's only recently that the full benefits of turmeric have been backed up by science. This gorgeously golden spice gives curry its orange tinge and has long been used in India as a medicinal herb. This is down to compounds found within the spice, the most important of which is curcumin, which has powerful anti-inflammatory effects and is a very strong antioxidant.

BENEFITS OF TURMERIC

Eases aches and pains – a powerful anti-inflammatory, a daily dose of turmeric can greatly benefit those suffering from joint problems and arthritis.

BOOSTS MOODS – by reducing inflammation in the brain, curcumin enhances the flow of neurotransmitters, and unlike traditional pharmaceutical antidepressants it gets to the root of the problem.

KEEPS YOU FREE OF FREE RADICALS – curcumin has powerful antioxidant effects and fights those nasty cell-damaging atoms. Found in everything from fried food to air pollution, free radicals have been linked to both ageing and cancer and the fewer of them in our bodies, the better.

PREVENTS HEART DISEASE – several studies suggest that curcumin leads to improvements in endothelial function, which helps regulate blood pressure, blood clotting and various other factors.

BEATS CANCER? – while studies in humans are still in very early stages, lab and animal studies have shown promising effects of curcumin in the fight against cancer, by interfering with “several important molecular pathways involved in cancer development, growth and spread”.

This wonder spice can be taken as a curcumin supplement (it is advised you check with your doctor), in tea or in food – pepper also helps it absorb into the bloodstream. While many of these studies are in their early stages, one thing is for sure: you no longer need to feel guilty about your weekly Indian takeaway.

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My Health & Fitness Tips

1. Change Your Breakfast – If you are one of those people who always has either toast or cereal. Then ditch them for nutritionally healthier foods.

2. Too much emphasis on cardio for exercise. For a body to adapt (i.e get fitter or stronger) the stimulus needs to keep changing progressively. With steady state cardio (jogging) this can be hard due to time. Mix it up. Everyone can benefit from strength training. Running won't necessarily

help your strength, but strength will definitely help your running.

3. Don't have the time means it's not a priority. If you really want something, you'll make time for it. Don't make excuses.

4. Don't fear a threat that isn't there. Something we can all learn from the animal kingdom. Zebra's don't lay awake all night worrying about potentially getting munched by a lion the next day

(I don't actually know this – they could be). Moral: Don't worry about things that haven't happened yet!

5. Crush your weaknesses. If you can't do one full strict push up, then aim to (it may save your life one day – when you fall in old age and can't get up!). If your flexibility is shot, then fix it.

6. If you isolate make sure you integrate – Weekend Warriors doing bodybuilding principles I'm talking to you. Work all your body parts together at some point in order for it to function properly with no muscle imbalances. Split routines also often mean you miss leg day.

7. You can't out run a bad diet. Earn your carbs! Eat more vegetables. Enough said.

8. Light weights are for toning!. Huge industry myth. A toned muscle is lean muscle mass. Lift heavy for quicker gains and weight loss (and no ladies you won't end up like Arnie)

9. It's not just about the exercise in the gym. There's 168 hours in a week if you go to the gym for five hours a week, it will be pointless if your sleep, nutrition, rest, stress and hydration are off in the other 163 hours!!

10. Have goals not dreams. Dreams are things you wish for and hope they just happen. Goals you set, plan, and personally aim to accomplish!

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BOOST

YOUR MEMORY

Like anything, your memory must be maintained and regularly exercised to keep it in top working order. Try out this easy exercise over a four-week period – you'll soon find your brainbox reaching new heights of efficiency.

When you are about to go to sleep, think over what you did that day from the time you got up until you got into bed. Start with the time you woke up, then follow your entire day step-by-step until the time you went back to bed. Try to recall as much detail as possible, visualising in your mind each and every step from beginning to end.

Don't worry if in the beginning you can't remember much detail – you'll probably move rapidly from task to task or think of the day in larger, broader sections. It's important to really try to slow down and remember as much as you can to take in as much detail as possible. With time and practice, you will soon start to notice significant improvement in your recall of events and details during the course of the previous day.

This exercise has a number of benefits:

- It will improve your memory.
 - It will improve your ability to visualise things.
 - You will improve your concentration.
 - You will be more perceptive throughout the day.
- If you know you will be recalling your day later, you'll naturally pay more attention to details as the day unfolds.
- Your powers of observation will improve.
- Eventually you will find yourself performing a modified recall of your day so far because you know that later that night you will be trying to recall it again.
- You will likely fall asleep faster because your mind will get tired. It's just like counting sheep at night in order to fall asleep, except you're giving your brain a jolly good workout as well.





Dr Kannan Athreya, Dr Alice Scott
and Dr Michele Toms

Hello and welcome to May 'Call the Doctor' MOLES – PART 3

In the previous two months we reviewed what are considered harmless blemishes as well as those moles and skin conditions that need more careful evaluation. This month we will focus on Malignant Melanoma, potentially the most serious of the skin cancers and one of the main reasons as to why we should be vigilant to changes in mole appearances.

A malignant melanoma can be defined as cancerous growth of the pigment cells, the melanocytes, found in the surface layer of the skin. It is very much more common in light skinned people than dark skinned.



**Acral
Melanoma**

There is a rise in cases of melanoma brought about with the greater exposure of unprotected lighter and more susceptible skin to the sun with, for example, frequent foreign travel. It can occur at:

- ANY age, but is rare in children and most frequently found in the 45-64 years age group.
- ANY site on the body. Most commonly on the BACKS of men and the LEGS of women, but sites include nails, eye, sole of the foot, brain and vagina.

Melanomas can arise from normal skin, or from pre-existing moles or freckles on the body.

The first sign of a melanoma is usually an unusual looking freckle or



**Amelanotic
Melanoma**



"Lentigo Maligna" Melanoma

A melanoma may be detected at an early stage when it is only a few millimetres in diameter, but it may grow to several centimetres in diameter before it is diagnosed.

A melanoma may have a variety of colours including tan, dark brown, black, blue, red and, occasionally, light grey.

Melanomas may even lack pigment altogether

There may be areas of regression that are the colour of normal skin, or white and scarred.



**Nodular
Melanoma**



**Superficial
Melanoma**

We at Essex Private Doctors have long experience in dealing with all sorts of skin conditions, and have a on-site full minor surgical facilities for prompt treatment and investigation of skin moles.

**DO NOT DELAY IN COMING
TO SEE US IF YOU HAVE
ANY CONCERNS**

Dr. Kannan Athreya,
Essex Private Doctors



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@drathreya

Diagnosis: If you are concerned that ANY mole is changing then it is important that you show it to your doctor as soon as possible. Whilst the vast majority are harmless, some will warrant a biopsy or urgent referral to specialists to remove and analyse the mole, and for prompt further treatment if needed.

MOLE AWARENESS

The ABCDEs of Melanoma

- A** – Asymmetry
- B** – Border irregularity
- C** – Colour variation
- D** – Diameter over 6 mm
- E** – Evolving (enlarging, changing)

The EFG rule

Nodular melanoma may lack the signs listed on the left and should be considered in any skin lesion demonstrating EFG:

E = Elevation, and **F** = Firmness to touch, and **G** = Growth. Persistent growth for over one month

Glasgow 7-point checklist

Major features:

- Change in size
- Irregular shape
- Irregular colour

Minor features:

- Diameter >7 mm
- Inflammation
- Oozing
- Change in sensation

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It's national Sun Awareness Week from 8th May

Did you know that exposure to ultraviolet (UV) light from the sun can cause premature skin aging, skin cancer and other conditions such as:

- Coarse wrinkles and fine wrinkles caused by thinning of the skin
- Pigment changes, such as brown spots, freckles, age spots and liver spots.
- White spots on legs, arms and the back of hands.
- Red areas on the sides of the neck.
- Moles, some of which can develop into skin cancer.

It is so important to look after your skin all year round especially facial skin as it has different properties to the skin on the rest of the body; It is thinner, has smaller cells, more pores and, because of higher numbers of sebaceous glands, it secretes more lipids. It is also exposed to the environment on a day-to-day basis, making it prone to the effects of external factors such as wind, cold, smoke, pollutants and, of course, UVA and UVB rays.

To give you more advice and knowledge this month – Mellow Moments would like to offer you a **FREE** consultation to assess the type and condition of your skin with information on how to protect your skin from sun damage. With any full Dermalogica or ultra lift facial, you will be given a **FREE** gift and 15% off your next facial too! Contact Sheila on 07956123335 for an appointment –

REMEMBER, PREVENTION IS BETTER THAN A CURE

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Spring Sheer

Ditch winter's charcoals and greys and be fearless with these five spring make-up trends.



Watercolour shadow

This gorgeous trend was all over the spring/summer 2017 catwalks, and it's easy to achieve even away from the flashbulbs. Take several shimmery shades – pastel lilacs, blues, greens and pinks all work – and dust over different areas of the lid, gently blending as you go. Finish with a touch of gold in the inner corner to brighten.



Glitter lips

Yes, you read that correctly: GLITTER ON YOUR LIPS! Make-up artist Pat McGrath sent models out at the DKNY show with lips that were painted, dusted with fine glitter then drenched in gloss. Whether you like a little sparkle – or a lot – this is one look that will get you noticed. Though not very practical for kissing...

Pink all over

This may sound like a daring look, but done right it's super-feminine and pretty. Using an all-purpose colour (Stila's convertible colour dual lip and cheek cream is perfect!), dab a light wash over your eyelids and then blend that down to the top of your cheekbones. Finish with a dab on your lips.



Golden glow

If colour isn't your thing, you'll be delighted to know that au naturel will also be a hot trend this spring. For a youthful, dewy glow, start with a cream foundation and use a highlighter or bronzer to contour cheeks. Keep lips natural, but finish with a dab of eye gloss – another must-have product for 2017.



Mermaid eyes

Seafoam green is the shade of the season and will leave you looking as lovely as Ariel herself. However, any green or aqua blue will work. The trick with this is to be bold, covering the lid and under the lashes with the same hue to create a bright and vibrant look.



Ouch! NO PAIN NO GAIN

There's been a lifelong battle between the variety of hair removal options on the market and for us girls it's hard to pick sides. Here we look at one of the most popular, waxing.

Removing hair is never pain free and waxing is probably one of the most painful, but it is one of the most frequently used methods of hair removal due to the array of benefits.

What is it?

Hair must be at least a few millimetres long for waxing to be beneficial. Hair is removed by a strip of wax or heated, melted wax being applied to a strip of hair on the skin. The wax strip paper is then pressed firmly down over the area and then quickly removed to pull away unwanted hairs.

What are the benefits?

Hair is removed directly from the roots, leaving behind smooth skin. As hair is removed from the roots and not simply trimmed, it takes longer for the hairs to grow back. Some people can go for up to one month without having to wax again.

Waxing also doesn't have many negative side effects. If you have sensitive skin, you may be left with a temporary rash or some redness, but that's probably the most you'll get in return. Wax is also relatively safe when it comes to chemicals, so there's no lasting skin damage.

Hair growth is proven to be finer after waxing and after repeated use, hair growth is also said to be reduced massively. There is no harsh stubble when your hair does start to grow back and it also removes dead skin cells and ingrown hairs.

When hair is pulled directly from the root, it also ex-foliates. This is good for the

skin and your pores, so get that wax on. On legs and arms this is particularly helpful as these parts of the body are often forgotten when it comes to ex-foliating.

How has it evolved?

Over the past few years waxing has evolved. There are now different types of wax that have been developed to be kinder to your skin, with added aloe vera, lavender and even softer wax that doesn't need time to set.

Remember

Waxing can be done at home and or in a salon, just make sure you get the right type for you and your skin. It's available in pre-wax strips that just need warming up between your palms before applying and the jars of wax that need to be warmed up in the microwave or on a stove.

Most salons also use an oil or aloe vera gel after waxing to cool down the area and protect the skin. They also use oils to remove any excess wax from your skin, so if you are doing it at home, make sure your kit comes with all the necessary bits.



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WHAT'S ON

in your area

EBA Boxing

**The Brentwood Centre, Doddinghurst Road,
Brentwood, Essex, CM15 9NN
Friday, May 19**



EBA is attracting some of Essex and Ipswich's top fighters who have joined forces with EBA to help them push on with their careers. EBA looks to establish itself as one of the leading semi pro organisations in the country within the next couple of years. Tickets cost £30.

Simply Swing

**Brentwood Theatre, 15 Shenfield Road,
Brentwood, CM15 8AG
2.30pm Saturday, June 3**



Photo credit: Facebook

Come along for a lovely afternoon on a nostalgic trip and celebration of big band music with Simply Swing. You will be treated to performances by three vocalists who will be performing songs by Benny Goodman,

Glen Miller, Peggy Lee, Bobby Darrin, Michael Buble and of course, blue eyes himself, Frank Sinatra, to name just a few. Simply Swing are a small band with that big band feel...not to be missed.

www.ticketsource.co.uk/event/137623

Antiques & Collectables Fairs

**Hutton Poplars Hall, Poplars Drive, Hutton,
Brentwood, CM13 1YU
Sunday, June 25**

An array of Antiques and Collectables will be available at the fair on June 25 at Hutton Poplars Hall. There is also a separate bar and lounge area.

Brentwood Festival

**The Brentwood Centre, Doddinghurst Road,
Brentwood, Essex, CM15 9NN
Friday, July 14 to Sunday, July 16**



Held in aid of charity each year, the Brentwood Festival features headliners such as Jocelyn Brown and Status Quo. There are also real ales from the Brentwood Brewing Company, street food, festival market, VIP area, free children's activities, and a funfair. There is plenty of free parking all weekend. Overnight camping for tents and caravans/motorhomes available for a small upgrade.

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PUZZLES

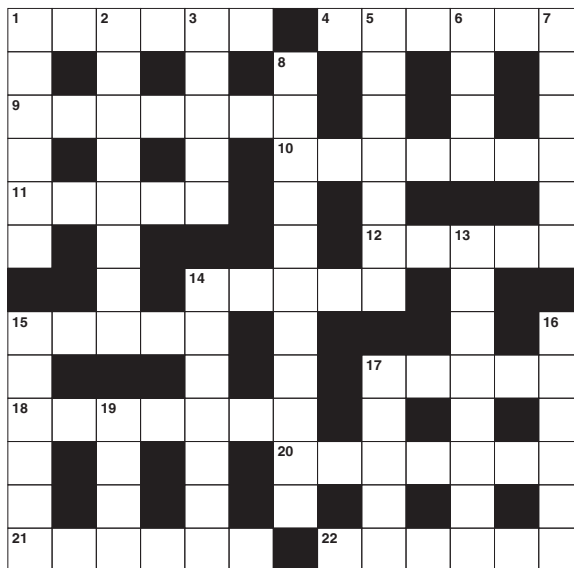
Answers can be found on the Contents Page 4

ACROSS

1. Stage plays (6)
4. Informal chatter (6)
9. Type of vermouth (7)
10. Planned one's actions (7)
11. Rope used to catch cattle (5)
12. Natural elevation (5)
14. Change (5)
15. Brown nut (5)
17. Strange and mysterious (5)
18. Nerve impulses (7)
20. One's savings for the future (4,3)
21. Flower arrangements (6)
22. Rejoices (6)

DOWN

1. Indentation (6)
2. Type of word puzzle (8)
3. Friend (Spanish) (5)
5. Land with fruit trees (7)
6. Fraud (4)
7. Hawk (6)
8. Annoying (11)
13. Push button by a house (8)
15. Overtakes (6)
17. County of SE England (5)



14. Sum of money paid to someone regularly (7)
16. Shelves (6)
19. ___ Novello: Welsh composer and actor (4)

DID YOU KNOW

- It is considered an act of treason to put a postage stamp with the queen's head upside down on an envelope.
- The British eat over 11.5 billion (1,500,000,000) sandwiches every year.
- England's first telephone directory was published in 1880 and had only 248 names and addresses (there were no telephone numbers as you had to call the operator and ask for someone's name to get connected).
- Nowhere in the UK is more than 70 miles (113km) from the sea.
- Our wonderful city London has not always had this name. In the past it has been called Londonium, Ludenwic, and Ludenburg!
- On average, 488 people are injured by zips and 3,078 people are injured by slippers every year in the UK.

SUDOKU

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		6			3		
		7				9	

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KICK STARTERS

changing the world

Over a decade ago, Peter Jones of *Dragon's Den* said that entrepreneurship was “the new rock ‘n’ roll.” These days we live in a world where the billionaire residents of Silicon Valley are constantly coming up with ways to revolutionise our everyday existence – but which of these up and coming entrepreneurs are looking to make waves in our global society over the course of 2017?



Kelly Lovell

Lovell is the executive producer and host of *YOU Effect*, a user-generated global media network that collates and shares the opinions of industry leaders from across the world. This entrepreneurial Facebook pledges to be gossip free and dedicated to sharing the latest news in social innovation and its positive impact across the globe as she seeks to connect young business minds with each other.

Hyder has been called the “Zen Master of Marketing” by *Entrepreneur* magazine, and as the founder and CEO of award-winning Marketing Zen Group, she has seen her organisation grow by 400 per cent annually since its start in 2009.

Her clients include publicly held Fortune-500 companies, as well as privately held small businesses and non-profit organizations across the globe. If that wasn't enough, she has also authored a range of books and shared the stage with President Obama and the Dalai Lama.



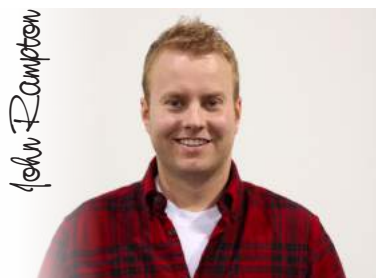
Shama Hyder



Sherrill Vanderveldt

Self-made tech entrepreneur Vanderveldt has a vision of getting a mobile device into the hands of every woman and provide them with access to financial literacy and mentoring tools in order to create a new generation of female business leaders and entrepreneurs through her company EBW2020 LLC, which stands for Empowering a Billion Women by 2020.

Rampton's success story is one of true grit and determination. A worksite accident in 2006 left him with a damaged leg and doctors saying he'd never be able to walk on it again, but Rampton beat the odds and even used his time in a hospital bed to teach himself to sell products over the internet. Now he is the founder and CEO of *due.com* – a free digital wallet that lets users make and accept payments online.



John Rampton



tales from the BUSINESS GHOST



THE MOST IMPORTANT day of your life

When asked the most important day in their life, most people would say something like the day they were born, got married, had their first child, or bought their first house. Let me explain why they are wrong!

Today is the most important day of your life. Think about it! Today you are alive. Yes, I know you were alive yesterday and many thousands of days (maybe tens of) before that. But you cannot use any of them ever again. Please bear with me here, this is not simply a gimmicky 'seize the day' message. I am deadly serious! This day is the only day in which you can 'do' anything. You can plan for tomorrow (and by the way you absolutely should) and you can regret or rejoice in yesterday (one of those is more profitable than the other), but you can only 'live' in today.

Inhabit that thought for a while...that's long enough because, I'm sure you don't want to waste today's precious minutes. What ambitions and dreams have you put off for too long? Where are the things you stopped aiming for over the days, months and years that are no longer yours to live? Make a list – now!

Then stop worrying about the things that you didn't do (regret is a heavy burden to carry) and go and do something today which will set you up for a better tomorrow. Why not use today as an opportunity to correct a wrong which caused you to carry that burden in the first place. Once you understand and appreciate the power of the moment you will always be better off for it. Today could be the start of your greatest adventure.

Have a great day.



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MUSIC TO YOUR EARS

Bored of searching for the latest hip festivals in your own back yard? Why not turn your attentions to the continent with this handy rundown of five of Europe's most incredible music festivals coming up this year?

BILBAO BBK, Spain

When: July 6 - 8

Price: £38 - £95 (three-day pass)

Set in Spain's beautiful Basque country, this mountainous festival is an absolute bargain, with a three-day ticket including camping going for just £95. This year's confirmed headliners include Depeche Mode, The Killers, The 1975 – plus the rare opportunity to see the Beach Boys' Brian Wilson playing his influential album *Pet Sounds* live.

ROSKILDE, Denmark

When: June 24 - July 1

Price: £114 - £229 (eight-day pass)

With a line-up that includes Foo Fighters, A Tribe Called Quest, The Weeknd and G-Eazy, the eight-day fest is looking to please everyone with an event that could topple our beloved Glastonbury from the peak of the European festival charts.

SECRET SOLSTICE, Iceland

When: June 16 - 18

Price: £158

Not only does this festival give music lovers the chance to see The Prodigy, Foo Fighters and

Richard Ashcroft, it does so in the breathtakingly beautiful surroundings of Iceland. Enjoy all that the four-day event has to offer, and you can still have time to visit nearby nature spots like the incredible Blue Lagoon.

EXIT FEST, Serbia

When: July 6 - 9

Price: £29.70 - £97.40 (four-day pass)

A festival – in a fortress. Within the ancient walls of the Petrovaradin Fortress, situated on the River Danube just outside Belgrade, music lovers can sit back in security and enjoy the tunes from everyone from Rag'n'Bone Man and Liam Gallagher to iconic electronica influencers Faithless.

SZIGET, Hungary

When: August 9 - 16

Price: £55 - £235 (seven-day pass)

Held on an island in the middle of Budapest, Sziget showcases every genre from EDM to heavy metal, with more than 1,000 performances taking place each year. This year's highlights include Bad Religion, Kasabian and Billy Talent all in one afternoon.





TALKING TRAVEL

by Janette Bell of The Travel Boutique, Billericay



The Travel Boutique celebrate their first birthday!

It's just twelve months since we opened the doors of The Travel Boutique for the first time.

After over 30 years in the travel industry and working my way through the ranks, in 2014 I proudly became co-owner of Independent Tour Operator Amathus Holidays www.amathusholidays.co.uk. After, launching our successful Destination Wedding Specialist for Cyprus and Greece, www.cyprusweddingexperts.co.uk, in 2011, there was something that I had yet to fulfil, stretching back to the days of stamping brochures in my grandmother's Travel Agency. It was time to open my first High Street Luxury Travel Agency.



We are celebrating our first birthday with lots of Holiday Giveaways and Special Offers!

Seeing a gap in the market, I wanted to be able to offer our clients competitive pricing for bespoke and tailor-made travel combined with a level of luxury concierge service – something that you simply don't receive in your standard high street store.

Where better to do that but close to home in the busy town of Billericay Essex, and in May 2016, The Travel Boutique was born – my aim to provide a travel lounge where our clients can plan their holiday in comfort and relax whilst enjoying a cup of tea, coffee or maybe even a glass of champagne.

Now twelve months on, and with an established portfolio of clientele with a wish list covering the most simplistic and rustic to wonderfully grand destinations worldwide, I have enjoyed every moment of assisting our clientele with planning their holiday dreams, including bespoke tailor-made travel, special occasion holidays and honeymoons plus destination weddings abroad.

As we celebrate our first birthday, this coincides with the announcement of the appointment of our Manager, Zoe B, who will join The Travel Boutique in early May 2017. Some of you may already have met Zoe in her previous Management roles in Brentwood and Rayleigh, both with main stream and independent agencies, and have already had the good fortune of Zoe planning and organising your holidays.

We are very excited to have Zoe on board, chosen from a number of great candidates she stood out by far, excelling in every way she has a clear understanding of the concept of the Travel Boutique and what we aim to offer every one of our clients, no matter their required destination, duration or holiday type. It is clear that Zoe's passion for travel, knowledge and experience within the travel industry, together with her clear focus on a high level of customer care, will enhance what we already have to offer. It is our aim to take the stress out of planning your holiday, making it a pleasurable



experience from the moment you make your enquiry, throughout the planning stages and making the actual booking. But it doesn't stop there, with our Concierge level of service every box is ticked and checked and all the detail been thought through for you.

I have no doubt that by handing over the reins to Zoe she will take great care of our existing and new clientele alike, spreading her infectious passion for travel, whilst leading our team of Specialists at The Travel Boutique. Be in no doubt that when booking your holiday and travel arrangements with us, you are in more than capable hands.



If you are still unsure of your holiday plans for 2017, feel free to pop in and meet Zoe and the team to discuss some of the great options still available whatever your requirements. PLUS... 2018 Holidays are NOW ON SALE with many Luxury Family Holidays available across the Med at greatly discounted prices with Savings of up to 30% and with a deposit of just

£60 it means that you can secure your next year's holiday at the lowest possible price.

Our 2018 portfolio includes Kids & Couples in Med with the Exclusive and well sought after Luxury Sani Resort and Infinite Lifestyle all Inclusive IKOS Oceania & Olivia in Halkidiki, and the new for 2018 IKOS, Corfu, The Five Star Marbella Beach Corfu and the Luxury Domes of Elounda in Crete, Columbia Resort in Cyprus plus many more five-star family hotels in Spain, Portugal and The Canaries, with package and tailor-made options from Southend & Stansted as well as our Gatwick and Heathrow.

We also of course have our Kids & Couples Outside the Med programme which includes Dubai, Maldives, Indian Ocean, India, Sri Lanka and other wonderful far off destinations.

Janette Bell

Owner of The Travel Boutique,
Billericay

To celebrate our first Birthday and throughout the month of May 2017 – we have lots of daily giveaways to enhance your holiday and save you £££s. Plus all holiday bookings made before 31 May 2017 and travelling in 2017 and 2018 our clients will be offered, with our compliments, Resort Taxi Transfers and Complimentary Airport Lounges on a long list of destinations

which offer savings, in addition to early booking discounts of up to £200 per booking.

So feel free to pop in and meet Zoe and the team by calling us on 01277 563193 or drop us an email to enquiries@thetravelboutique.co.uk or make it personal by contacting Zoe directly on zoe.blackman@thetravelboutique.co.uk



THE COSTA OF CONTENTMENT

Stuck on where to venture for your next holiday? Why not take a trip into the heart of Central America, and discover the happiest country in the world...

Nestled between Nicaragua and Panama in the tropical heart of Central America is Costa Rica – statistically the world's happiest country! The Happy Planet Index (HPI), which aims to measure human wellbeing against environmental impact to find the most satisfying places to live around the globe, sees Costa Rica shrugging off all-comers with a score of 44.7. Britain, incidentally, scored a paltry 31.9 on the index and ended up in 34th place.

So what makes Costa Rica such an incredible place to live and – by extension – visit?

PEOPLE

The people in Costa Rica are some of the happiest in the world. They have one of the highest literacy rates and life expectancies in Latin America. Instead of the traditional Spanish greeting “hola”, Costa Ricans say “Pura vida”, which means pure life – and citizens refer to their partners as “media naranja”, or the other half of their orange.

ANIMALS

With the lush tropical landscape and the fact that Costa Rica was the

first American country to ban recreational hunting, the country boasts an incredible array of animal life: 5 per cent of the world's biodiversity despite the country accounting for just 0.03 per cent of the planet. As well as being the world's hummingbird capital with 52 separate species, visitors can be treated to one of the most spectacular sights in the natural world – the arrival of Olive Ridley sea turtles on the beaches of the Pacific coast.

LANDSCAPE

Around 25 per cent of the country is protected national parks and areas. Costa Rica houses 117 species of native tree and more than 1,400 types of orchid – a third of which can be found in the mythical-sounding Monteverde Cloud Forest Reserve. There are also more than a dozen volcanoes in Costa Rica, including the impressive Arenal, which is 5,358ft high.





KNOCK NOKIA?

Are you tired of technology? Perhaps sent to sleep by the latest smart phones, or just plain bamboozled by all the showy gadgets on offer in 2017? Fear not. Nokia is bringing back one of its most iconic and almost indestructible handsets – complete with one ssssupremely popular game.

It's hard to keep up with every new development in the smart phone market these days, and Finnish tech corporation Nokia has noticed that many people are rejecting the latest models to take a trip down memory lane and dig out their old handsets. With no social media access or glitzy gadget peripherals and integral apps, the newly re-released Nokia 3310 appears to be every modern technophile's worst nightmare – but for nostalgic phone fans, this latest development is music to the ears.

First released at the turn of the century, the apparently invincible Nokia 3310 developed a reputation for durability that would put modern handsets to shame. But the modern update on this classic phone at least has some key differences from the original.

The handset is noticeably slimmer than the original Nokia 3310, which sold around 126 million units before it was discontinued in 2005. It's also almost half the weight – the original was 133g whereas the new model is 79g. It also houses a camera, something which was unheard of in the original phone's era, but fans of the traditional set-up shouldn't get too pent up about this photographic addition – it's only a 2MP (megapixel) tiddler.

But the real positive comes with the return of one of the greatest games ever to grace the tiny screen of any mobile. You can forget your Clash of Clans and Candy Crush, because the new-old Nokia once again exhibits Snake – albeit a slightly modernised version with better graphics.





MOTORING



FORZA FERRARI

Seventy years ago, the very first Ferrari hit the streets – and seven decades on, the prancing horse is still an iconic sight on the road and the racetrack. To celebrate the company's milestone, we look back on the history of Italy's most prestigious automotive manufacturer.

The legendary Enzo Ferrari (1898-1988) began his motoring career as an Alfa Romeo driver in 1924, but within five years he found the Scuderia Ferrari – which assisted gentlemen drivers in racing cars – in his hometown of Modena. In 1938, Alfa Romeo brought the Scuderia under its control, but Ferrari disagreed with the move and left in 1939 to set up his own racing company. Under the terms of the split from Alfa, Enzo was unable to use his own name on his cars until years later.

HORSE POWER

The iconic Cavallino Rampante (prancing horse) was adopted from the emblem of Italian WW2 fighter ace Francesco Baracca, who painted the design on his plane. Enzo Ferrari was given permission to use the design from Baracca's mother, who believed it would bring the car manufacturer good luck. Ferrari placed the black horse on a canary yellow background (the colour of Modena) and topped it with the tricolour of Italy. The rest, as they say, is history (or is that 'horse'-tory?).

THE FIRST FERRARI

The first racing car to bear the Ferrari moniker was the 12-cylinder 1.5-litre Tipo 125, which was released in 1947. Just two models of this original car were created, neither of which exist today. The legacy of the Tipo 125, however, continued in various forms, not only were parts from the two

models re-used in subsequent Ferrari productions, but in 1987, Michelotto produced a replica of the initial car which the company still owns.

A WINNING FORMULA

The first Ferrari driver to claim the Formula One World Championship was Alberto Ascari, taking spot in 1952. Scuderia Ferrari has produced the most championship-winning drivers – 15 – since Ascari's maiden victory. The most famous of these include Niki Lauda, Michael Schumacher – who won five consecutive titles – and Kimi Raikkonen. Ferrari also holds the top spot when it comes to the Constructor's Championships, with a whopping 16 victories from 1961-2008.

THE 200 CLUB

The Ferrari F40 was the last car approved for production by Enzo Ferrari himself – and in 1987 it made motoring history by being the first road car to break the 200mph barrier, hitting an eventual speed of 202.687mph. Only 1,311 models were produced.

THE FERRARI OF THE FUTURE

The latest supercar to roll off the company's production line is the Ferrari LaFerrari – the first of its kind to be equipped with an F1-derived hybrid solution that combines an electric motor capable of producing over 150 CV with the most powerful version of Ferrari's classic V12, which delivers a mighty 800 CV at 9,000rpm. The technical innovations in the LaFerrari are set to filter through the marque's entire range and will surely have a massive impact on future designs.





SPORTING SPRAINS and WORSE

If you thought boxing, horse riding and skiing were the toughest athletic pursuits, think again. Here are the UK's most dangerous top five sports by injury records.

Football 18.9%

Who would have thought that a casual kickabout down the park could land you in A&E? But football is statistically Britain's most dangerous sport, with one in five admitting to sustaining an injury whilst playing. Though footy injuries are rarely fatal, they be vicious, and regularly include sprained ankles (40 per cent of all injuries), knee injuries (32 per cent) and concussion (13 per cent).

Running 9.4%

Unless you accidentally career off into an unseen ravine it is unlikely your morning jog will land you into any real trouble. However, injuries from poor technique, ill-fitting shoes and overuse can still be pretty debilitating. Among the most common ailments are shin splints, blisters and pulled muscles.

Rugby 4.9%

They say rugby is a thug's game played by gentleman, but partakers of this brain-battering pursuit are actually four times less likely to suffer an injury than their footballing counterparts. Wounds range from superficial cuts and bruises to more serious concussion injuries and joint dislocations, not to mention those infamous cauliflower ears. Ouch.

Cycling (track, road) 4.5%

Sadly for cyclists, fatalities on bikes are still high with 125 deaths recorded last year on British roads. However non-fatal injuries put cycling fourth on our danger list with ailments mostly affecting shoulder blades, knees, groins and, yes, buttocks.

Swimming 3.2%

One might assume that if you follow the age-old advice of eating at least two hours before you take to the pool, you'll be fine and dandy, but surprisingly swimming is the fifth most dangerous British sport, with 90 per cent of complaints relating to shoulders. 'Swimmer's shoulder' is the most common injury caused by inflammation of the supraspinatus and biceps tendon, leading to joint pain and limited movement.



SPORT

Saint or SINNER?

It's been over 20 years since unknown French manager Arsène Wenger sauntered to north London to take up the reins at Arsenal Football Club, but with the team slipping down the table, and fan patience quickly running out, will this season prove to be the end of an era?

When Arsène Wenger was unveiled as Bruce Rioch's replacement in the Arsenal manager's hot seat in 1996, the question on the lips of most fans and players was, "Arsène Who?" The Strasbourg-born gaffer had cut his teeth with Monaco and Japan's Nagoya Grampus Eight, but had no knowledge of footballing life in England. His insistence on replacing the traditional set-up at the club with a revolutionised nutritional diet, supplemented with hours of video analysis, did little to calm the upheaval caused by this enigmatic European's arrival, but his methods immediately bore fruit.

Nowadays, of course, Wenger is known around the world. As the longest-reigning manager of any club in the Premier League, he has won six FA Cups and three league titles with the Gunners, including the famous championship win in 2003/04 which saw his side go 49 games unbeaten. This team of so-called 'Invincibles' included some of Wenger's most influential signings for the club, from Sol Campbell and Patrick Vieira to the mercurial forward pairing of Dennis Bergkamp and Thierry Henry.

But these days, the mystique surrounding Wenger has all but evaporated amidst accusations of transfer market tight-fistedness and a lack of ambition. His current team – though still full of superstars such as Alexis Sanchez, Mesut Ozil and Laurent Koscielny – has slipped out of the top four and been humiliated in the Champions League.

A contract offer remains on the table, set to take the 67-year-old into 2019 as Arsenal boss. But with question marks over the futures of Sanchez and Ozil, and a series of recent defeats to supposedly 'lesser' sides like West Bromwich Albion and Crystal Palace (not to mention that 10-2 aggregate defeat to Bayern Munich), has time finally run out for the man who turned Arsenal into the club they are today?

The only man with the power to answer that question is, bizarrely, Arsène himself.



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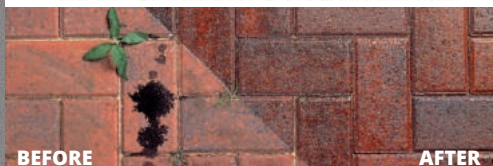
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We joined from the 1st edition (June 2016) and as well as us using the trades and services in there, we have already received a significant amount of work, including large commercial works.

We highly recommend. Thank you Nik!

”

The Gleaming Glass Co



“

I took out a 12 month advert in **VISION** Brentwood and so far in 3 months I've had a lot of work from it. I've used leaflets in the past but never got much out of it but this magazine has really worked well me raising my profile in the area.

Neil (The Gleaming Glass Co)

”

DIZZY CASTLES

“

Since promoting my business in **VISION** Brentwood I have had a lot more jobs in the area, I believe the quality of the magazine helps this as it has a mix of topics every month that would appeal to anyone in the household to read.

Dizzy castles - Ryan Holmes

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