



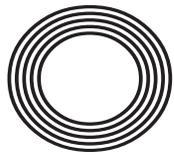
**KYLIE
MINOGUE**
Fabulous at 50

**FASHION
TREND**
Top 5 men's
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PRIME TIME
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JAMES CORDEN

Corden on conquering Hollywood



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Editor's notes...



Nik Allen, Editor

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

Have you ever been guarding a secret that you desperately want to share with the world?

The past few months I've been experiencing exactly that, but I can now proudly announce that my wife, Kathleen, and I are expecting our first child in November.

I'm a mixture of delight, excitement, some anxiety and a heck of a lot of pride. We've already spent hours looking for everything we need to prepare for our new arrival.

A friend of mine shared his own nugget of advice about preparing for the patter of tiny feet. "Get in plenty of sleep, because you'll need it."

If any of you have any pre-baby advice feel free to contact me. I'd love to hear from you.

We also have some more big news (unless Mrs A tells me we're expecting twins).

This time around it's to do with the magazine. From our August editions, **VISION** will be delivered to homes in Shenfield and Hutton due to the success of our **VISION** titles.

In this month's local news, residents call for action following large amounts of litter being dropped, a BUPA care home is fined over £3million following the death of a resident and we report on the Brentwood Strawberry Fair.

I hope you enjoy this month's edition.

Nik

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Kylie Minogue

REINVENTING THE ICON

As princess of pop Kylie Minogue celebrates her 50th birthday, we look at the Aussie's phenomenal career, and her recent reinvention as a bejewelled country star.

There are few popstars who could boast a three-decade long career, record sales of over 80 million and enough awards and triple platinum discs to fill a warehouse. And yet, when it comes to Kylie Minogue, the media seems to fixate on one thing: her relationship status.

Part of this is down to the fact that she recently celebrated her 50th birthday, looking as fabulous as ever in a series of photoshoots to mark the impressive milestone, with polaroid snaps of her birthday bash revealing her dancing the night away at London's exclusive Chiltern Firehouse with new beau Paul Solomons, the creative director of GQ. Meanwhile, her many fans and admirers ask how could someone so beautiful, talented and successful, not have settled down with the man of her dreams before now.

But then the mono-monikered popette has always danced to the beat of her own drum, and after winning our hearts as sparky mechanic Charlene in *Neighbours*, Kylie knew instinctively that her future lay in music. Her pop career began in earnest in the UK under the tutelage of 'hit factory' producers Stock, Aitken & Waterman, who steered the young singer towards a slew of number one hits and albums, with tracks like *I Should Be So Lucky*, *The Locomotion* and *Especially for You* (a duet with former *Neighbours* co-star and real-life lover Jason Donovan) becoming iconic hits of the Eighties.

By the early Nineties however, Kylie was growing

bored of her saccharine image. At the time she was dating fellow Aussie and INXS frontman Michael Hutchence, who seemed to fuel her desire to make darker, more complex music. Her fans weren't so sure, and although her 1995 collaboration with Australian artist Nick Cave for the song *Where the Wild Roses Grow* was a surprising highlight of this period, it seemed as if this might be the end of the road for the perky popstar.

But Kylie had other ideas, and when she returned in the new millennium wearing gold hot pants for the video of sublime disco hit *Spinning Around*, the world fell in love once more. Since then, Kylie's career has maintained a steady pace, though her personal life has had its turbulent moments. Aged 36, she was diagnosed with breast cancer (which she subsequently beat), then just last year she admitted to suffering a nervous breakdown following her split from fiancé Joshua Sasse.

Proving that she is as buoyant as her famous curls, Kylie always bounces back, making a triumphant return earlier this year with country-inspired record *Golden*, which zoomed straight to the top of both the UK and Australian charts.

Arguably, such impressive success deserves praise, not consternation at her decision not to bear children, because as generational music icons, few can ever hit the heights reached by Kylie Minogue.





HISTORY

Nelson Mandela

A MAN OF THE PEOPLE

ON THE CENTENARY OF HIS BIRTH, ROYAL CORRESPONDENT CHARLES RAE LOOKS BACK AT NELSON MANDELA AND HIS RELATIONSHIP WITH BRITAIN.

Nelson Mandela walked into a room with the Queen in Durban, South Africa. He briefly left her side as she talked to another guest. I suddenly found myself standing next to the great man and he turned to me and said: "Isn't Elizabeth wonderful?"

Slightly taken aback and wondering who he was talking about, I asked, "Who is Elizabeth?"

Mr Mandela, who had retired as South Africa's first Black president a few months earlier in 1999 looked astonished and pointed at the Queen and said: "Elizabeth of course, your Queen."

I was shocked as I had never heard anyone be so familiar with Her Majesty. I knew her family name was Lilibet and that the Duke of Edinburgh sometimes affectionately called her "Cabbage".

If that left me surprised, I was more shocked when I spoke to his daughter Zindzi who told me that when Mr Mandela and the Queen were alone together in private he called her "Lizzie".

If anyone could pull it off, it's the late South African president. He and "Lizzie" were quite close—she signed letters to him with "Your sincere friend, Elizabeth R."

She referred to him as Nelson.

The couple had become great friends ever since his release in 1990. Eighteen of those years were spent on Robben Island, off the coast of Cape Town. He had been jailed in 1963 after being found guilty of trying to overthrow the government.

The Queen had shown a remarkable piece of judgment. After all, Mrs Thatcher had called Mandela a terrorist in Vancouver in 1987.

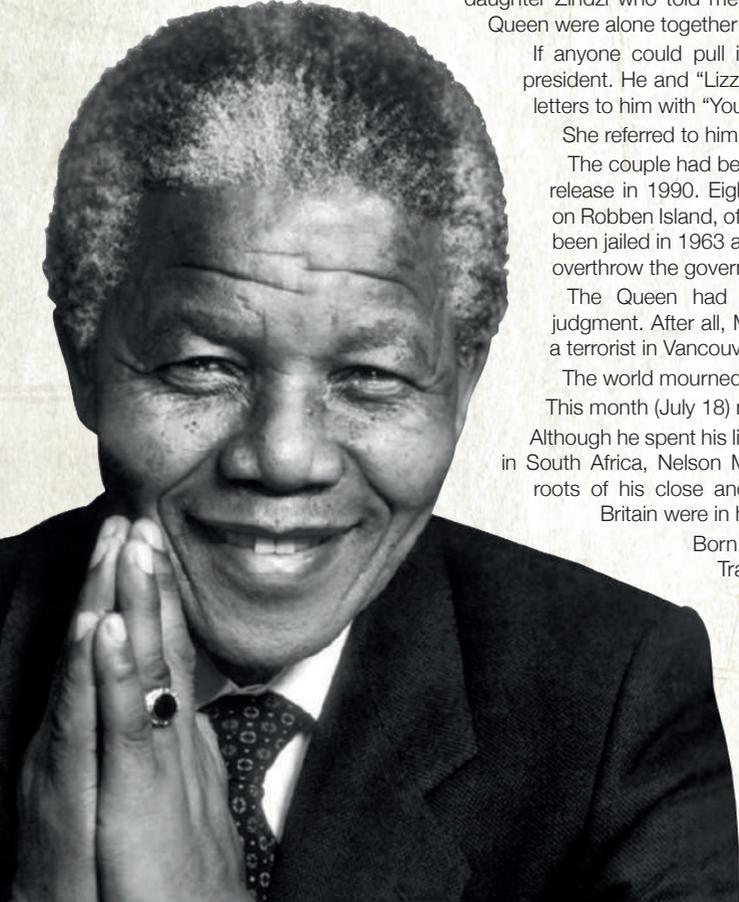
The world mourned when he died in 2013, aged 95. This month (July 18) marks the centenary of his birth.

Although he spent his life fighting Britain's colonial legacy in South Africa, Nelson Mandela was an Anglophile. The roots of his close and contradictory relationship with Britain were in his childhood.

Born into a tribal aristocracy in the Transkei, the seven-year-old Rolihlahla Mandela was sent to a Christian mission school.

It was the custom then for all the African boys to be given English names, so on his first day his teacher renamed him Nelson Mandela and a man of the people was born.

Photo credit: wallpapersak.com via capricornreview



tec-Lifestyle

Home Spaces To Inspire

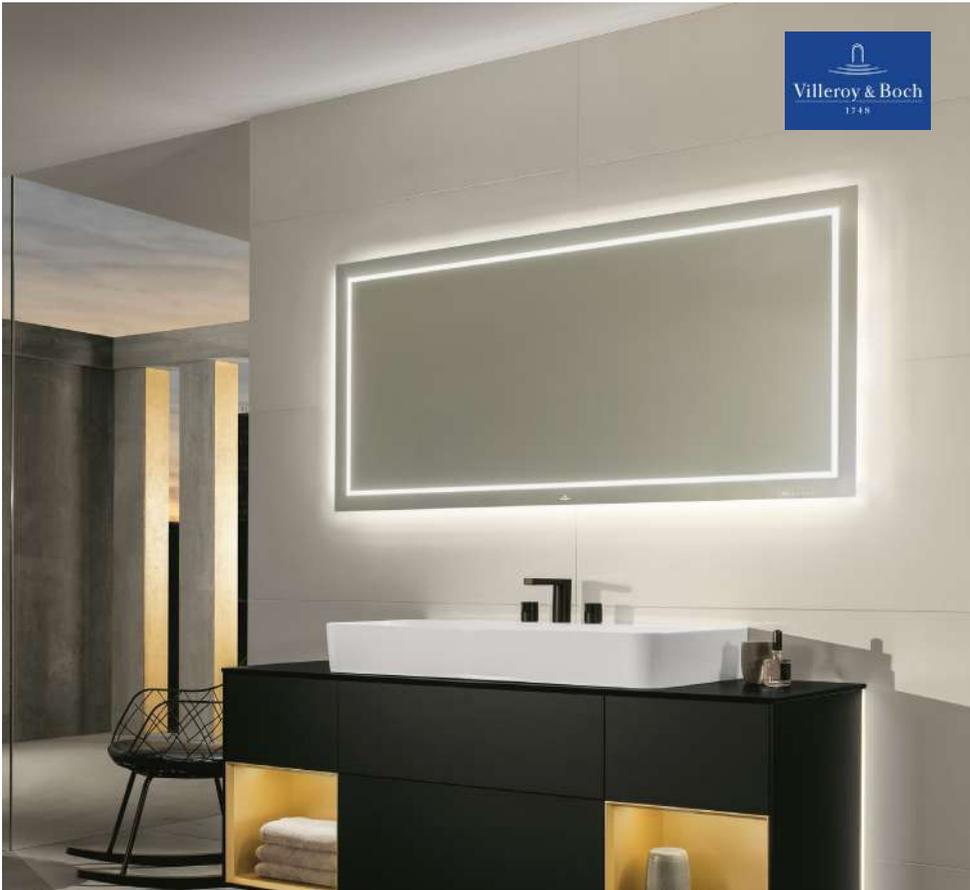
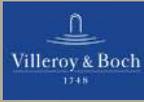
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HOME & DIY

ARTEX

THE BISCUIT

In an aesthetic sense, the humble ceiling regularly fails to get the credit it deserves. Done properly, it can really enhance the sensation of space and light, leading to happier, uplifted homes. And we've all felt the claustrophobic, limiting and oppressive sensation that low, dark ceilings can bring.

Yet in an era where we're being told that intuitive interior design should embrace technique, texture and originality, have our ceilings found themselves stuck in an era of mass-market monotony, with sweeping, flat, (usually) white spaces giving the impression that huge expanses of the Arctic Circle have taken up residence in kitchens, living rooms, bedrooms and bathrooms?

It wasn't always like this, either. Readers of a certain age will remember the Artex trend of the 1970s. Artex is a surface coating that can be moulded and manipulated to receive a textured finish, usually with a striped or swirled pattern. It gave rise to a number of creative 3D designs that had home DIYers dancing on the ceiling with creative abandon.

But all good DIY trends have their day, and Artex's came up against a number of potential problems as tastes changed. Firstly, the random nature of the effect made repairs almost impossible. Consumers also switched on to the idea of spotlights and the need for false ceilings, while even a simple cover-up of these bumpy, bobbly designs proved a mammoth task (either in sanding or plastering over) that many ventured never to Artex again.

Oh, and the final nail in the coffin was the small matter of asbestos – until the mid-1980s, white asbestos was added to Artex to strengthen it – and we all know the dangers associated with inhaling the mineral's microscopic fibres.

While Artex certainly defined a generation of amateur interior designers, it's commonly accepted now that plain designs are best for eliminating shadow, whilst also allowing light to move across a space, and this peculiar trend has probably had its day.



Ice Cream COLOURS

Indulge in this delectable home décor trend which is good enough to eat

Ice cream is officially in. But if you're on a diet, don't worry, for this home décor trend is calorie free. You see, we're talking about knitted throws and cushions in sumptuous strawberry sorbet shades, rugs that are the colour of vanilla and mint choc chip cones, and vases which look like they've been dipped in rich raspberry ripple.

Basically, it's the perfect style for summer, and is a great way to brighten up your home without splashing out on a full redecoration. Though if you do have a room in your home that needs a lick of paint, Dulux has released some delectable ice cream-themed shades within their Easycare range, including Vanilla Sundae, Soft Peach and Pretty Pink.

For just a hint of mint (or cherry or violet), consider hunting out some soft serve furnishings. A cheery green vase perhaps filled with blush pink roses, a lemon lampshade, or even an art print with delicate splashes of colour. Table cloths and throws are another way to brighten up dull or dreary furniture, while a candy floss-scented candle both looks and smells delicious.

You could even have a go at making something yourself. For example, there is a popular marbling craft trend at the moment which can help you create wonderful pots or vases. Start by spraying your piece with white enamel paint, then once dry, fill a larger pot with warm water and pour in up to three different shades of nail varnish. Swirl using a toothpick, then dip in your vase. Before you know it, you'll have your own cherry or blueberry swirl design. Yummy.



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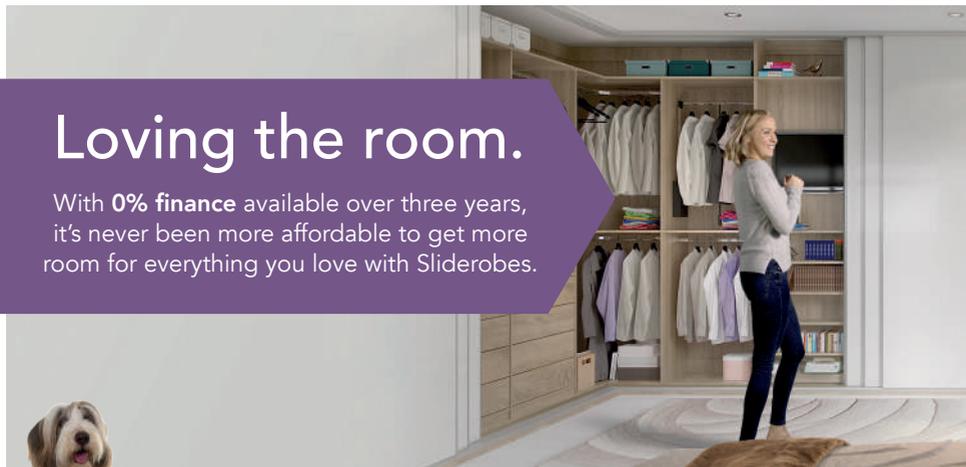
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Revive with coconut oil

If your wooden surfaces or leather upholstery are looking a little lacklustre, they probably just need rehydration and nourishment. But you don't need to splash out on fancy furniture polish or beeswax, as a little coconut oil will do the trick just as well. Start by giving the surface a wipe down with warm water and soap, and when dry, apply coconut oil to an old rag before thoroughly rubbing into furniture.

Use vinegar to naturally stain wood

If you have a wooden table that's looking patchy, or you just prefer a new finish, you can stain naturally with vinegar. Simply combine one cup of vinegar (balsamic for a dark effect, apple cider for a lighter colour) with one cup of water and leave in a bucket for 24 hours with a steel wool pad. Then paint this solution onto your wood – note: it will look significantly lighter when wet (not darker, as you may expect).

Remove stains and marks with everyday products

Forget the harsh chemicals, by mixing up a solution that's three quarters vegetable oil and a quarter vinegar, you can get rid of most superficial wood marks – just rub on and leave. For leather, try using lemon juice, or for tough stains, rub in alcohol.

Shine up glass and mirror surfaces

Got smears that just won't budge? Start with a microfibre cloth to remove dust, then mix a solution that's half white vinegar and half water in a spray bottle. Apply and then buff with microfibre. Finish with a rub of scrunched-up newspaper.

Fill nail holes with wood

What's the best material to fill a hole in wood with? Wood, of course. Depending on the size, use a toothpick, or wooden skewer to fill the space, cut it to the right size and fix with a little wood glue. Sand to finish.



THE RISE OF THE Super Pantry

As a nation we are falling in love with our larders all over again but now they have evolved; enter the rise of the super pantry. Whether you want to give your existing pantry a makeover or create one from scratch, we can help you be the envy of all your neighbours with the below top tips.

THINK FUNCTIONALITY

Remember above all else a pantry should be an effective storage solution for any items that you do not want on show in your kitchen. Accessibility is vital; place heavy equipment at an easily reachable level, light items such as herbs and spices on the top shelves and any items you want your children to be able to help themselves to at the very bottom.

STYLE IT UP

Think of this space as an additional room in your house, it needs to have its own personality. Colour co-ordinated storage containers are a must; we

love pastel colours and mint in particular will make your pantry look fresh and clean. Feature wallpaper can be used to effectively inject some fun into this practical space, while well-placed lighting will brighten up any dark corners and help you keep track of all your kitchen supplies.

PLAN AHEAD

It is vital that you think about what you want from your new pantry before you storm ahead putting up shelves and picking colour schemes. You need to account for every cabinet, container and drawer to ensure you maximise the use of this amazing storage space.

ORGANISATION IS KEY

Labelling is essential, and we love chalk paint and pens for a homely yet stylish look that is easily changeable to adapt to your pantry. Glass jars offer visibility and stock rotation helps avoid food going out of date.

Photo credit: www.fromgreatbeginnings.com, Pinterest, www.containerstore.com



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Uniform donation benefits over 1,250 schoolchildren

More than 1,250 African schoolchildren have been kitted out with school uniform courtesy of the Brentwood School's parents' association, the Friends of Brentwood School (FoBS).

The uniform shipment, weighing in at a staggering 1.5 tons and coordinated by The King's Family Centre (TKFC) in Romford, has now been distributed far and wide among the many centres the House of Wells operates across the continent.

This was the second shipment of nearly-new uniforms which the school's parent body has sent to Africa. Back in 2016, FoBS sent uniforms to 85

children in a Nigerian orphanage. The association also paid all shipping costs.

Parent Mrs Rebecca Eastwood, who had the task of sifting through donated uniforms and putting together sets of clothing for the 1,250-plus children, said: "It took a while to ship and distribute among the many centres the House of Wells operates in Africa but over 1,250 children have smiles on their faces as a result."

The House of Wells Enrichment Centre is a non-profit making organisation which aims to restore hope, dignity and release the potential of children and youth in Africa.

Karate kid ninth in the world

After this year's WUKF World Karate Championships, Brentwood School student Elle Pasmore now holds the title of ninth in the world.

The seventh Championships took place at the Dundee Ice Arena in Dundee, Scotland, with the

competition taking place from June 14 to June 17.

In a category of 31 competitors aged 15 to 17 years old, Elle was the only brown belt in a sea of black belts.

She is very proud of herself being ranked the top 10 in such a tough category.



LOCAL NEWS



Brentwood's Strawberry Fair 'a fantastic community event'

Around 5,000 people attended Brentwood's Strawberry Fair on Saturday, June 16.

The event, on Shenfield Common, was helped by the lovely weather and packed line-up of entertainment hosted by Brentwood Baptist Church under the big top. Food and drink was popular with locally brewed beer, Pimm's, gin and Prosecco to wash down duck wraps, souvlaki, jacket potatoes, cream tea and a BBQ. The strawberries were as in demand as ever, with Doddinghurst Road Community Church completely selling out by 5pm.

There was plenty of entertainment for families to enjoy throughout the day under the big top, including fantastic performances from Funky Voices, Dreams Theatre School, Razzamataz Theatre School, Dance Space Essex, Cantando, The Daisy Bowlers, Essex Dance Theatre, D'Luxe and Shenfield Operatic Society. Some of the children performing included Hogarth Junior School, St Thomas' Kids and there was traditional maypole dancing from Doddinghurst Infants School. The fantastic Britannia Pipe Band closed the event.

Children were very excited to join in the brilliant bubble fun from That Bubble Man, watch the hilarious Punch and Judy shows and meet Rapunzel throughout the day. There were also some small funfair rides to go on, face painting and many other crafts and activities to enjoy.

Mayor of Brentwood, councillor Sheila Murphy, said: "The Strawberry Fair was a fantastic community event and was very enjoyable. It is always a fun family day out and a real staple in the community calendar. I especially enjoyed visiting the stalls, meeting local residents and seeing everyone having such a great time.

"I want to say a big thank you to our sponsors, Comfy Beds, Razzamataz Theatre Schools and the Beeches Brentwood, Nick's Tyres and supporting organisations, Brentwood Baptist Church, the Conservators of Shenfield Common, St Thomas' Church, Grace and Rose Estate Agents and Brentwood County High School, whose support is invaluable. I must also thank our staff and volunteers. Without them this event would not have been possible."



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Photo credit: Essex Police and Google Maps

Charity theft features on Crimewatch Roadshow

A burglary in Brentwood, where a four-figure sum of money raised for charity was stolen, featured on the *Crimewatch Roadshow* recently.

On Monday, April 16, Dee and her daughter Hannah returned home to Costead Manor Road, only to discover that their back door was open and a four-figure sum of cash had been taken.

Most of the cash had been raised by 17-year-old Hannah and was marked for Little Havens Hospice, where her sister Katie had been a patient until she sadly passed away in 2015.

Katie, who was in treatment for neurofibromatosis type 1 since the age of nine, had worn a wig from the Little Princess Trust after losing her hair due to bouts of chemotherapy and radiotherapy.

To honour her sister's memory, Hannah went to a hairdresser on the day before what would have been Katie's 16th birthday and had her head shaved.

Hannah, who is autistic, had never been into a hairdresser before, but bravely went through with the fundraising and raised a three-figure sum for Little Havens Hospice.

Her mum, Dee, is a community champion for the charity and was highly commended for her fundraising work at the 2017 Pride of Essex Awards. Dee recalls that the money took a while to collect, and they were due to take the money to the charity the day after the burglary.

A GoFundMe page has since been set up to

replace the money that was taken from the house and generous donations from across the UK means that the family have raised a four-figure sum so far.

Dee said: "Hannah and I were devastated when we realised the money had been stolen. It had been raised for such a wonderful charity, one very close to our hearts and a place that Katie enjoyed five years respite. Little Havens provided Katie's end of life care too, which as you can imagine was an extremely difficult time.

"When Hannah decided to fundraise I was so proud. The money raised was to help other families receive the free support that we had. They have to raise £46,000 every week to provide this care for children and their families.

"To help restore Hannah's faith in humanity and replace the stolen money, we set up the GoFundMe page in the hope that some of this money can be replaced."

Investigating officer, DC Paul Burnett from Grays CID, said: "This situation just proves that you never know what someone else is going through. For someone to have taken money that was earmarked for charity, especially from a cause that is so close to Dee and Hannah's lives, is cowardly.

"I am asking anyone with information to call Grays CID on 101. Please quote the crime reference number 42/52044/18."

The episode was aired on Thursday, June 14 on BBC One.



Leaders in leadership

A team of reservists from 124 Transport Squadron, The Royal Logistic Corps, has recently returned from Exercise Trident Safari, an adventure to Kenya.

The aim of the trip was to encourage leadership and team building skills.

After a long journey from London to Nairobi, the team arrived in BATUK (British Army Training Unit Kenya) camp just outside of the city.

After a quick rest and a hot meal, the team travelled to their adventure training location.

The first day started with a morning of kayaking, with everyone learning crucial skills. This was followed by an afternoon of paddle boarding.

The second day was spent mastering a head for heights, rock climbing, bouldering and speed climbing.

Meeting every challenge, the team embarked on a challenging mountain bike ride. The team negotiated some difficult climbs and sharp descents under slippery conditions that kept the adrenaline running.

Major Paul Herlihy Officer Commanding 124 Transport Squadron, based in Essex, said: "This was a fantastic opportunity for the whole team to fulfil their potential.

"Towards the end of a busy week of physical activity, we found the time to learn more about the local culture by visiting a nearby village. This gave us an insight into traditional everyday life of the local people.

"We were warmly welcomed with some traditional dancing, which we were happy to get involved with. It was an interesting educational experience for all."

BUPA care home fined over £3m for death of resident

BUPA Care Homes has been fined following the death of a resident after he contracted Legionnaires' disease.

Kenneth Ibbetson, 86, died three months after moving into Hutton Village Nursing Home in Brentwood.

Ipswich Crown Court heard that Mr Ibbetson had moved into the care home in March 2015 when he was no longer able to cope at home.

In June 2015 Mr Ibbetson contracted Legionnaires' disease, a serious waterborne form of pneumonia, and later died in Basildon Hospital on June 23, 2015.

An investigation into Mr Ibbetson's death was carried out by the Health and Safety Executive (HSE).

The investigation found that for more than a year, during which time major refurbishment works were

carried out, BUPA Care Homes failed to implement the necessary control and monitoring measures required to safely manage their water systems.

It also found those responsible for overseeing legionella controls and for taking crucial water temperature measurements had not been trained to the required standard.

BUPA Care Homes has been fined £3million and ordered to pay costs of £151,482.

Mr Ibbetson's daughter Caroline Peters told the court: "Our father's tragic and untimely death was a terrible shock to me and my two sisters.

"We had carefully selected BUPA Care Home at Hutton Village, expecting that a leading health care company could be trusted with our father's health and safety. His death shouldn't have happened."

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Secret Brentwood extract

LOCAL NEWS

An extract from *Secret Brentwood* by Michael Foley.

“...This was in the days of the Catholic Queen Mary Tudor, when a person’s religious choices could put them in danger. Reading the Bible in English was a right denied to the population but something that William Hunter believed he should be able to do.

Hunter was sent to appear before the Bishop of London, who tried to convert him. Hunter was only 19, and after a spell in Newgate Prison he was sent back to Brentwood for execution. He was burnt at the Butts. His monument was erected in 1861, paid for by local subscription.

Brentwood is far from the coast so it may come as a surprise that it has connections with the sea. Admiral John Jarvis, who lived in a house called Rocketts in South Weald, joined the Navy at 14. After he captured a 74-gun French ship in 1782 while commanding the HMS Foudroyant, he was made a

knight and an admiral.

Rocketts was the property of Sir Thomas Parker and in 1783 Jarvis married Parker’s daughter, who was also his cousin. When his father-in-law died the following year the house became theirs and was extended. Jarvis is best remembered for defeating a large Spanish fleet of 27 ships with only 15 of his own off Cape St Vincent, which resulted in Jarvis becoming the Earl of St Vincent.

After his retirement from naval life the Earl of St Vincent retired to Rocketts, but not to total obscurity. The social life at Rocketts must have been a revelation to the locals, with visitors including two kings, George IV and William IV. Even his great friend Nelson was a visitor to the house despite the earl’s outspoken nature, which led to his criticism of Nelson’s relationship with Lady Hamilton. After the earl’s death the house became the property of one of the Coope family of Romford brewery fame.”

Chess Association makes Essex history

Brentwood Preparatory School has become the first ever Essex school to win the English Primary Schools’ Chess Association (EPSCA) National U11 semi-finals.

The A Team made up of Nina, Max, Dmitry, Jake, Jaideep and Adhvaith topped the table of 40 qualifying schools at Camber Sands recently.

Wins over Northbridge House, Haberdashers Aske’s, Elm Green, The Beacon, Amherst and Dulwich Prep sealed the victory, which students should be immensely proud of.

Watched by parents, the team kept their cool in check amid stiff competition to get through to the finals which take place this month.

The A Team remained composed and focused throughout the weekend, scoring crucial wins at key

moments and eventually ran out comfortable victors.

Brentwood B Team made up of Oli, Charlie, Alex, Ranulph, Marius and Dilsher also performed respectably and gained valuable experience.

Preparatory headteacher, Jason Whiskerd, commented: “This is a tremendous achievement to be the first Essex school to get through to the final of this prestigious and highly contested tournament. Congratulations to all pupils involved.”

The school hosts an annual tournament which attracts over 100 of the finest players from around the South East of England.

The senior school has recently announced that they will be offering a chess scholarship from September 2019, to reflect the strong and growing interest in the sport.



Residents call for action after littering worsens



Photo credit: Stacy Bastian

As a nation, we spent over £203billion on food and drink last year alone.

There are a whole host of people that work to keep food safe and Brentwood has a team of dedicated environmental health officers whose job it is to inspect local food businesses to ensure hygiene standards are up to scratch.

The Food Hygiene Rating Scheme helps people choose where to shop for food and where to eat out by giving them clear information about the businesses' hygiene standards.

There are six hygiene ratings ranging from '0' (urgent improvement required) at the bottom to '5' (very good) at the top. The vast majority of food businesses in and around Brentwood are ranked generally satisfactory, good or very good.

Brentwood Borough Council's chairman of the environment and enforcement committee, councillor Keith Parker, said: "We have a dedicated team that work hard to ensure that food is safe in Brentwood so that residents and visitors can dine out with peace of mind. Research shows that food hygiene when eating out is the UK's number one food safety concern so we are really pleased that the majority of our local food businesses hold a rating of 3 or above."

Win for school orienteers



Brentwood School's Orienteering Club were in action recently at Highwoods County Park.

It was the final event of the schools' league season and the team of 17 won the trophy as the top scoring school in both the whole school and senior school league.

In addition, individual pupils won awards for their places in the league.

Among the winners were Janie Horton who won gold for Year 7/8 girls, with Pranita Arun Prasad winning bronze.

Jake Horton won silver for Year 5/6 boys, and Sam Lee won bronze in the Year 9/10 category.

Residents believe littering in Brentwood is becoming a huge problem and some people have even contemplated leaving the town because of it.

Stacy Bastian believes the problem is becoming worse.

She explained: "I first noticed in autumn 2017. In the spring/summer I used to walk my new born baby everywhere in the pram and the place was lovely.

"It's got so bad everywhere now. I feel the bin days have played a big part in this. Bags explode and no one picks them up. I could have filled at least five recycle bags with plastic and cans I saw in one day and I only went down a few roads."

Stacy has tried to notify the council of the growing problem.

She said: "I've emailed the council via their web page twice and called several times. They say they will respond in 48 hours but they don't."

Stacy believes there is a simple solution to the problem.

She said: "I think more bins need to be provided on the streets including recycling. Also, I think residents should have wheelie bins to stop the bags on the streets.

"Kings Road is very bad. There is a parade of shops at the top of the hill and no bins.

"I would also like the shops to take responsibility for their waste or be fined. William Hunter Way is awful where the shops are."

Brentwood Council was approached for comment.

The people who protect your plate

As part of National Food Safety Week, which was held from June 4 to June 10, Brentwood Borough Council partnered with the Food Standards Agency to shine a light on food safety and the team working behind the scenes.

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ON PATROL WITH... THE PASTORS



LOCAL NEWS

Street Pastors have had a good month since our last report. We are pleased to get affirmation from different aspects of the community who understand what we are trying to do.

We patrol our night time economy in many towns across Essex and the UK and in fact have projects overseas.

It is exciting to see the development as a sub project of school pastors. We are currently training 17 volunteers who will be helping out in two senior schools later on this year with some of the pastoral issues that arise. We are very keen to support schools

across our community and we may set up more projects next year if these ones are well-received.

We continue to build relationships with other organisations including the Samaritans, police, SOS Bus and council.

We have nearly reached the end of this season's training but if you are interested in becoming involved, are over 18, available for training and are embedded in a local Christian church, then why not come out and shadow a patrol to see if it's for you?

Contact us via Facebook or Twitter or email Billericay@streetpastors.org.uk

Council joins Community Safety Accreditation Scheme

Brentwood Borough Council will be helping to reduce crime and disorder after joining the Community Safety Accreditation Scheme (CSAS).

The scheme is a nationally accredited initiative which accredits staff of organisations with limited policing powers to help keep the borough safer. The aim is that organisations whose staff contribute to community safety will be given the tools to undertake their roles more effectively.

By giving these targeted powers, an accredited person is better equipped to deal with issues on the spot without the involvement of police.

Six council staff members have undergone training from Essex Police and received accreditation on May 23. They were presented with certificates and identity cards, with more staff receiving training in June.

These staff members can now exercise powers appropriate to their roles and tackle graffiti, litter, abandoned cars and anti-social behaviour.

Chairman of Brentwood Community Safety Partnership, councillor Chris Hossack, said: "We are committed to ensuring Brentwood remains a safe place for people to live and work. Our officers who have been accredited now have the direct powers to deal with issues that affect our community directly.

"This is great news and gives them another level of enforcement allowing them to deal with certain issues on the spot."

Chief Inspector Lewis Basford said: "The CSAS accreditation gives Brentwood Borough Council the ability to work with Essex Police in relation to problem areas of anti-social behaviour or continued nuisance in the district whilst meeting the council's own priorities.

"Together this increases the partnership working between Essex Police and the council which will now get stronger as more staff are accredited throughout the year. I look forward to continuing to work with the council and the Community Safety Partnership."

Classic British Bathrooms

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Traditional bathroom furniture is becoming ever increasingly popular as it comes in a range of beautifully traditional solutions to add classic style and sophisticated elegance to your bathroom.

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Traditional baths range from soaking tubs, natural stone, freestanding roll tops including a selection of different styles of feet to add that luxury feel to give blissful bathing. There are extensive options for showering whether it be over a bath or in an enclosure there is always a solution to suit your



requirements. Thermostatic valves offer safe and controllable showering for the entire family available in a selection of finishes both to look fantastic and ergonomic to use. They are designed to use the highest quality materials with today's technology but yesterday's designs.

Ceramic traditional basins are available wall hung, with pedestal or beautifully designed wash stands in a variety of finishes as are WCs which can be close coupled, low, mid or high level with ornate traditional brackets and aluminium, white or black cisterns. Importantly accessories such as ceramics, shelves, lights mirrors & radiators provide the finishing touches to ensure your bathroom looks great and functions perfectly.

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BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



LOCAL NEWS



I have just been celebrating the first anniversary of my election to Parliament as the Member for Brentwood and Ongar. In June last year I took my place in the House of Commons, amid a flurry of briefing talks, advice sessions and phone calls with more experienced MPs.

At the time I wrote: "I suspect the packed timetable is a carefully organised scheme to stop the new boys and girls finding the nearest Commons bar to drink to the future and wonder what on earth just happened..."

Suffice to say, the Commons bar has remained a distant aspiration amid the continuing hectic schedule of meetings and briefings with organisations linked to, or interested in, my work in Parliament. I sit on the Work and Pensions Select Committee and the Joint Committee on Human Rights, and chair the All-Party Parliamentary Group on Adverse Childhood Experiences. I'm also on the APPG for Children and have a keen interest in the APPGs on Autism and on Electric and Automated Vehicles.

Committees and APPGs take up a significant chunk of my time, but the Whips are also keen to see the newer backbenchers take part in debates, so I am frequently to be found in the Commons Chamber trying to catch the eye of the Speaker so I can contribute. And then there is the vast amount of

legislation which is having to be debated and passed (particularly on Brexit) and frequent sittings late into the night.

The Parliamentary work is, of course, just part of the job of being a Member of Parliament. One of the most satisfying parts of what I do is being able to help local people when other parts of the system have let them down. In the last year I have also dealt with around 2,000 individual cases on behalf of constituents as well as responding to another couple of thousand "click and send" campaign group emails on all subjects from refugees to foie gras to NHS funding.

I've visited nearly all of the 47 schools in the constituency. I've spent a lot of time with Hunter Avenue residents in Shenfield trying to get Network Rail to sort out the problems caused by Crossrail work. I've investigated waiting times at local GP surgeries and I've stolen an idea from Health Secretary Jeremy Hunt by holding many of my regular surgeries in the Sainsbury's café in Brentwood.

I've visited a good many interesting local businesses and social groups and I'm very eager to visit more - so if you'd like to have a chat please get in touch. And, as ever, if there's anything I can do to help, do let me know. Have a wonderful summer. www.alexburghart.org.uk

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Before



After



Crazy 'BOUT CORDEN



After upping sticks for the US three years ago, James Corden has become one of the biggest names in world entertainment, yet it's refreshing to find Uxbridge's most famous export hasn't lost any of his tenderness, humility or down-to-earth charm.

He presents one of the biggest talk shows in the world, stars in Hollywood blockbusters and calls Harry Styles his best mate. In December, he welcomed his third bundle of joy, Charlotte, and despite a burgeoning family life, remains hopelessly in demand for shows and events on both sides of the Atlantic.

With all the showmanship and perfect appearances that are required for TV work, it follows then, that if an opportunity arises to get a job done by putting in a little less effort, James Corden grabs it with both hands. Like his recent turn voicing the inimitable Peter Rabbit in Sony's adaptation of the Beatrix Potter classic. 'Voicing' being the operative word. For to play the woodland scamp, the 39-year-old simply had to turn up in a recording booth... naked, if he wanted. "Any job where I don't have to make any effort with my appearance... where I can turn up looking like a hot mess, is fine by me," he laughs.

Cheeky, charming and affable as ever, it isn't hard to wonder why the star has enjoyed stellar success, though no one could have predicted he would crack America with such ease. But since taking over from Craig Ferguson as host of CBS's *The Late Late Show*, Corden's fanbase has swelled, as has his bank balance. His popularity is mostly down to a perfectly delivered, self-deprecating sense of humour, though is helped along by an impeccable contacts book, which has seen the likes of Justin Bieber, Mariah Carey and Adele booked for his brilliant *Carpool Karaoke* skit.

But away from the glaring spotlights, Corden likes to keep his life simple. Yes, he is mates with some of the biggest stars going, but outside of work the Brit loves nothing more than relaxing at his home in LA with wife Julia Carey, children Max, seven, Carey, three, and their recent new-born. Family life provides a necessary anchor in the sea of celebdom, as he jokes that his kids don't give a fig about his illustrious career. "They've got bigger fish to fry - I'm just dad. I do the dishes and make funny faces; that's all I'm good for," he jokes.

Having made his name in the late 1990s with the BBC Three sitcom *Gavin & Stacey* - which he co-wrote and starred in with his *Fat Friends* co-star Ruth Jones - Corden is living proof that anything is possible. For here is a man who started out with no connections to Hollywood, and who certainly doesn't boast the looks of your average film star. Yet his last role was opposite some of cinema's hottest and most celebrated stars, in the *Ocean's 8* all-female reboot starring Sandra Bullock, Cate Blanchett and Rihanna.

"*Ocean's 8* was really fun," he says with a grin. "I mean, with a cast like that, you know it's going to be incredible.

"I still count myself as lucky every day. To be successful is all I wanted, but as time goes on, you come to realise that to be happy and to feel loved is much more important."



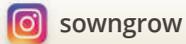
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Do you have a love for all things homegrown and fancy dipping your toes in sustainable living but don't have a lot of outdoor space? Building or converting an allotment shed could be the perfect solution for you.

Utilise recycled materials

In keeping with the sustainable vibe, try to source as many recycled materials as possible; old pallets are perfect for building a shed from scratch, used tyres are ideal to create raised vegetable beds and recycled water bottles make great hanging planters.

Create space to escape

It is just as important to create a place to relax in your shed as well a place to store your garden appliances and grow produce. Don't shy away from interior design; injecting your personality into your shed will make you want to spend more time in it, as will a comfy, upcycled chair.

Be environmentally friendly

Lighting can transform a shed from dank and damp to warm and inviting; invest in solar panels to create

ambience and to allow you to enjoy the space late into the night without any detrimental effects to the environment. For the winter months a wood burning stove is a must-have; logs are considered a carbon neutral fuel and therefore much greener than gas or electric heaters.

Know your limits

Building a green space on your shed roof is a brilliant way to create an allotment with limited space, but this type of project is not for beginners. Drainage, weight distribution, possible planning permission and choosing suitable plants are all important factors. If you are not an experienced gardener then it might be best to start small with a selection of veg you can grow in your shed such as tomato plants, lettuces, potatoes and a selection of herbs.



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5 POISONOUS PLANTS

Beware the hidden dangers that are lurking in your garden which could prove fatal to your beloved family pets if consumed. We have identified the most common garden plants which could poison your dog or cat to help you keep your animals safe.

1. TULIPS

From the stem to the petals, the tulip flower is toxic, but the bulb specifically is poisonous to dogs and cats and when consumed will result in a nasty case of nausea, mouth irritation and excessive drooling. If you are a horse aficionado, it is worth noting that this flower is toxic to our equine friends also.



2. TOMATO LEAVES

If you are a keen allotment gardener, always ensure that your tomato plants are not accessible to either cats or dogs as the leaves of this plant are toxic to them.



3. AUTUMN CROCUS

This variety of crocus is extremely dangerous for both cats and dogs and if ingested can lead to liver and kidney damage, seizures and even death. The spring crocus is not without fault as it can still cause vomiting and diarrhoea but doesn't lead to fatalities.



4. LILIES

The beautiful lily flower is a complete no-no for any cat owners as every part of this plant is toxic to them; as little as one petal can make them very ill indeed. Certain varieties are also toxic to dogs.



5. FOXTAILS

This common perennial grass weed that can grow up to two feet tall is incredibly harmful to dogs. Most likely to be found in open fields but it could be growing in your garden, this weed shows itself in the form of a spikelet that carries the foxtail seed. This seed, if buried in your pets, can lead to infections, abscesses, perforated lungs and eventually death.





TRAVEL



MASTERING THE BASIC Languages

Travelling to a new country can be a daunting experience, especially if you have a family to look after or are travelling alone. However, simply learning a few basic words and phrases before you go can make the world of difference when you first arrive in an unknown environment.

1. Let's start with an obvious one, **Hello**. It is common courtesy at the very least to know how to greet people when visiting their country. It will instantly put a smile on yours and their faces if you can say hello in their language.

- Spanish:** Hola (oh-Lah)
- French:** Bonjour (bohn-zhoor)
- German:** Hallo (ha-Loh)
- Italian:** Ciao (chou)
- Turkish:** Merhaba (mare-ha-ba)

2. **Goodbye** – In many cultures it is considered rude to not say farewell to someone when leaving them so make sure this is one of the phrases that you learn and remember before travelling abroad.

- Spanish:** Adiós (ah-dee-ohs)
- French:** Au Revoir (ohr-vwahr)
- German:** Auf Wiedersehen (ouf vee-der-zey-en)
- Italian:** Arrivederci (ahr-ree-veh-dehr-chee)
- Turkish:** Hoşçakal (hosh-cha-kal)

3. **How much is this?** – What is a holiday without a little bit of shopping? Learning how to ask how much something costs is a key phrase when trying out the art of haggling.

- Spanish:** ¿Cuánto es? (koo-ahn-toh es)
- French:** Combien ça coute? (kohn-byan sa kooht)
- German:** Wie Viel kostet ... ? (vee feel kos-tet ...)
- Italian:** Qanto costa? (kwahn-toh koh-stah)
- Turkish:** Ne kadar? (nay-kad-ar)

4. **I am sorry** - Always a good phrase to know where ever you are in the world.

- Spanish:** Lo siento (Loh syehn-toh)
- French:** Je suis désolé (zhuh swee day-zoh-Lay)
- German:** Es tut mir leid (es toot meer lied)
- Italian:** Mi scusi (mee skoooh-zee)
- Turkish:** Özür dilerim (ouz-ur dill-ear-im)

Other useful phrases you may want to look up include;

- Where is the bathroom?**
- I need help**
- Where is the nearest hospital?**
- I don't understand**

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Travel BUG

If travel sickness means you dread long journeys, these helpful dos and don'ts may serve you well on your next vacation.

- ✓ DO choose the best seat. The front of the car, the middle of the aeroplane over the wing, or the lower levels of a ship are where you should be.
- ✓ DO have a steady flow of fresh air.
- ✓ DO be prepared. If you are prone to sickness, take antihistamines the night before, then on the morning of your trip. If you only think you might be sick, pack hyoscine tablets such as Kwells, which can work within 15 minutes.
- ✓ DO dose up on ginger. Studies have shown that this warming spice can really help travel sickness. So, take ginger capsules half an hour before travelling, have ginger candies in your bag (from health food stores) and if you are sick, drink plenty of water to overcome the effects.
- ✓ DO trust in acupressure. Travel bands around your wrist work by stimulating a specific pressure point; but if you don't have these, try holding your thumb firmly on the middle of the underside of your wrist.
- ✗ DON'T sit backwards. These conflicting motion cues can discombobulate the hardiest of traveller.
- ✗ DON'T have constant air con on. The cold air will dehydrate you and the warm air will increase your sense of nausea.
- ✗ DON'T suffer in silence. Strike up conversations, play games and do whatever you can to stop your mind fixating on the sickness.
- ✗ DON'T eat too much pre-travel. If you know you are prone to sickness, eating a huge greasy meal before you start, or travelling hungover, will make your life hell.
- ✗ DON'T be ashamed. Worrying will only make your sickness worse, so take precautions and carry sick bags just in case... but mostly, relax.



@essexprivatedoctors



Dr Kannan Athreya & Dr Alice Scott

First Floor
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CM15 8LB

AVOID THE MALE DIABETES RISK

July 2018

Dr Scott, an experienced GP at our private Shenfield practice, looks at type 2 diabetes and explains why men are more at risk than women

There are two types of diabetes: Type 1 and Type 2. Both prevent the body from keeping sugar levels within a healthy range.

Type 1 diabetes is an autoimmune condition where the body destroys cells in the pancreas which produce insulin, it is usually diagnosed in children or young adults.

Type 2 diabetes is associated with being overweight and is usually diagnosed in people over the age of 40. It is more common that type 1 diabetes and accounts for 90% of cases of diabetes. In type 2 diabetes either the body stops making enough insulin or becomes less sensitive to the effect of the insulin it makes.

likely to die from diabetes. Much more needs to be done. One man in 10 now has diabetes and in middle-aged men the disease is expected to increase sharply in frequency over the next 20 years.



What are the symptoms of diabetes?

Diabetes causes symptoms such as fatigue, unintended weight loss, needing to pass urine a lot, feeling very thirsty and frequent infections.

Visit our Surgery

Diabetes can be diagnosed by a blood test which we can conduct at our private GP surgery in Shenfield. We also offer Well Man and Well Woman health screening which can help detect diabetes early before complications occur.

If you are concerned about your risk of diabetes, or the risk diabetes poses to a loved one, please call our helpful reception team on 01277 201001. They will be happy to help you to make an appointment with one of our doctors to discuss your concerns.

The problem

In 2017 there were 3.7 million people with diabetes in the UK and this is predicted to rise to 5 million by 2025. It is estimated that one in 10 men will develop diabetes.

Men are more likely to get diabetes. More likely to suffer complications. More likely to face amputation as a result of diabetes. More

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HEALTH & FITNESS

CELEBS Practice WHAT THEY Preach

Ever wondered how some celebs stay super fit and also appear calm in the face of constant press attention? They do yoga of course and, incidentally, they can't stop gabbing about the endless benefits of this ancient Indian practice.

Friends star Jennifer Aniston insists yoga supports her inside and out...

"Yoga strengthens my muscles and gives me a great sense of peace and calm. It also improves my breathing and centres me. I usually follow yoga with about 40 minutes of cardio – hiking, running or at the gym."

Supermodel Gisele Bündchen enjoys the spiritual aspect of the practice...

"Sometimes I just do mantras because yoga for me is a philosophy; it's another tool to help you go inward, because my whole mission in life is to keep going inward."

Musical legend Sting credits yoga for career longevity...

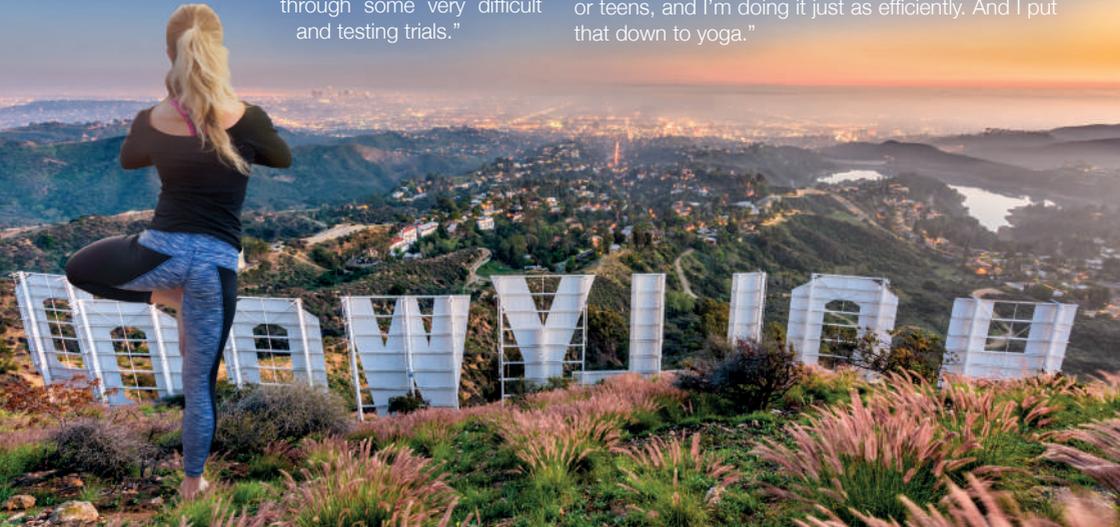
"I do the job of a 25-year-old. I perform on stage in much the same way I did when I was in my twenties or teens, and I'm doing it just as efficiently. And I put that down to yoga."

Maroon 5 frontman Adam Levine credits yoga for his mega stardom...

"I have a hard time sitting still. Yoga has given me the ability to be more focused and make better decisions that come from a clear place. It's made me more successful. I love it and don't know what I'd do without it."

Actor Robert Downey Jr. credits the practice for helping conquer his addictions...

"All the battles are in your head. When you are able to master those contradictory impulses, then you're no longer going to fear those demons that want to drag you back to hell. Yoga is a kind of meditation for me - you get this strange sense of calmness even when you're putting your body through some very difficult and testing trials."



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THE POWER OF

Primer



Did you know that by simply applying a tinted primer before your foundation you can mask a multitude of skin complaints? Start using colour correction for a perfect complexion today.

PURPLE FOR SALLOW SKIN

If you are fair-skinned and prone to unwanted yellow undertones, purple and lavender shaded correctors are what you need to achieve brighter, glowing skin.

GREEN FOR ACNE-PRONE SKIN

Skin that is prone to acne, rosacea or even blushing can benefit from a green primer as it can help to mask any redness on your face. If using a green primer, always apply foundation afterwards as it can make you appear ill when used on its own.

PINK FOR TIRED-LOOKING SKIN

Had a few too many late nights? Too little sleep combined with sugary foods that you have most likely consumed for a much-needed energy boost can leave your skin looking dull and exasperate any early signs of ageing. Pink primers add luminosity to all skin tones which will help disguise any fine lines and leave you looking fresh even if you are not feeling it.

YELLOW FOR VISIBLE BLOOD VESSELS

Those with light skin can struggle to hide unsightly blue-purple blood vessels that are sitting beneath the skin. Yellow primer can help minimise the appearance of dark blue tones without the need for excessive concealer.

Darker skin tones can also take advantage of this shade of primer by using it to enhance their naturally darker complexion beneath foundation.

PEACH FOR SUN-DAMAGED SKIN

Sun worshippers can use peach primer to hide the detrimental effects of the sun on their skin such as age spots, dark circles and any unwanted pigmentation. However, this only masks sun damage, so always protect your skin from the sun with a suitable sunscreen.

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It's **PIMM'S** O'Clock



The thought of a cool glass of Pimm's on a hot summer's day is enough to send anyone running to their nearest supermarket. And although we love a classic Pimm's, we have three fabulous alternatives using summer fruits and herbs that are perfect for impressing your friends.

Pimm's Ginger & Peach Punch

YOU WILL NEED:

260ml Pimm's | 750ml ginger beer | 500ml lemonade | Mint leaves | 2 peaches, halved, stoned and cut into thin wedges | Ice cubes to serve

HOW TO MAKE:

Put peach wedges into a cocktail pitcher | Add a generous handful of ice cubes | Pour in Pimm's, ginger beer and lemonade | Top with mint leaves



Pimm's Tropical Fruit Fusion

YOU WILL NEED:

400ml Pimm's | 800ml pineapple juice | 200ml sparkling grapefruit juice drink | Half a chopped mango | 1 sliced kiwi fruit | Quarter of lime | Mint leaves | Ice to serve

HOW TO MAKE:

Pour the Pimm's and pineapple juice into a cocktail pitcher | Add the mango, kiwi and ice cubes | Squeeze in lime juice and then throw in the wedges with the mint leaves | Top up with the sparkling grapefruit drink, stir and enjoy



Pimm's-icles or Pimm's Ice Lollies

YOU WILL NEED:

500g of halved strawberries | 10 mint leaves | 75ml Pimm's | 100g caster sugar | 20 thinly sliced cucumber pieces

HOW TO MAKE:

Blend the strawberries and mint until smooth | Pour the mixture through a sieve to remove any seeds | Stir in the Pimm's, lemonade and sugar until dissolved | Add the cucumber pieces to 10 individual ice lolly moulds and pour over the mixture | Freeze for 45 minutes and then insert lolly sticks | Continue to freeze until solid | To serve, dip the mould in hot water, then slowly remove the lollies



Photo credit: urbanbuzz / Shutterstock.com

FOOD & DRINK



Something for everyone

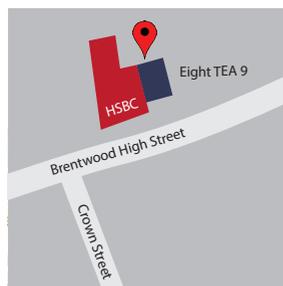
The popular Brentwood High Street café Eightea9 has just launched its Summer menu. With lots of variety to choose from, for breakfast why not try our American style pancakes or something different like the Mediterranean breakfast.

Our Summer Seafood Salad or Feta & Honey Melon Salad is perfect for a light lunch.

The High Protein Plate will be perfect for the gym goers after a great workout or just those who fancy a bigger meal!

We have a lot to offer with the new additions on our Summer menu, but we still have all your favourites on our classic menu available daily.

Come join us for some great tasty food!



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Try our Summer Menu

American Style Pancakes With streaky bacon or blueberries & banana, both served with maple syrup	£7.00 (New)	Summer Seafood Salad Crayfish, smoked salmon & prawns	£8.95 (New)
Mediterranean Breakfast Beef pastrami, feta cheese, halloumi, fried egg, olives, tomatoes, cucumber & pita bread	£7.50 (New)	Brick Lane Salt Beef Served in crusty bread, with gherkins & mustard	£6.95
Full English on Sourdough Bread Streaky bacon, Cumberland sausage, mushrooms, cherry tomatoes, black pudding & soft fried egg	£7.50 (New)	High Protein Plate 4oz steak, grilled chicken breast with avocado salad, boiled egg & sweet potato/carrot mash	£12.50 (New)
Chilli Guacamole With feta, rocket & poached egg served on sourdough or bloomer toast	£6.95 (New)	Grilled Chicken Breast Our own special marinated grilled chicken, served with mixed salad, humus /pitta or chips	£7.95
Parma Ham & Poached Eggs Served with asparagus spears & parmesan shavings on a muffin	£7.95 (New)	Hand Carved Ham & Chips Country ham, double egg & chips	£6.95
Scrambled Eggs & Spinach Mixed with feta cheese or chorizo, tomatoes & avocado on granary toast	£7.45	Homemade Burger or Grilled Chicken Served in a seeded bun with cheese, lettuce, tomato relish, red onion & chips	£8.50 (New)
Mashed Avocado On toasted bloomer with poached egg, halloumi & cherry tomatoes	£6.95	Sea Bass Fillet Served with new potatoes, cherry tomatoes, asparagus spears & butter sauce	£10.95 (New)
Feta & Honey Melon Salad Cucumber, red onion, dill & light lemon dressing	£7.50 (New)	Scampi & Chips Whole tail breaded scampi, chips, garden peas or salad & tartar sauce	£7.50

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Summer Shades



V
FASHION

On the catwalk this year we saw an exciting combination of contemporary design mixed with retro influences in men's sunglasses. Make sure you are bang on trend with our pick of top five styles that showcase some of this summer's hottest looks in eyewear.



METAL FRAMES

Say goodbye to acetate frames and hello to striking gold and silver ones. Perfect for men that like a lightweight frame which screams sophistication.



THE CHARLESTON FRAME

A nod to the charmingly stylish era of the 1920s, the Charleston frame is guaranteed to update your look in an instant. With a round frame and a distinct retro feel, this frame is ideal for those wanting to look effortlessly cool this summer.

ROUND VINTAGE GLASSES

If you only buy one pair of sunglasses this year, make sure they are round and small framed; think back to the '90s when sunglasses were simply shaped. Embrace this decade full throttle and look for a pair with tinted lenses; another top trend for 2018.



D-SHAPED FRAMES

Fancy looking super sexy on the beach as well as on the morning commute? D-framed sunglasses are instantly noticeable by the sharp straight line across the rim and are a perfect balance of futuristic cool and nostalgia. If you have a square-shaped face this is definitely the sunglass style for you.

MODERN OVERSIZED AVIATOR

This classic style takes on a contemporary twist by going super-size this season; a combination of deep lenses and squared brow means this style suits nearly all face shapes. And who doesn't want to look a bit like Tom Cruise in *Top Gun* this summer?



Photo credit: www.assos.com

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And although the reputation of these insurers is better now than in the past, simple mistakes can see your insurance pay-out reduced significantly and, in some cases, taken away completely.

So follow the four tips below to ensure you get what you're owed:

RENEW AND REFRESH

When your renewal comes around, think about what's happened in the past year. Some companies auto-renew, meaning points gained in the last 12 months don't automatically get added. And yes, you've guessed it, when it comes to claiming, they'll be asking why these weren't declared.

It's not just about underpaying for insurance, either. Say you're claiming having lost control of the car and there are points on your licence for speeding... well, in their eyes, two plus two might well equal four.

you're insured?

Update predicted mileage, a new job location, any car modifications and even family pursuits... drag racing, for instance.

PUT YOUR CLAIM IN THE FAST LANE

If something happens to your car on the Monday, call your insurers on that day, not Tuesday, not Wednesday, not the week after. Delayed reporting raises suspicion levels.

AS GOOD AS YOUR WORD

Perhaps your vehicle requires special maintenance on a regular basis; perhaps you've said it's parked off-road, yet it's been sat on the grass verge of a busy A-road. If your policy states certain conditions must be fulfilled, make sure they are.

YOU AND YOU ALONE

If your insurance states you're the sole driver then it has to be you behind the wheel, however tempting it is for your mate to drive you back from the pub.



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Day to day fun!

Even the phrase 'summer holidays' can leave most parents feeling anxious at best, terrified at worst. Six whole weeks with your darling offspring to entertain day in and day out can be an overwhelming task to prepare for.

Fear not. We have put together a full week's worth of hands-on activities that you can do at home without breaking the bank. We just hope you don't mind getting your hands dirty.

Monday



Start the week off strong with a super easy **two ingredient slime** recipe. All you need is PVA glue and Aldi's Almat Bio Gel. Pour roughly 250ml of glue into a bowl and add one teaspoon of gel at a time, mixing as you go until the slime no longer sticks to your fingers. Get creative and add food colouring and glitter to your slime.

Tuesday



Build a fortress with DIY **kinetic sand**; so much cheaper than the shop bought product and the kids will never know the difference. Simply bake 2lbs of sand at 120 degrees for 5 hours. Then, mix one bottle (5oz) of clear glue with one cup of liquid starch until you have a runny slime consistency. Gradually add a spoonful of the slime to the sand until you get the desired effect.

Wednesday



Create their favourite animals or insects with **salt dough figures**; hours of endless interactive and imaginative play, and that's after the fun of building the figures. To make the salt dough mix ½ cup of salt with 1 cup of flour, then slowly add ½ cup of water and knead the dough until the texture is ready to use. Acrylic paints work best on this type of dough.

Thursday



Experiment in the kitchen but with no burnt fingers in sight with our **no bake peanut butter oat square**. Simply melt 1 cup of peanut butter and ½ cup of honey until smooth and then mix with 3 cups of rolled oats. Add the mixture to a greased pan and place in fridge to set. For a healthier treat try homemade fruit kebabs.

Friday



Strengthen their little fingers (great for handwriting) and have them in fits of laughter with **cornstarch goo**; it's basically homemade quicksand. Just gradually mix cornstarch with water and you are off.

Saturday



Create their very own ice cream parlour with **cloud dough**, super-easy to make and with minimal mess; a win-win situation for all. Simply mix 1 cup of baby oil with 8 cups of flour and you are ready to go. Set out some ice cream scoops, spoons and tubs, and let their imagination do the rest.

Photo credit: FrogsandSnailsandPuppyDogTail.com

Sunday



Bubble painting is the ideal way to end the week; this activity can be altered to suit children of all ages and abilities and creates beautiful, colourful artwork that your kids can proudly show off. All you need is bubble mixture, food colouring, bubble wands and lots of painting paper.



KIDS

WHAT'S ON

in your area

Lunchtime Organ Recital
Brentwood Cathedral, Ingrave Road,
CM15 8AT

July 11, 1pm - 1.40pm

Lunchtime organ recital to be given by Professor David Graham from the RMC London.

All are welcome. Free admission. Parking available.

Brentwood Pop Connect Meeting
Brentwood Golf Club, Coxtie Green Road,
South Weald, Brentwood, CM14 5RJ
July 11, 11am - 1pm

Vibrant, friendly, structured women's networking group with a relaxed buffet-style lunch towards the end. Two interesting presentations and time to hear about everyone's business. Visitor fee £25 - membership available for just £199, with £20 attendance fee.

Come and see how Pop Connect can help support and grow your business. It's a fresh new and vibrant way to build your business through networking.

Brentwood Festival 2018
Brentwood Centre, Doddinghurst Road,
Brentwood, CM15 9NN
July 13 - July 15



Held in aid of Cancer Research UK, the 8th annual Brentwood Festival will take place from July 13-15.

Confirmed acts include: Squeeze, Scouting for Girls and Heather Small.

Our BBC Introducing in Essex stage will feature some of the best of up and coming acts from across the county.

The festival also includes a VIP area, overnight camping, market stalls, funfair and children's

activities.

Children under 10 attend for FREE throughout the weekend (all youths under the age of 18 MUST be accompanied by an adult).

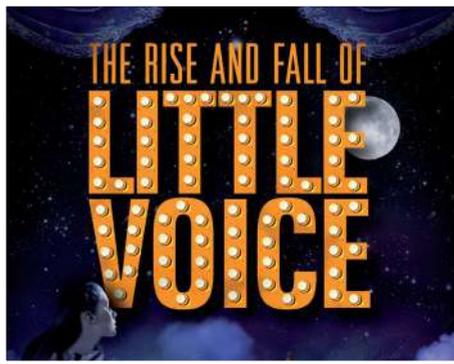
For more information, visit www.facebook.com/events/1538735952885429

Live Music at the Bardswell Social Club
Bardswell Social Club, Weald Road,
Brentwood, CM14 4TJ
July 21, 7.30pm

Enjoy the music of Cliff Richard and the Shadows at the Bardswell Social Club in Brentwood. Playing live on stage will be Rich Clifford and the Young Once.

Doors open at 7.30pm. Admission is £5. Telephone 01277 214057 or visit www.thebardswellclub.co.uk for further details.

The Rise and Fall of Little Voice
Brentwood Theatre, 15 Shenfield Road,
Brentwood, CM15 8AG
July 20 - July 21



The Reject Theatre Company presents... The Rise and Fall of Little Voice.

A shy girl rarely ventures outside her bedroom and when her loud drunken mother's new boyfriend, a small time local promoter, spots her talent for mimicking famous singers he is determined to exploit her talents.

For more information or to book tickets, visit www.brentwood-theatre.co.uk

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2ND STAGE

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HAIL MARY

THE QUEEN OF THE HIGH STREET WAXES LYRICAL ON BUSINESS, LIFE AND FACING FEARS

From humble beginnings in Watford, retail expert and TV star Mary Portas has rose to the highest heights.

Her stellar career has seen her become a board member of Harvey Nicholls by the age of 30.

She went on to run her own highly successful retail consultancy and star in popular shows on national TV.

At a recent conference she talked candidly about her past, present and her brilliant approach to business you couldn't help but be moved, motivated, entertained and inspired. Especially as Mary is such a powerful advocate of empowering women in society to soar to heights unimaginable in less enlightened times.

Here are some of the gems from Mary. Not only do they help people in business, but they are wise words to help us all get the most out of all aspects of our lives.

Mary's background was an interesting one.

Her story started on the tough streets of Belfast during the time of the Troubles.

Sectarian violence was a daily occurrence. And Mary's parents were that often targeted rarity – a cross sectarian relationships between a Catholic and a Protestant.

To escape the troubles her family moved to England. It was a toss up between Watford and Dagenham. Watford won, and the Portas family moved into a terraced house in Windsor Road.

But the stability of her family life was shattered when her mum died. Mary was only 16 years old.

Her grief-stricken father died just three years later.

At just 19 years old Mary was thrown into being the head of her family.

But rather than shrink she grew quickly into the challenge. The rest as they say is history.

A super successful career, massively popular TV shows, a respected figurehead and champion of independent businesses, a mum, partner and loyal

friend – it's fair to say this Wonder Woman has done well, very, very well.

HERE ARE PORTAS POWER POINTERS:

- **When a business is not making money, you must take risks.**
- **Be relentlessly persistent** – she phoned Harrods dozens of time looking for a job – finally she got one at the world's most famous store.
- **Always innovate in your business and life**
- **Get people excited about what you do**
- **Only do things that make your soul sing**

And one final gem from Mary... She told a story about how terrified she was before her interview as a talented youngster at the world famous Royal Academy of Dramatic Arts.

Almost paralysed with fear her tutor told her a poem that she has never forgotten and we'd all do well to remember when faced by fear and seemingly an overwhelming situation.

Here it is in all it's beautiful brevity.

**Come to the edge,
we might fall...**

**Come to the edge,
it's too high...**

**Come to the edge...
and they came,
and he pushed,
and they flew.**

CHRISTOPHER LOGUE

MaryPortas.COM
PHOTO CREDIT

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DIVIDEND ALLOWANCE REDUCTION FROM APRIL 2018

In the Summer Budget 2015, the government announced that dividend taxation would be reformed from April 2016 by replacing the Dividend Tax Credit with a £5,000 dividend allowance and increasing the rates of tax payable on dividends in excess of the new allowance by 7.5 percentage points in each band, to 7.5% for basic rate, 32.5% for higher rate, and 38.1% for additional rate. Previously, a basic rate taxpayer paid no tax on their dividend income; only higher rate or additional rate taxpayers paid tax on their dividend income.

INDIVIDUALS AND BUSINESSES AFFECTED

In the Spring Budget 2017, it was announced that the £5,000 dividend allowance would be reduced from £5,000 to just £2,000 for dividends paid on or after April 6, 2018. The Chancellor, Philip Hammond, said that the reduction was designed to "address the unfairness" around the dividend allowance, which he described as "an extremely generous tax break for investors with substantial share portfolios". He said that about half the people affected by the reduction in the allowance were directors and shareholders in private companies.

The cut in dividend allowance is likely to have a significant effect if you are a company director and take dividends as part of your remuneration package. Self-employed people often provide their services through companies, paying themselves a small salary which they top up with dividends to reduce their tax bill.

This change will directly affect those individuals with investments that are held outside tax-efficient wrappers such as ISAs and produce more than £2,000 of annual dividends. One of the ways to mitigate this tax hike is to make full use of tax-efficient wrappers, putting your investments into an ISA or a Self-Invested Personal Pension (SIPP) if these products suit your investment needs and objectives.

As part of the service at HCR, we take the time to understand our clients' unique planning needs and circumstances, so that we can provide you with the most suitable solutions in the most cost-effective way. For a free review of your current investments and financial situation, please contact Keith Roney, Independent Financial Adviser on 01277 654153.

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PUZZLES & TRIVIA



PUZZLES

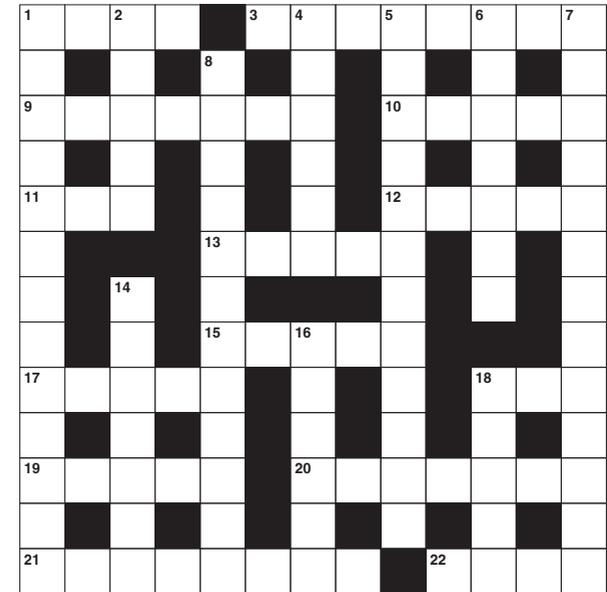
Answers can be found on the Contents Page 4

ACROSS

1. Moved through water (4)
3. Fighters (8)
9. Annoying (7)
10. Spring flower (5)
11. Definite article (3)
12. Possessor (5)
13. Recommended strongly (5)
15. Silk fabric (5)
17. Data entered into a system (5)
18. 23rd Greek letter (3)
19. Prize (5)
20. Break a rule (7)
21. Outer (8)
22. Pottery material (4)

DOWN

1. Perfect likeness or double (8,5)
2. Foot joint (5)
4. Getting older (6)
5. Evergreen shrub (12)
6. Elongated rectangles (7)
7. Magnificently (13)
8. Spanish adventurer (12)
16. Irrelevant pieces of information (6)



14. Insert in a person's body (7)
18. Jewel from an oyster shell (5)

DID YOU KNOW

- ▶ Indonesia has around 120 active volcanoes.
- ▶ The Maldives will one day disappear as it will be swallowed up by the sea.
- ▶ Almost all of the electricity produced in Norway is clean and renewable.
- ▶ The Great Wall of China is over 13,000 miles long.
- ▶ Spain produces nearly half of the world's olive oil.
- ▶ Dubai has several of the tallest buildings in the world, including the tallest structure and tallest hotel.
- ▶ There are more than 300 languages spoken in London.
- ▶ The water of geysers in Iceland are around 100 degrees Celsius.

SUDOKU

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

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