



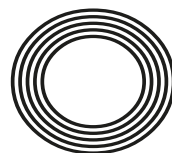
GO
DOTTY
IN YOUR
INTERIORS

DIVE DEEP

See the Titanic with
your own eyes

ASHLEY BANJO

Behind the success of Diversity



FREE

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ED SHEERAN

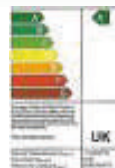
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April 2019

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Editor's notes...



Nik Allen, Editor

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

Last month my wife and I went downstairs in the morning to find our back door wide open and our car keys gone.

Both our cars had been stolen from off our driveway.

To say it left us shaken up is an understatement.

The loss of the cars was one thing but knowing that people had broken into our house while we slept upstairs with our baby son was really disturbing.

It could have been very different. What if we disturbed them during the break-in? What if they went further into the house looking for things to steal? It scares me to think about it.

Thankfully the cars both have tracking systems and we found them quickly.

We had a lucky escape, but it did make me realise how complacent we'd been about our home security.

We've now ramped up our home defences in a way Fort Knox would be proud of.

Thankfully we found a good local alarm company and locksmith who came to our aid.

I'm sharing our experience to warn readers to be more aware about the measures they have in place to protect their homes and families.

Let's stay safe out there folks.

Thanks for reading and remember that if you have any news you want to share, I'm keen to hear it.

Nik

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THE DIVE

OF YOUR LIFE

Save up now for a truly titanic trip into the deep...

For over a hundred years, the sinking of the Titanic has fascinated, terrified and, dare we say it, even entertained the world.

A ship made famous by its demise, as it carried 1,517 poor souls to their watery deaths, has become a tearjerker, a milestone for flawed engineering and even a beacon for hope. And that's because, this April, as 'The Unsinkable' boat prepares to mark the 107th anniversary of its plummet to the floor of the ocean, everyday folk are being invited to dive down to the forlorn wreck and sample for themselves the rusted, barnacled vessel.

There are, of course, a few conditions. Firstly, only registered scientists can apply to make the trip to

the depths of the Atlantic Ocean, so best get out those study books. Secondly, you'll need to pay OceanGate or Bluefish, two companies who have developed a state-of-the-art submersible capable of the 90-minute descent, up to \$100,000 for the trip. And thirdly, you'll need the courage and confidence to believe you're not adding to the great ship's list of RIPs in what is surely an uncomfortable adventure into the deep.

The two craft that takes people down to the wreckage descend the full 13,000ft, with OceanGate's submersible (handily named Titan) having been extensively tested off the coast of the Bahamas. The company's CEO and founder Stockton Rush believes the venture marks a pivotal moment in our exploration of the seas.

He said: "This is a really important thing to come to fruition and it shows what we are capable of now. I can't express what achieving this means to me, and what it means to imagine the great things we're going to explore and find in the oceans in years to come."

And while the development of this level of diving technology creates incredible opportunities for ocean tourism, it can also help sub aqua conservation projects, helping us to look after and protect our oceans and all that live in them.

That we now have the opportunity to see the Titanic with our own eyes is also thanks to a man named Robert Ballard. When the oceanographer found the wreckage on a US Navy mission in 1985, it was the first time anyone had caught glimpse of the great ship since 2.20am on April 15, 1912, and

its discovery allowed a new generation to fall for her all over again.

The reality though, is venturing deep into the abyss in a submersible is the only way we will ever view the Titanic first-hand. Raising the wreckage has long been fantasised, but the crumbling mass would never make it back up to the surface. What's more, bacteria on the sea bed eat around 400lb of the ship every day – in fact there are so many bacteria down there that the rusted mass is surrounded by more life now than at any other point in her history.

The speed at which she is being eaten, however, means that within 50 years the wreck will be almost unrecognisable, so those keen to sample this iconic piece of maritime history should probably start saving up now.



HISTORY



LETTING HIS FOOT do the talking

Diversity by name, diverse by nature

It's 10 years since dance troupe Diversity leapt, spun and pirouetted into our collective consciousnesses in clinching the 2009 *Britain's Got Talent* title.

While the collective initially embarked on a global trail of sell-out performances and media adulation, the last dance usually comes around rather quickly, with these talented street dancers frequently tipped to be ready to go back to rather more normal existences.

And yet, nobody has told Diversity, it seems. Across multiple tours, holiday park residences, one-off shows, TV specials and special appearances, the strength of the group's talent has kept them in demand.

Perhaps it's the style, energy and passion with which they undertake their craft, perhaps it's the Simon Cowell effect; or perhaps the credit should go to Ashley Banjo, Diversity's lead-out man whose charisma, charm and personality has enabled him to forge his own career whilst sustaining the group's.

The 30-year-old has just enjoyed another memorable stint on hit ITV show *Dancing on Ice*, as a judge working alongside Jason Gardiner, Jayne Torvill and Christopher Dean. That follows his commitment to Sky1's talent show *Got To Dance*, plus appearances on everything from *Flirty Dancing* to *The Apprentice*, *The Cube*, *The Real Hustle* and *Catchphrase*.

While panel and game shows show Banjo is as comfortable with light entertainment as he is reality TV, the performer, who is an official ambassador for the United Dance Organisation, knows where his heart is.

He said: "Everything I do is there for me to bring my passion and enthusiasm for dance to the fore, and to get others to really appreciate the value of it.

"We're in an era where creative freedom can come in any form, so combining that sort of expression with exercise and energy remains, in my mind, the best possible way to blow away the cobwebs of everyday life. It's a performance that never ends."

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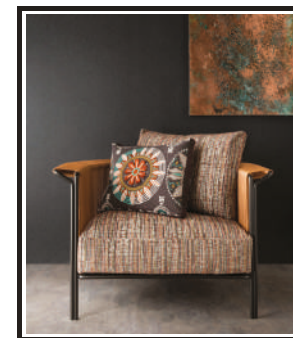
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A DESIGN FOR (ROYAL) LIFE



PRIVATE RESIDENCE, DUBLIN



PRIVATE RESIDENCE, LOS ANGELES

The inside track behind the interior designer who has been chosen to transform Harry and Meghan's new Cotswolds home.

There are very few people able to rifle through the personal belongings of the rich and famous – legally, at least – but interior designer Vicky James has been afforded that honour as she plots a 'floor to ceiling' makeover of Harry and Meghan's new Cotswolds cottage.

Vicky is known to the couple through some very salubrious showbiz connections – think the Beckhams', the Clooneys' and others – and has become renowned for her design expertise as one half of the (appropriately named) Charles & Co. Famously, she insists on needing two years to get to know a couple before laying down firm design ideas... so it seems an afternoon in B&Q simply won't cut it.

She was Global Head of Design at the Soho House clubs in London, and her eye for everything from minimalist chic to rustic homely furnishings has had her work celebrated and replicated all over the world.

It's that sort of diversity of

design that will be invaluable where the Sussexes are concerned. Meghan comes from a rather sleek and slick American life, where shine and shimmer in the reflection of the flashbulbs is the order of the day. For Harry, his heritage is more tweed than Twitter, so a sensitive and subtle combination of two very different style sensibilities will test the interior designer to her limits in what is a characterful million-pound farmhouse, untouched since the 1960s.

The rewards are simple – for the Cotswolds (The Great Tew Estate, in Chipping Norton, to be precise), another truly A-list import, and this time with a bit of regal acclaim; for Vicky, a blank cheque book on style and arguably the best entry to date on an already overcrowded curriculum vitae.

Photo credit: charlesandco.com



Vicky James



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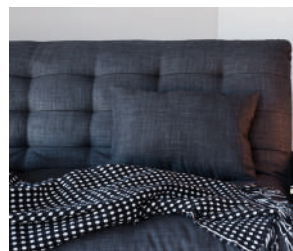
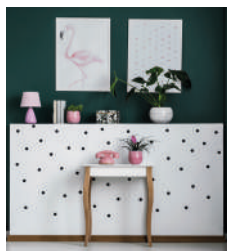
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DOTTY DESIGNS



Look up the term 'polka' and you'll be greeted with something along the lines of: 'a number of round dots repeated to form a design or regular pattern, usually on fabric'. Gosh - never did a dictionary definition fail to capture the spirit, energy, versatility and style of a design go-to that has circumnavigated generations so badly. But how can you make your home feel chic, over circus freak?

MATCHING (OR NOT)

You'll need to brave the unknown by using dots with stripes, dots with flowers, dots around or as additions to single-colour walls. The less you notice them, and the more you embed them with what's there, the better the overall effect.

MODERATION

While the polka dot is one of the style trends for 2019, don't overdo it. Your vision will take a battering if you're cementing circles all over the place, so use them for standout walls, subtle furnishings and little splashes of fun, rather than a platform for a redesign.

VARIETY

Don't get stuck doing the same thing. Mix a black polka dot lampshade with another showcasing green; use small dots on a bedsheet with big dots on a rug. Your ability to mix it up will lessen the threat of too many similar dots sending you... well, dotty.

DIVERSION

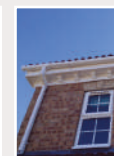
Perhaps you have a front room with a garish fireplace, or bedroom whose carpet is something out of the 1970s. Use polka dots in unusual places to distract attention – the ceiling could be a great place to start. By taking the eyeline away from offending articles, the polka dot can really be a game/room changer.

A DOT, IT'S NOT

And finally, don't get stuck on the idea that it's a circle and nothing else. These days, the polka dot represents more a repetition or splash of a solid shape; so elongate, stretch and pebble-dash to your dotty heart's content.

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Kintsugi

THE JAPANESE ART OF MENDING

Do you always throw a possession away the moment it becomes worn out or broken? Our throwaway culture could learn a lot from the Japanese, who choose instead to repair and restore their belongings.

What does Kintsugi mean?

Kintsugi literally translates as 'golden scar', which brings about images of both beauty and flaws. And this is pretty much the perfect description of what this Japanese tradition is really about. Kintsugi is a revered art form in which broken ceramics are repaired using a lacquer resin mixed with powdered gold, silver or platinum. The appearance of the scar acts as a reminder of experience which actually makes the item more valuable in their culture.

Why is it so important in Japanese culture?

Another Japanese philosophy is 'mottainai' which is their strong belief that things should not go to waste. This is in stark contrast to our consumerist society, where new is nearly always better. Instead, Japanese believe that objects should be celebrated for their history and restored so that they can continue to be revered and enjoyed.

Can anyone practice Kintsugi?

Traditionally, Kintsugi masters use urushi lacquer and rice flour to bind the ceramics together, but you can use a standard ceramic adhesive and liquid gold leaf to create the same effect.

But there are other ways to incorporate Kintsugi into your life.

Upcycling an item that you no longer want, or need is a great way to embrace this Japanese tradition.

- > Instead of throwing away unwanted plates, why not turn them into a decorative photo frame or a wall clock?
- > Too many tea cups? Use them to grow herbs or other plants on your kitchen windowsill.
- > A simple wooden bowl or even a colander can be made into an innovative lampshade.



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Get PACKING

How to move home without losing your mind

They say it's one of the most stressful things you can do... and they're right. As well as the emotional stress of upping sticks, you've got bags, boxes and bins filling every conceivable space. But separate the tasks at hand and things start to look a little more manageable.

GET HELP

We are a DIY nation, but with everything else that goes into moving house, getting the pros in, paying a 'man with a van', or even just rallying round mates, is better than going it alone.

START EARLY

No, not start early on the day of the move... start moving early! Your packing should begin as soon as you know you're going to be relocating.

THROW IT, DON'T TAKE IT

If time allows for a proper sort-out of your worldly possessions in the time before you move, do it. If you didn't need those Dr Martens boots in 2003 when they last saw the light of day, the chances are you won't need them in your new gaff.

BUY BOXES

For the sake of a few quid it's much easier to load all your stuff into standardised cardboard boxes than a combination of suitcases, bin bags and tents. You can reuse, recycle or even resell them later down the line.

GOTTA LOVE A LABEL

Label boxes as you go, marking clearly on them the intended room and whether the contents are for unpacking or storage.

UNPACK IN PEACE

Allocate one 'storage room' in your new home and unpack one box at a time. This means all items can have a designated home and won't just be thrown into an available space. It will also ensure your rooms feel free of clutter and happy places to be while you sort out the other 'new home' problems... like where the hell is the boiler?



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LOCAL NEWS

from your neighbourhood



Woman returns home after suffering brain damage

A Brentwood woman who was left brain damaged after one bite of chicken has returned home after five years.

Amy Shead who suffers from a nut allergy, had a serious reaction in Budapest, Hungary after eating a chicken and rice dish.

The dish, which had nuts included despite Amy being reassured by the restaurant that it didn't, caused her to have an anaphylactic shock and for six minutes she stopped breathing before she was brought round.

Two doses of her EpiPen failed to contain the reaction and emergency services were called, but Amy had been starved of oxygen and was left in a coma with severe brain damage.

Because the reaction was so severe, the 31-year-old is now in a wheelchair, partially paralysed and unable to see or speak properly.

Since the incident Amy, who was an ITV producer, has needed around the clock care and has lived at the Marillac Care Centre in Warley for the last three years.

She also spent a year at St Thomas' Hospital and the Putney Neurological unit.

She will now receive 24-hour care in a specially-adapted annex at her parents' home.

Since the tragic incident, Amy and her family have set up a website, the Amy May Trust, which shares updates on her journey as well as her campaign for public awareness on the seriousness of nut allergies.

In an update about Amy returning home, the site reads: "We have some happy and momentous news to share with you. Amy has now come home."

"Almost five years from when tragedy struck, Amy was given a wonderful send-off from the Marillac Care facility where she has lived for the past three years, to start a whole new chapter to live with her devoted parents, Sue and Roger.

"A specially built and fitted annex on the side of the family home will accommodate Amy and her carers. A new stage of life has begun, living under the same roof as her parents rather than in a hospital or care home."

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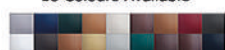
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Rugby club pays tribute to schoolboy who died in his sleep



A rugby club has paid tribute to a Brentwood schoolboy who died in his sleep.

Freddie Felton, 14, who attended St Martin's School in Brentwood was found unresponsive by his parents at his home address on the morning of Tuesday, February 19.

Emergency services arrived at their home on Vernon Crescent before an air ambulance took the teenager to hospital.

Sadly, despite the best efforts of paramedics, he passed away.

He enjoyed rugby and played for Romford Rugby Club who paid tribute to Freddie on its website.

It read: "At this devastating time, our thoughts first and foremost are with Freddie's family, as well as the huge number of school friends and teammates who will miss him so greatly.

"The show of emotion and compassion has been very much appreciated by his parents, Dan and Louise, who have asked me to extend their

gratitude to our many members and friends at surrounding rugby clubs who have shown such amazing support with their kind messages.

"His enthusiasm for rugby was an insight into his overall spirit and personality, he was instantly popular as well as extremely capable, yet his humility made him such a pleasure to know.

"Freddie was a genuine diamond, a great sportsman in the making with all the values that we hold dear in our sport.

"Taken from us too soon, we have been cheated of the chance to see him fulfil his true potential, but he will remain in our hearts, in our thoughts and our team, forever."

A fundraising page has been set up to raise money for Freddie's family following his death.

It reached £6,000 recently with that figure growing. For more visit www.gofundme.com/freddie-family

Rotary club raises over £3,000 for SNAP

Brentwood a Becket Rotary Club held its annual quiz night last month.

They raised a record £3,782.54 which was donated to charity Special Needs and Parents (SNAP).

The money will be used to help fund a soft play area and the activities are provided to the children and young people.

A spokesperson from the Rotary club said: "The club is pleased to support them and help raise awareness of the excellent work they do.

"Thank you to Rotarian Tony Clark who organised the event and whose hard work made it a successful fun evening."

Next year's quiz will take place on March 7, 2020.



Student is finalist in national computer challenge

Tech savvy Brentwood School pupil Sammy Li was a finalist in a UK-wide computational thinking challenge run by the University of Oxford recently.

Fourteen-year-old Sammy, who was among the top 60 highest achieving students in her age group, was invited to the final round of The UK Bebras Computational Thinking Challenge.

The challenge, supported by Google, is designed to get students excited about computing and computational thinking. It is a problem-solving contest with questions inspired by topics in computer science.

The talented third-year pupil attended the university's

Department of Computer Science during half term.

Peter Millican, professor of philosophy, presented her with her finalist's certificate at a prize-giving ceremony at Hertford College.

Reaching the final of the Intermediate age group is an impressive achievement as over 100,000 students entered the first round.

In the first round, held in their own schools, students had to try and solve as many problems as possible in the allotted time.

There are six age categories and the highest scoring students from the four oldest age groups (Elite, Seniors, Intermediate, and Juniors) were then invited to the Oxford finals over two weekends in February.

Channel 4 show looking for property hunters



A popular Channel 4 show is looking for property hunters in Brentwood.

Location, Location, Location is back for a new series and property experts Kirstie Allsopp and Phil Spencer will be helping people in Brentwood find their dream home this spring.

Are you or somebody you know a chain free buyer struggling to find that perfect property? If so, makers of the programme would love to hear from you.

Whatever your property puzzle, Kirstie and Phil may be able to help.

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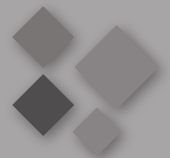
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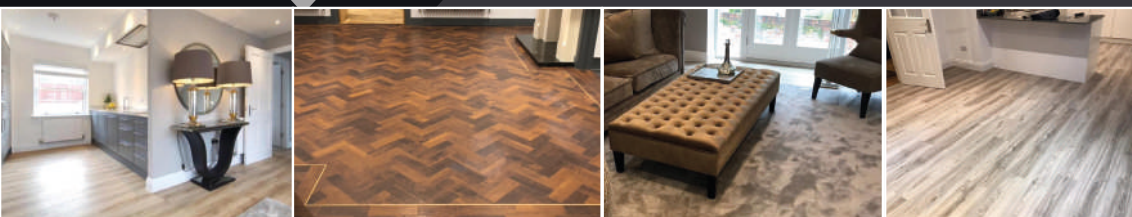
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Burglar jailed for more than seven years



Photo credit: Essex Police

LOCAL NEWS BRENTWOOD

A man has been jailed following an aggravated burglary in Brentwood where a woman was tied up in her home.

Carmelo Farrugia, from Romford, was sentenced to seven years and six months.

On August 6, 2018, a woman received a knock on her door from a man claiming to be a postal worker who had a recorded delivery for her.

The woman spoke to him from an upstairs window and came down to open the door to him.

The postal worker then barged past her, entered the property and pinned her to the floor causing bruising and grazing.

Two other men then came in, stepped over both the bogus postal worker and woman and searched the property, including the loft.

The victim was forced to go in to different rooms as the intruders searched for possessions.

They tied her wrists using cable ties, threw a sheet over her head and left in a vehicle, which Essex Police found was registered to Farrugia.

Farrugia was arrested the following day at Heathrow

Airport after booking a last-minute flight to Malta in an attempt to flee the country.

Investigating officer PC Frankie Cole, of Brentwood CID, said: "Farrugia and two other men carried out a brazen attack on a woman in her own home after she innocently believed she had received a delivery.

"The suspects had no regard for the victim. They tied her up, put a sheet over her head and marched her from room to room as they searched for possessions. Despite this, she still bravely stood up to them and later managed to free herself before calling us.

"I would like to thank the victim for her courage and I hope this recent sentence has brought some closure for her.

"We were able to link Farrugia to the vehicle involved and he has been sent to prison.

"We still need to locate the other men involved and our investigation continues.

"Anyone with information is asked to call Brentwood CID on 101 quoting crime reference 42/135139/18 or Crimestoppers anonymously on 0800 555 111."

Students offered places at Oxbridge

Nine students from Brentwood School have received offers from Oxford and Cambridge Universities.

This maintains their average of eight students being

offered places per year.

The students are Tallulah Allen, Rachel Burgin, Abi Chapman, Alice Grundy, Elina Keeble, Chani Merrell, Lucy Patchett, James Rowell and Alex Rowley.



Rugby team makes history

Brentwood School's rugby team reached new heights at county level recently.

The under-12 rugby squad made history by winning the Essex Cup under-12 seven-a-side tournament on March 6.

The boys were unbeaten on the day despite facing some tough opponents.

Brentwood School beat King Edward's Grammar School 20-5, Campion School 25-5, The King John School 20-5, The Gateway Academy 30-0, and Brentwood County High School 25-0 during the pool stages, before setting up a semi-final clash against tournament hosts New Hall.

Tries from Samuel Davis (2), Joseph Payne (2), Matthew Godley and captain Oliver Noble secured a 30-0 victory, to head into an exciting final against

tournament favourites Westcliff High School for Boys.

The final was extremely tense, with the lead changing hands four times.

In a nail-biting conclusion, captain Oliver Noble made a try-saving tackle to force a Westcliff mistake and dived on the ball to score the winning try in the final seconds. The game finished 20-15.

Further up the school, the under-14 rugby team qualified for the final of the Essex Cup by beating Southend High School for Boys in a thrilling semi-final clash 22-15.

Again, this is the first time ever that a Brentwood under-14 rugby team has reached the Essex Cup final.

At the time of going to print, the final was due to take place on March 24 at Barking Rugby Club.

Help support a charity in memory of Lily

The parents of a girl from Brentwood who died last year have started a fundraising campaign for a charity which supported her.

Brighter Opportunities through Supported Play (BOSP) is an incredible charity which has been supporting families for over 27 years, providing fun short break care for children, young people and young adults who have disabilities or life-limiting conditions.

On March 16, 2018, they lost their very special girl Lily Gumble.

Lily loved her time at the local BOSP, with all the exciting activities which help to develop children and young people's independence, self-esteem and social skills whilst providing families with vital respite.

A Go Fund Me page was set up in loving memory of Lily (November 22, 1994 - March 16, 2018).

To donate, visit www.gofundme.com/6zro9y8

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LOCAL NEWS BRENTWOOD



Street Pastors continue to patrol the night-time economy in Billericay and Brentwood trying to support anyone who is out and about and finds that they may need help or just a moment to have a chat with someone. We don't judge anyone as we are just there to help, care and listen.

We have begun training the next cohort of volunteers for these groups. Across Essex we have 19 new Street Pastor volunteers and seven new School Pastors. We recruit from the local Christian churches as we seek to encourage some of our older folk to use their life experiences in this valuable

service to the community.

This month we attended the Civic Service in Billericay, supported Billericay Town FC ladies, spoken on Gateway 97.8 local radio and our Rail Pastors have conducted several patrols on Greater Anglia supporting those that use the network.

We will continue to run these three separate projects as we continue to value everyone who is out and about. If we can just help one person whilst we are out, then that is a good shift.

Email billericay@streetpastors.org.uk for more information.

Spring fair to be held this month

The Brentwood, Hutton & Billericay branch of Bloodwise was inaugurated in 1965 and has raised over £1,000,000 – with some of the original committee members still remaining, whilst others come and go over the years.

Bloodwise (previously known as Leukaemia & Lymphoma Research) is a charity dedicated to finding better treatments for the many different types of blood cancers.

All monies raised go towards developing better tests so that people can get an accurate diagnosis

more quickly, with better tests and kinder treatments.

It also provides expert information and practical support for everyone affected by blood cancer.

A lot of work is put into organising the various fundraising events throughout the year, such as quizzes, race nights, bazaars, spring and winter fairs, wine tasting – to name a few.

The next event will be the Spring Fair at Shenfield Parish Hall on April 13 from 10am to noon.

For more information phone local secretary on 01277 214499.

BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



A life-sized plastic horse was lying on its side surrounded by fully-kitted fire officers when I arrived for the launch of the Essex Police, Fire and Crime Commissioner Roger Hirst's first Fire and Rescue Plan for Essex at the beginning of March.

The plan has been developed in partnership with Essex County Fire and Rescue Service (ECFRS) employees, representatives from local authorities, Essex Police and the Ambulance Service. Its eight priorities include enhancing prevention, protection and response, helping the vulnerable to stay safe, improving safety on our roads and developing and broadening the roles and range of activities undertaken by the service.

This is the first plan of its kind produced by a police, fire and crime commissioner and is a landmark for fire governance not only in Essex but for the whole country. I would expect nothing less from Roger who, in October 2017, took on

the governance of ECFRS alongside his existing responsibilities for Essex Police.

Fire officers tend to only be noticed at times of high-profile incidents involving major fires or significant rescues. But the day-to-day work they do in identifying risks and effective prevention, emergency planning and specialist rescue and response training is the bedrock of the service and makes Essex a far safer place to live, work and travel. The full plan can be found at www.essex-fire.gov.uk

But what of the prone plastic horse? It was being used to illustrate the background rescue skills in which the ECFRS specialises. Essex is a county of horse enthusiasts, and from time to time their equine friends get stuck in ditches and thick mud. With the help of a large lifting device and a series of supporting straps the plastic horse was gently hoisted to its feet, to general applause from onlookers. It's good to know the Essex Fire and Rescue Service is ready for almost any eventuality, be it humans or animals needing help.

Photo credit: Essex Police, Fire and Crime Commissioner's Office


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Student public speakers reach national semi-final

Brentwood School's fourth year public speakers put on an impressive performance recently in the semi-final of a national competition.

Having won the first two rounds of the English Speaking Union's Churchill Public Speaking competition, Brentwood's speakers were invited to represent the region at Magdalene College, Cambridge, in the semi-final.

Anisa Sarwar (chairman), Nicole Fergus (speaker) and Mayukha Rodrigo (questioner) took on the best of the East of England in a friendly yet very hard-fought contest.

A spokesperson from Brentwood School said: "In spite of many passionate speeches, Nicole again emulated her earlier success in the competition, achieving Best Speaker, this time with her very persuasive and engaging consideration of 'Why we'd all work better on a four-day week', quite convincing all present that this would be an excellent idea for everyone."

"The Brentwood team's performance was, as always, laudable, and the trio were finally placed runners-up. Congratulations to all three speakers."

Hospital partners with local schools

Nuffield Health Brentwood Hospital has partnered with The Brentwood School, Hogarth Primary School, Willowbrook Primary School and Endeavour School to deliver a free six-week programme to a variety of year groups and several children on health habits.

Nuffield Health's Schools Wellbeing Activity Programme (SWAP) aims to educate children in health habits and encourage behavioural change. The programme was developed following a two-year research project, which identified the importance of having a dedicated role into schools with responsibility for wellbeing. SWAP has been developed from academic research and behavioural change theory to address the four main areas of wellbeing, physical activity, diet, sleep and emotional resilience.

There is a clear need to help school-aged children manage their wellbeing both inside and outside of

school. Young people are growing up today in a time of massive change and experiencing significant wellbeing challenges. Research suggests nine in 10 young females and eight in 10 young males, do not meet the government guidelines for physical activity, as well as one in four secondary school children saying they do not get enough sleep.

The SWAP programme is delivered by Nuffield Health Brentwood Hospital experts as a free, six-week programme or 12 individual sessions as part of its efforts to build a healthier nation.

Luke Spencer, Senior SWAP Champion at Nuffield Health Brentwood Hospital, said: "We have loved working with all these schools on the SWAP programme. We know that there is a gap in the provision of wellbeing support in schools and we are proud to be able to work together to deliver this support. We are excited to continue working together to embed real change in the next generation."



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LOCAL NEWS

from your neighbourhood



Men prosecuted for unauthorised work to listed building

Three men have been prosecuted for unauthorised works to Spice Masala Restaurant, a listed building, in Ongar.

Syed Hussain, the leaseholder of the restaurant, Bradley Walker and John Terry Whitbread, the persons employed by Mr Hussain to carry out work to the property, were each prosecuted for carrying out the works without authorisation from Epping Forest District Council.

All three pleaded not guilty to the offence, however the magistrates found them guilty at a trial on February 21 at Colchester Magistrates' Court.

Magistrates stated that Hussain had wilfully flouted planning legislation and he was the sole cause of the

work being carried out which was for the betterment of his business. He was fined £1,000 and ordered to pay a contribution towards the prosecution costs of £1,500 and a victim surcharge of £100.

They told Walker and Whitbread that working under instruction was not a defence and they had been negligent and working for gain. The magistrates stated that it would have been easy to check whether consent for the work had been granted by looking at the council's website.

Walker and Whitbread were fined a total of £800 and ordered to pay a contribution towards the council's prosecution costs of £1,300 and victim surcharge of £80.

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Marathon runner to support St Clare Hospice

A woman from Ongar will be taking part in the London Marathon and raising money for St Clare Hospice.

Danielle Corrigan will be taking part in the race on April 28 after receiving a Gold Bond place.

She was chosen by the charity, which provides specialist palliative care for people living with terminal or life-limiting illnesses across West Essex and East Herts, from a host of applicants vying to run for Team Clare.

The 21-year-old is part of a team of 12 who are aiming to raise a combined total of more than £15,000.

St Clare Hospice's challenges and events fundraiser Emma Broadbent said: "The sheer commitment of

Team St Clare makes us swell with pride each and every year – they are so brave, and so dedicated to helping raise vital funding to go towards the hospice's care for local people and their families.

"Competing in the London Marathon, a world-famous race renowned for its atmosphere and prestige, is such a special way to support St Clare, as well as being a once-in-a-lifetime opportunity.

"The fact that our 12 participants have chosen to dedicate this experience to raising funds for St Clare means the world to us.

"We wish them the absolute best of luck. Thank you, Team St Clare."

To donate to Danielle, visit uk.virginmoneygiving.com/DanielleCorrigan

Special Easter activity train rolls into town

The eggs for the Epping Ongar Railway Easter egg hunt have been hidden by the Easter bunny from Ongar station to Coopersale.

You can travel on an Easter Activity Train to find them all.

This special Easter Express train will have a magician, balloon modeller and artists on board to keep the kids happy whatever the weather.

All children will win a full-sized Easter egg when they present their completed sheets to the Easter bunny's representatives.

The Epping Ongar Railway is the longest steam railway in Essex and with direct buses from Shenfield or Epping, and easy access from the M11, is very easy to get to.

The Central Line from Stratford takes less than 30 minutes to Epping and when you get there a traditional London Bus will pick you up from right outside and take you direct to North Weald.

Tickets for the Easter egg hunt are on sale now.

For more details, visit www.eorailway.co.uk/events/easter-egg-hunt



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Geese 'deliberately' injured in horrific attack

A pair of geese have been 'deliberately and brutally injured' near Ongar.

South Essex Wildlife Hospital is appealing for anyone with information to come forward following the incident on March 23.

Posting on Facebook, they said: "From X-rays we think they have been shot with a cross-bow. The shooter has then pulled out the arrow or used the same one to shoot again.

"Although these birds have been fending for themselves on a pond on Tootshill Road in Epping for a while, they are not wild birds, so it is possibly due to their more trusting nature that the person responsible was able to get so close to both of them.

"They were found with the brown one standing over the white one.

"It has taken a lot of time and resources to try and save these poor victims of a despicable crime. We

doubt they will make it through the night, but we are doing our absolute best for them.

"This incident has been reported to the police. If anyone has any information, please get in touch as soon as possible."

The geese survived the night and South Essex Wildlife Hospital posted an update the following day.

It read: "The birds survived the night. The brown one has even stood up and eaten a little. The white goose is not so good. Its injury is a direct hit to the brain on the side of its head (whereas although the brown bird's injury is much deeper, it has missed the brain).

"We feel that if it doesn't show improvement soon it would be kinder to put the goose to sleep, as although it is getting pain relief and antibiotics, this is clearly a patient that is suffering."

At the time of going to print, the white goose had sadly died and the grey goose was recovering well.

Special Constables become Dementia Friends

Eighteen Special Constables from Essex Police have learnt more about how to help people living with dementia by becoming Dementia Friends.

The volunteer police officers learnt about the different types of dementia and how to support

people living with dementia and their carers.

In 2016, Essex Police signed up to the Essex Dementia Action Alliance to contribute towards a society-wide response to dementia.

Visit www.essex.police.uk/specials for more info.

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There's a simple innocence about Ed Sheeran that, right from the word go, made him instantly likeable. At a time when the male singer/songwriter concept was in danger of eating itself whole, along came a ginger, slightly chubby, badly dressed and lazily tattooed bloke with a guitar; ready to change the way we viewed this somewhat overplayed commodity.

Indeed, to list all the things he wasn't – such as polished, punctuated, preened and painfully predictable, like so many of his peers – is to miss the point, since it's the absence of all those things that made (and continues to make) Sheeran interesting.

His early songs spoke of the usual romantic rollercoaster material, but around all those warbling odes of emotional angst are references to drinking, sex and nights out. While guitar-strum chords flicker through tracks, they often give way to hiphop-esque drops, booming, shouty interludes and the overall impression that Sheeran is genuinely an artist doing this for himself, not for the plaudits or the considerable financial bounty.

Speaking of earnings, though, we shouldn't ignore the fact that the 28-year-old, who attended the National Youth Theatre before nailing his colours to making music, is said to be worth a cool £85million. But while there are enough modern musicians made rich by the machine, Sheeran's explosive talent has always been the driver, and this was no better referenced than in his attempts to break America – something even the very best have failed to do.

Julie Greenwald, CEO of Atlantic Records, said upon hearing Sheeran for the first time: "There was this slightly awkward guy, with a guitar, sat on a stage he'd placed in the centre of a music venue here in LA, surrounded by rap artists and hip-hop producers. I was ready for him to die on stage, yet within two songs he had everyone up. It was a frenzy and I've never seen anything before or since."

Greenwald signed him the next day.

His popularity Stateside is now on a par with here, but it has only come about as a result of hard work, tenacity, personality and almost non-stop touring.

When the Suffolk-raised star – who in February picked up the Global Success Brit Award for the second year in a row – allows himself a return to home comforts, the press are largely respectful of his privacy, even if in recent weeks he has found himself defending the addition of a new duckpond to his sprawling property. The suggestion has been that he is planning a succession of late-night watersports parties.

"It's just a pond... to feed ducks in," came the witty retort.

At least he has found time away from the spotlight to marry childhood sweetheart Cherry Seaborn. The pair wed before Christmas in a private ceremony at his Suffolk estate attended by only 40 people. There were no celebrities invited, no *Hello!* magazine photoshoots, and barely a smattering of confetti.

That Sheeran is finding time to pull himself back from the limelight is a good thing, and he does it so well. Towards the end of 2015 he began to withdraw totally from view, freezing his social media accounts and refusing interviews.

He returned in 2017 with the album *Divide*, his most successful yet. It sold 672,000 copies in its first week, making it the fastest-selling album by a male artist in the United Kingdom. It also topped the charts in 14 countries.

Divide won a Grammy Award for Best Pop Vocal Album, meaning that this most recent two-year lull, means (a) his return is inevitable, and (b) when it comes, it will be worthwhile.

Photo credit: RMV/REX/Shutterstock

THE BOY IN THE PHOTOGRAPH





PETS



PET POWER

April is National Pet Month so what better time to celebrate the benefits of having an animal companion?

Pets can help you stay active

Adult dog owners have on average lower body mass indexes than non-owners, they make less trips to the doctors and, somewhat unsurprisingly, they get more exercise. Even those who own more sedentary pets can still benefit physically from their animals; they still need feeding, cleaning up after, playing with; all of which require movement of some sort.

Pets help prevent social isolation

As people get older, often their social circle diminishes, and they can find themselves feeling isolated from the outside world. A dog is a great conversation starter and all you need to do is head to the local park to meet other dog owners.

Pets can help combat loneliness

Even from the comfort of your own home, a pet can help you feel less alone. They need a routine which can

give you a sense of purpose and most pets make great companions, even if all they can offer is a cuddle.

Pets can reduce your stress levels

If you suffer from high blood pressure or work in a stressful environment, a pet could really help you. Even just talking to your pet after a hard day can reduce your stress levels and help you recover from a particular period of stress quicker.

Pets can help a child overcome anxiety

Children who suffer with anxiety or have confidence issues can really benefit from having a pet. It can give them a sense of responsibility and help them move out of their comfort zone.

Pets offer unconditional love

And of course, a pet will never leave you for a young, better-looking owner.



April						
S	M	T	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



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Healing herbs

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Basil

Basil loves the light so a warm, sunny spot, (preferably inside), is a must. Place either a seed or starter plant in well-drained, moist soil and give additional water when the surrounding soil is dry to touch. If you plant basil outside, make sure you shelter it from harsh winds.

Best for aiding stomach aches, loss of appetite and fluid retention.

Coriander

This fragrant herb, most known for use in curries, is extremely easy to grow and very difficult to kill. A winning combination for those new to the herb-growing business. Sow between August and September if possible, in either a small pot or directly into the ground.

Use to help combat nausea, diarrhoea, wind and other digestion problems.

Sage

You can grow this classic herb from a seed either in a small pot on the windowsill or in the garden in as sunny a spot as possible. A sage plant can go without water for quite some time without dying so it is a good option if you are prone to forgetfulness.

Sage has been used to help delay Alzheimer's disease, aid a restful night's sleep and help strengthen weak bones.

Mint

Mint is a great starter herb that will thrive in a container on your kitchen windowsill. Simply take a few tip cuttings of about five to six inches from an established plant. It doesn't need too much sunlight, but likes a lot of water and needs to be picked regularly.

Menthol has a cooling effect and is great for soothing a sore throat. It is also known for combatting indigestion or aiding an upset stomach.



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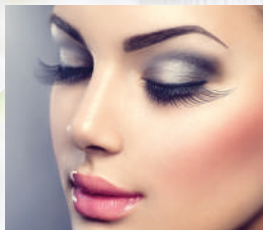
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Colour me...

V
BEAUTY

You've probably already started shopping for your Spring/Summer wardrobe, but did you know that the easiest way to update your look for a new season is with a different hair colour?

Blonde Bombshells

WOMEN: If you toned down your platinum blonde locks in favour of a more golden-honey tone over the winter months, then now is the time for a refresh. Baby blonde is the on-trend colour for light haired lasses this summer.

MEN: For a slightly subtler look for men, ash blonde highlights are the way to go.

Brilliant Brunettes

WOMEN: Subtle golden highlights are ideal for those with chestnut coloured hair.

MEN: Rusty copper is perfect for men who want to brighten up their look for the warmer months. This shade suits those with pale skin tones the best.

Go Bold on Go Home

WOMEN: If you are daring when it comes to your hair colour and you have previously rocked the silver trend, then you will love this season's must-have hair colour – inky black. Be warned, it is not for the faint hearted.

MEN: On the other end of the colour spectrum, men who want the wow factor should embrace an all-over ice-white bleach. Although we recommend having this done by a professional to avoid any unwanted orange or green.

Let's Get Colourful

WOMEN: We know pink hair has been doing the rounds for a few years now, but this time it is cotton-candy pink as opposed to a more rose gold hue. Other colours seen on the runway include lavender and bright orange.

MEN: Now this is exciting, a bright blue denim shade has been seen on male models all over Instagram and is the perfect colour for those wanting a cutting-edge style.

...beautiful



FACE YOGA...

...the newest facelift

Do you long for a youthful and glowing complexion? Forget expensive potions and lotions and instead try these simple at home anti-ageing facial exercises, which will naturally stimulate the production of collagen and elastin in your skin.

*The Eye Bag Eliminator***Best for crow's feet, drooping eyelids and bags**

Place your two middle fingers gently on your inner eyelids
| Place your index finger gently on your outer eyelids
| Look upwards and lift your lower eyelids, creating a squinting effect | Relax your facial muscles and then repeat 10 times.

*The Big 'O'***Best for sagging skin, particularly jowls**

Make an 'O' shape with your mouth, tucking your lips over your teeth | Smile as widely as you can, ensuring your teeth remain hidden by your lips | Repeat five times | Make the 'O' shape again and this time place one finger on your chin | Move your jaw up and down | Relax your facial muscles and then repeat five times.

*The Backup Botox***Best for stubborn forehead lines**

Place both your hands on your forehead with your fingers facing inwards | Spread your fingers out between your hairline and your eyebrows | Firmly sweep your fingers outwards across your forehead | Repeat 10 times.

*The Face Firmer***Best for tightening your neck and jaw, and the prevention of double chins**

Pucker your lips from one side of your face to the other (try and stretch them as widely as you can) | Turn your head sideways and lift it to a 45 degree angle | You should feel your neck muscles stretching | Hold for five seconds | Relax your mouth and repeat five times on each side.

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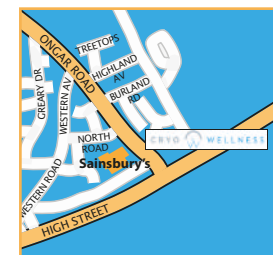
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Women's Health – Surviving the menopause.

Wednesday 10th April 2019 at 6.30pm

This event is for women who are approaching or suffering from the effects of menopause.

The event will include a presentation from Consultant Gynaecologist, Ms Seema Bagtharia, on the types of treatments which are available, as well as getting more information on what to consider if you're thinking about treatment.

Considering Cosmetic Surgery?

Thursday 25th April 2019 from 6.30pm

This free event is for anyone who is thinking about cosmetic surgery and would like to explore options for treatment and would like more information regarding procedures and costings.

The event will give you the opportunity to speak to Mr Venkat Ramakrishnan, or Ms Kallirroi Tzafetta, Consultant Plastic Surgeons, during a complimentary one-to-one advice session.

A Guide to Weight Loss Surgery.

Thursday 25th April at 6.30pm

This event is for anyone who is overweight and would like to explore their options for treatment and would like more information regarding procedures and costings.

The event will include a presentation from Consultant General Surgeon, Mr Sanjay Agrawal, on the types of treatments that are available as well as getting more information on what to consider if you're thinking about treatment.

Come along to these events to get your questions answered or simply listen to some good advice.

To book your place please visit nuffieldhealth.com/book or call 01277 695 631

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National STOP SNORING Week: April 22 - 29

Thirty four per cent of Brits have a snoring problem, which can be a living (definitely not sleeping) nightmare for the partners of sufferers. But fear not, follow these simple snoring remedies and you'll be snoozing softly in no time.

Z. AVOID ALCOHOL

Although many people think that alcohol helps you nod off, it actually disrupts your sleep cycle significantly. Specifically relating to snoring, it reduces the resting tone of the muscles in your throat making you more likely to snore.

Zz. STOP SMOKING

Cigarette smoke can irritate the lining of both your throat and nose causing swelling. This, in turn, decreases your airflow making snoring more likely.

Zzz. CHANGE YOUR SLEEPING POSITION

Sleeping on your back is the worst position for snorers as it can make the base of your tongue collapse onto the back of your throat, creating a loud, vibrating sound as you sleep. Instead, aim to sleep on your side.

Zzzz. LOSE WEIGHT

Snoring can affect both heavy and lighter individuals, however if your snoring problem only started when you gained weight, or it has got worse since you piled on the pounds, then the extra fat around your neck could be squeezing your throat, resulting in snoring.

Zzzzz. ALLEVIATE ALLERGIES

Even if you are not aware that you have a particular allergy, many people are irritated by dust on their pillowcases. Make sure you change your pillows regularly and dust your ceiling fan if you have one. Pets who sleep on the bed can also aggravate the problem.

Zzzzzz. PRACTICE GOOD SLEEPING HABITS

Working long hours, being glued to technical devices before bed and not prioritising rest properly can cause over-tiredness. This makes you sleep more deeply causing your muscles to become floppy, increasing your likelihood of snoring.



The MEAL DEAL

If your busy schedule is constantly thwarting 'healthy eating' ambitions, it may be time to invest in a little meal prep.

You can't outrun a bad diet, so it's vital to fuel your body with nutritious food. And yet despite our best intentions, modern life will often lead us down the wrong aisle in the supermarket. That's why meal prepping – getting a week's worth of dinner table activity done in one go using the same main food – is helpful not just for reaching your health goals, but also in terms of staying on budget and generally finding peace of mind in a chaotic world.

Like all good habits, meal prepping requires a little effort at first, but gets easier with practice. You will need to spend time making a meal plan, writing your shopping list, sticking to the items listed on it in the supermarket, as well as setting aside a big chunk of time to do all the prep – though obviously you'll get this back later on.

The idea of cooking a week's worth of meals may seem daunting at first, but there are ways to make it easy and simple. First, buy decent meal prep containers which will help keep your food fresh and wholesome. Next, don't be afraid to take shortcuts: buy rotisserie chicken, utilise your slow cooker and choose canned beans over dried. And lastly, choose food that is not just healthy, but also full of flavour, because if you're having it on repeat, it had better taste good.

Meal Prep Chicken Salad Bowl (four servings)

- > Marinate four chicken breasts in your favourite seasoning. Grill or bake and cut into bite size pieces.
- > Meanwhile, cook one cup of quinoa.
- > Chop up your favourite salad.
- > Prepare any other additions, such as jalapeños, croutons, seeds or dressings.
- > Spoon your cooled food into containers.
- > Refrigerate immediately and reheat the chicken and quinoa if you prefer.



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FOOD & DRINK

TOM TOM CLUB

Tom Kerridge is dishing up another helping of his unique brand of rustic continental, as the popular chef continues to impress.

If anyone can dumb down the craft, ingenuity and plain arrogance of the much-vaunted Michelin star, it's Kerridge.

At the likeable chef's Hand and Flowers establishment, he has two stars hanging gloriously behind the bar between the pork scratchings and the scampi fries... probably.

Yet Kerridge has never subscribed to the pomposity of fine dining, and his rebellion against nosh nonsense continues at a pace with the launch of his new restaurant, Kerridge's Bar and Grill, in Westminster. While à la carte dishes are northward of the £30 mark in his glorious new base, which sits below the 300-room Corinthia Hotel, set menus for pre and post-theatre evenings offer three courses for £29, and the Gloucester-raised chef hopes a return to more salient values is around the corner.

"For me it's good food, a warm welcome and, more than that, great ambience," he says, partly referencing the choice to pay his PRS budget to rock, indie and dance music artists rather than drown the space in classical and panpipe moods.

The 45-year-old's latest move is another smart step for someone who has always extracted the earthy, honest values out of food and drink. It's another logical progression for the *Proper Pub Food* author and *Food & Drink* host who, whilst undergoing considerable weight loss in the promotion of projects such as *Fresh Start* and *Lose Weight For Good*, has never lost sight of what dining is all about.

He explained: "The smells and the flavours of the kitchen can brighten up even the dullest of winter days, and cooking is a gift we can all explore. It's not difficult – just choose imaginatively, cook with care and invite great people to the table."

Alternatively, catch the next train to London...



Nothing beats a HOMEMADE HOT CROSS BUN at Easter

Most of us love a hot cross bun or two over the Easter holidays, but how many of us actually go to the trouble of making our own? Probably not many. But why not? The recipe is fairly simple, all the family can get involved and the results are amazing.

So, let's get baking...

You will need:

- 500g strong white bread flour
- 1/2 tsp salt
- 50g caster sugar
- 50g butter
- 7g sachet yeast
- 200ml milk
- 2 eggs
- 200g dried fruit
- 2 tsp mixed spice
- 3 tbsp plain flour
- Honey for glazing

How to make:

- Mix together the flour, salt and mixed spice
- Using your fingers, rub in the butter
- Stir in the dried fruit
- Sprinkle over the yeast and stir
- Warm the milk and mix with two beaten eggs
- Pour the liquid into the dry mixture
- Mix together until you have a moist dough
- Leave for five minutes
- Remove from the bowl and cut into eight equal portions
- Flour your surface and shape your dough into buns
- Place on a baking sheet, cover with clingfilm and leave to rise in a warm place
- Leave your buns to double in size
- Heat your oven to 220 degrees
- Mix 3 tbsp plain flour with 2 tbsp water to make a paste
- Pour into a plastic food bag and cut a small hole in one corner
- Pipe a cross shape onto each individual bun
- Bake in the oven for 12-15 minutes until the buns have risen and are golden brown
- Once they have slightly cooled, brush with honey and allow to dry

Try something new...

Cut your bun in half, soak in a whisked egg and then fry on a low heat with butter. Once crisp, top with bacon and maple syrup.



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TRAVEL



WHAT GOES ON TOUR...

Whether your passion is booze, bungee-jumping or the Bible, there is an organised tour holiday for you.

In an era where our power of choice has never been greater, there is a strange revolution taking hold – a return to the package holiday... except, with a difference.

The package holiday of the 1980s was your flight, a 3-star hotel in Tenerife and enough booze to sink the Titanic. These days, the appetite is more for food excursions, sports event tours, cycling or walking weeks, or in pursuit of extreme sports thrills. In short, whatever your passion, this new type of break is in fashion.

Travel experts believe our busy lives have made us more structured, even when we're meant to be kicking back. In 2019, people actually enjoy planning, and more than ever before a holiday is a chance for new activities rather than the repetition of the office.

As long as we don't feel we're being herded around like sheep on a tourist trail, we have confidence in holiday providers – aided and assisted by the immediate availability of online reviews – to give us a taste of something new, and in all the right doses.

What's more, it's believed the increased reliance of social media as a method of communicating means we're beginning to crave genuine human contact more than we did before, so rather than avoid the Watson's or the Winterbottom's on holiday, we want to ski down a mountain with them.

There's also the choice factor. The internet has made even the very smallest Highlands canoe club globally searchable, and travel agents are now as switched on to the smaller, more bespoke experience providers as they are the big operators.

All that means the possibilities for adventure on our holidays stretches far beyond whether to choose the Piquol or the Pinot... although that decision must still come into it at some point.



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PUZZLES

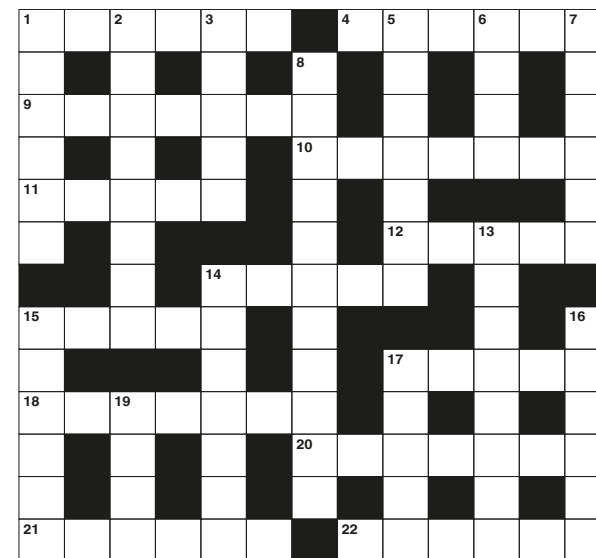
Answers can be found on the Contents Page 4

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17. Firearm (5)
18. Envisage (7)
20. Small rounded lumps (7)
21. Soaks in liquid (6)
22. Stick of coloured wax (6)

DOWN

1. With hands on the hips (6)
2. Conduct business (8)
3. Coldly (5)
5. Dog shelters (7)
6. ___ Giggs: former footballer (4)
7. Sloppy (6)
8. Clever (11)
13. Deplorably (8)
14. Pay homage to (7)



15. Makes available for sale (6)

19. Scarce (4)

16. Diminish (6)

17. Traveller on horseback (5)

DID YOU KNOW?

- ▶ A male ostrich can roar like a lion
- ▶ Bats are the only mammal that can fly
- ▶ If you leave a goldfish in the dark, it will become pale
- ▶ The sentence 'The quick brown fox jumps over a lazy dog' uses every letter of the alphabet
- ▶ On average, an alligator will live for 30 to 50 years
- ▶ Flamingos eat with their heads upside down
- ▶ A group of owls is called a parliament
- ▶ If you lift a kangaroo's tail off the ground it can't hop. They use them for balance

SUDOKU

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FASHION

Mirror Man

The sad passing of visionary designer Karl Lagerfeld in February left both the fashion houses and the high street wondering where to go next.

Lagerfeld – born in Hamburg but a self-confessed Parisian from the age of 14 – solved the fashion equation better than anyone else.

“It is a language that creates itself in clothes to interpret reality,” he said, with typical mystique, “and to understand that is to understand how we work as people.”

From the 1960s onwards, Lagerfeld’s flourishing, daring and dynamic designs courted a truly global audience. Freelancing for fashion house Chloe, he eventually went on to oversee the label’s entire collection, including the famous ‘surprise skirt’, which gave the illusion of a skirt but was actually culottes.

And in 1965 came about the most iconic and longest-lasting collaboration the fashion industry has ever seen, and one that, even in his death, will continue on. Initially employed on just the fur line at Fendi – a label run by women for women – Lagerfeld’s rebellious chic won over the five sisters, reinventing both the concept and the collection, in expanding across clothes, bags, coats, interiors and more.

And when a desperate Chanel came knocking in the 1980s, there was only one man for the job. The death of the iconic Coco Chanel over a decade before had left the house in a state of limbo, and Lagerfeld’s decisive approach was not to reinvigorate and revive, rather reinvent... to incredible success.

With a personal image that was just as iconic as his designs, Lagerfeld’s impact on modern culture was nothing short of miraculous, with stars Vanessa Paradis, Keira Knightley, Kate Moss and Cara Delevingne desperate to be associated with the brand and the man.

Never too brave to try out new things – such as his collaboration with H&M in 2004 – Lagerfeld always believed the clothes should speak for themselves.

He said: “Chic is a kind of mayonnaise, either it tastes or it doesn’t.”



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SMART
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THE SMARTEST OF THE ROYALS?

MEGHAN MARKLE IS UNVEILED AS THE ROYAL PATRON FOR SMART WORKS

As if the Duchess of Sussex Meghan Markle isn't busy enough as it is, at the start of this year she was announced as the Royal Patron for Smart Works, a charitable initiative that aims to help women in the UK back into work.

Smart Works has been operating in six UK cities since 2013, helping back into employment thousands of women who have found themselves out of the loop in terms of work opportunities and confidence. Often this comes about because of enforced parenting breaks, but Smart Works has quickly become an inspirational force, on-hand to offer tools, resources and the encouragement to



Photo credit: Alan Fraser Images/Shutterstock.com

get back out into the workplace.

"It is very easy to get side-tracked," says Smart Works founder Juliet Hughes-Hallett. "Getting back into work isn't just a financial thing; it's something women crave as a way of restoring a sense of 'self' again."

On a practical level, Smart Works looks to help women finetune interview skills, but beyond that also provides interview clothes, advice on education and support for the various challenges of home life.

A registered charity, a third of people who go to Smart Works have already endured over

50 interview rejections, and in many ways, the directive is perfect for Meghan. A self-professed feminist, supporter of women's rights and passionate advocate for personal ambition and work ethic, the 37-year-old undertook a similar initiative back at Northwestern University in Chicago when offering prom dresses to those who couldn't afford to buy their own.

When joining the royal family, Meghan may have landed herself the most unconventional of jobs, but as this latest project proves, her compassion for these sorts of projects sees her still wonderfully rooted and connected to the person in the street.



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BUSINESS & FINANCE

THE POWER TO SAY NO



Do you always say yes even if it is detrimental to your own wellbeing? Learning to say no when needed is a vital skill that all employees should master.

Why do we struggle to say no?

In a nutshell, because saying yes is easier. Saying no can make us feel uncomfortable and many are worried about not appearing to be a team player. This is especially the case in today's competitive job market where many employees do not feel safe in their jobs and are constantly fearing that someone better or more committed will come along and replace them.

How can we learn to say no without feeling guilty?

This can be a little bit tricky for those who are so used to always giving in to other's demands, but the key is in prioritising your own wellbeing and quality of work. It is important to remember that your employer will predominantly be concerned with how you fulfil your

allocated tasks, rather than in how much you have helped a co-worker. And if you are overworked and stressed, both your work and your health will suffer.

What are the benefits of saying no?

- It allows you to set healthy boundaries between yourself and your colleagues.
- It prevents you from being taken advantage of by any negative people.
- If you have more time to focus on your specific tasks, it shows commitment to your role within the company.

How to make the process of saying no easier

- Offer the person an alternative solution. Perhaps suggest a way that they can achieve the task quicker themselves.
- Always say no in person rather than by email. A computerised message can come across as blunt or dismissive, whereas a face-to-face conversation allows no room for the tone to be misconstrued.

HOW TO SIDE-STEP RETIREMENT REMORSE

The good news is that most pensioners thoroughly enjoy the freedom that retirement brings. They can pursue their hobbies, take more holidays and spend more time with their family and friends. When people have regrets, it's often to do with the way they planned for their retirement and the decisions they did or didn't take about their finances while there was still time.

PLAN EARLY: Many people reach retirement and wish they'd put more into their pension plan in their peak earning years. Keeping a regular eye on how much you're saving towards your pension will ensure that you know how much you're likely to have when you retire and give you the chance to increase your contributions if you can afford to. Getting a state pension forecast is important too; many people overestimate how much their state pension will be worth and aren't sure at what age they will receive it.

A recent report from Aviva¹ warns that millions of workers risk sleepwalking their way to a pension that will, in effect, be less than the minimum wage at retirement. Don't let this happen to you.

TAKE ADVICE: Not getting appropriate advice is often highlighted as a regret by those people who feel they made poor financial choices when

they retired. People retiring today can expect to have several decades of active life ahead of them. Making sure that their funds don't run out too soon can often be a major concern. Getting good financial advice can help ensure that you have a plan in place that meets your likely pattern of expenditure and keep funds in reserve in case you need to pay for nursing or residential care.

The sooner you start your pension, the longer your money will have to grow. If you're self-employed, an employee, work part-time, run your own business or have accumulated pension pots with past employers, we can offer you the advice you need.

If you haven't looked at your pension plan recently, then please contact Andy Costin, independent financial adviser on 01277 654153 to arrange a review.

¹ Aviva, Sept 2018

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KIDS

Egg-cellent Easter Crafts

Struggling with ideas to keep the kids entertained? Then you'll be Egg-cited to try these easy Easter activities.

Paint your own Easter egg

You will need:

- Hard boiled eggs
- Food colouring
- 1 tsp white vinegar
- Paints

How to make:

- Fill a plastic container with ½ cup of water, vinegar and 20 drops of food colouring
- Place the egg on a spoon and submerge in the water making sure all is covered
- Soak for five minutes
- Alternatively, for a two-tone egg, soak one half in one colour and the other in another.
- Leave to dry and then decorate further with paints.

For a stripey design, place rubber bands around your egg before dipping in dye, or use a white crayon to draw an image or message that will stay visible after dipping.

Design your own felt Easter egg

You will need:

- Coloured felt
- Embroidery floss
- Poly-fill
- Ribbon

How to make:

- Cut out two identical egg shapes in your chosen felt colour
- Stitch the two pieces together leaving one end open
- Fill with poly-fill and sew together
 - Using a different colour of felt, cut out some Easter-themed shapes such as flowers or bunnies
 - Sew on to your egg.



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POLY ALLOY

How to protect your alloys

We've all had that sinking feeling as the car crunches down the edge of the curb. You know your precious alloys have taken a battering, and the next stop is a potentially costly repair job.

And yet, driving with greater care, whilst maintaining a protection plan for your alloys, can see them as sparkling (and unscuffed) as the day the car left the forecourt.

MAINTENANCE

- ⊗ Try to clean your wheels at least once a fortnight
- ⊗ In the winter, remove wheels and clean inside and out using a brush with soft bristles
- ⊗ Avoid using steel wool and any acid-based cleaners. They will damage the chrome
- ⊗ Remove any loose dirt and chemicals with a hose before applying wheel cleaner
- ⊗ Soap and water are your friends. You don't always need to pay for top-of-the-range wheel cleaners
- ⊗ If dirt and brake dust are proving stubborn unwelcome guests, consider a clay bar with some lubricant

DRIVING

- ⊗ Recent figures show that around two thirds of wheel damage is caused by parking
- ⊗ Never mount curbs, allowing the car to slide down into the space
- ⊗ Always aim to be at least two inches from the curb to ensure a decent margin of error for parking
- ⊗ Some tyres – the Bridgestone S02-PP, for example – have a pronounced square shoulder to protect the rim from curbing
- ⊗ Consider adjusting the passenger door mirror when parking so you can see how close your left rear wheel is to the curb
- ⊗ Mostly, don't rush parking, even if other motorists are waiting to pass. Chances are you'll never see them again, unlike those abrasions on your expensive alloys.



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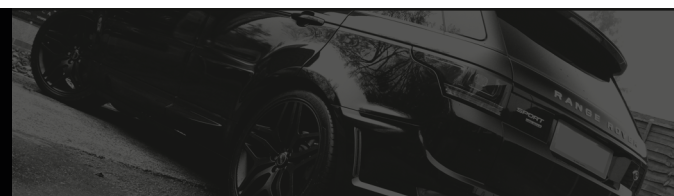
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SPORT



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WHY THE ROGER FEDERER MACHINE JUST KEEPS ON DELIVERING

In early March, Roger Federer's forehand smashed yet another milestone in a long and illustrious tennis career by picking up his milestone 100th ATP Tour title. The Dubai Tennis Championship gong made him only the second player in the open era to reach that golden century. His opponent was up and coming Greek starlet and reigning Next Gen ATP Finals champion Stefanos Tsitsipas, and it took just a break in either set to see the Swiss home 6-4, 6-4.

Federer now has only one player in front of him in the all-time winners list, American Jimmy Connors, who has 109 titles to his name. Without even factoring in the supreme talent he has had to overcome in this fiercely competitive generation of

tennis, some of the statistics that make up Federer's 100 titles are already unparalleled.

For example, two-thirds of his final wins have been by straight-sets, and he has won 20 of those tournaments without dropping a set. In addition, the 37-year-old has won four competitions without being broken on his own serve, defended a title 35 times, and played 50 different opponents across finals.

Belying age has helped Federer stay competitive and that feat is demonstrated by the fact that 68 of his final wins have been against younger players, with Spanish left-hander Rafael Nadal the man he has overcome the most (with 10 victories).

Nine of his century of championships have, maybe aptly, been in Basel, yet he can move Wimbledon up alongside his birthplace this year when he looks to add to his eight titles in SW19, including five consecutive wins from 2003 to 2007.

Federer shows no sign of slowing down, but surely the 109 of Connors is out of reach? Isn't it?

R
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EXPRESS.



OLE GUNNAR SOLSKJÆR AT THE WHEEL

Did it ever cross the mind of Ole Gunnar Solskjær that in taking up the offer of becoming manager at Manchester United, it could ruin his legacy as a player at Old Trafford? Almost certainly.

However, as in his playing days, the Norwegian 'baby-faced assassin' – as he was known by the United faithful – is treating this opportunity with ruthless endeavour.

Following his unbeaten Premier League run ending recently at Arsenal, it came as no surprise that the 46-year-old was announced as the permanent successor to José Mourinho.

His reputation as 'super sub' under boss Sir Alex Ferguson was never better demonstrated than in that famous European Cup final cameo during the treble-winning campaign in 1998/99 when his goal beat Bayern Munich, and he still holds the record for his four strikes from the bench in the 8-1 away demolition of Nottingham Forest in the same season.

Now, exactly two decades later, Manchester United have again called upon Solskjær to turn their fortunes around after finally cutting loose Mourinho's disastrous tenure. And the new manager's ability to get the best out of a rudderless, underperforming squad has rocketed him to recognition beyond what he received as a player.

As if setting a new club record of eight consecutive away league wins wasn't enough, Solskjær masterminded the most unlikely of comebacks against Paris Saint Germain in the Champions League. After a disastrous first match against the French champions, Marcus Rashford's 94th minute penalty at the Parc de Princes saw United become the first team in history to advance after being defeated by a two-goal margin or more in the first leg.

Can Solskjær ensure the Red Devils are back at European football's top table again next season?

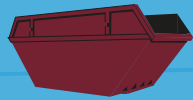


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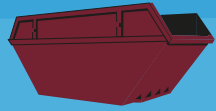


SPORT

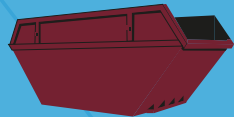
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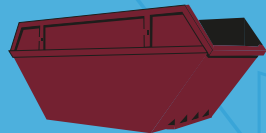
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WHAT'S ON

in your area

Brentwood Wine Society

**Shenfield Parish Hall, 60 Hutton Road,
Brentwood, CM15 8LB
Second Tuesday of the month,
8pm – 10pm**



The society's aim is to help members improve their experience, understanding and enjoyment of wine. Invited wine experts present samples of wines from a country or region of the winemaking world.

Through these tastings, we have a broadened interest which has led to a deeper knowledge and love of wine.

If you would like to come along in the first instance for a free tasting email stephen.hill33@bopenworld.com or call 07776031747.

Spring Fair

**Shenfield Parish Hall, 60 Hutton Road,
Shenfield, CM15 8LB
April 13, 10am – noon**

The Brentwood, Hutton & Billericay Branch of Bloodwise is holding a spring Fair. Many stalls including home-made cakes and preserves, jewellery, spring plants and goodies, tombola, jewellery, toys, etc. All proceeds go towards funding research into hopefully one day finding cures for the many types of blood cancer. Entrance 50p on the door.

**Antiques, vintage, retro and collectors fair
Brentwood Centre, Doddinghurst Road,
Brentwood, Essex, CM15 9NN
April 21 – April 22, 10am – 4pm**

The largest antiques, vintage, retro and collectors

fair in Essex.

The fair will feature dealers from all over the UK selling a huge selection of items including jewellery, ceramics, glass, pottery, small furniture, vintage bags and scarves, memorabilia and much more.

Admission prices: Adults £4.50, over 65s and students £3.50, Accompanied under 14s free. Early entry SUNDAY ONLY 9am £6.

The fair will feature dealers from all over the UK selling a huge selection of items including jewellery, ceramics, glass and much more.

**An evening of live music with The Skafonics
Navestock Village Hall, Navestockside,
Brentwood, CM14 5SD
May 3, from 7.30pm**

A fundraising event in aid of Sophie's World Challenge to Nepal.

An evening of live music with The Skafonics playing hits from Madness, Bad Manners and The Specials.

DJ Dubz will also be taking you back to the 80s and 90s.

There will be a bar serving cheap drinks and free nibbles.

A raffle will be held with great prizes to be won.

Tickets are £10 per person. Call Tina on 07900 923094 or Nigel on 07789 405600 to book.

**Ongar Town Festival
Throughout Ongar Town Centre
May 5, 9.45am – 5pm**



The second Ongar Town Festival – a great community fun day for celebrating everything Ongar.

We are aiming to be bigger and even better than last year.

Kick start your summer with a day to remember.

Hosted by Ongar Twinning Association (www.ongartwinning.com)



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- Capacity (seated on round traditional style tables) 60/70
- Casual (with a few tables) 90/100
- Lots of parking

**Call Sue Phillips or Jenni Brown
to discuss and arrange a viewing
01277-375101**

Please note: room dressing arranged separately

Network type meetings and general business meetings catered for

- Fully air conditioned (cold and hot)
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Only 10 minutes from Collier Row and only 5 minutes from Brentwood

Please note it is compulsory at every function that Registered Security is in attendance. *we supply security @ £150 (2 people)*

Contact Sue Phillips **01277-375101**

email: info@brentwoodgolfclub.co.uk

Brentwood Golf Club, Coxtie Green Road, South Weald, Brentwood, Essex CM14 5RJ

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