



TIGER WOODS

The miracle comeback

HINCH YOUR HOME

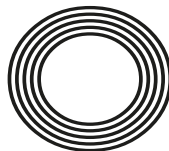
Top tips from the clean queen

MARGARET THATCHER

40 years since entering N° 10

Prince CHARLES

The Royal winning public support



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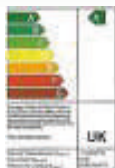
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Editor's notes...



Nik Allen, Editor

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

I'm writing this just a few hours after witnessing one of the greatest sporting comebacks of all time

- Tiger Woods winning his 15th major golf title, 11 years after his last.

During that period in the wilderness, Woods went through a divorce, arrests, loss of form, addiction issues and had four operations on his back. At his lowest point he was ranked outside of the top 1,000 golfers in the world.

Think about that for a second. A man who had ruled golf with an air of imperial invincibility was consigned to also-ran status. That humiliation would've been enough for most to call it a day.

That makes his recent achievement even more remarkable and historic. And by the way I don't even like golf very much. Woods' story shows what can be achieved with hard work, resilience and the support of the right people.

The life lessons that have come out of Tiger's comeback are profound and I'm feeling fired up just writing this. I'll be taking that feeling of enthusiasm, belief and a willingness to work my behind off as we grow the **VISION** publications into other parts of Essex this year.

Our continued success is down to our readers and advertisers. In just the same way Woods was spurred on by his legions of fans, I'm grafting and loving what I do by you, the readers and our army of local advertisers. Thanks for your support.

Nik

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THATCHER'S BIG ENTRANCE

40 years on



MAY 4 MARKS 40 YEARS SINCE MARGARET THATCHER BECAME THE UK'S FIRST FEMALE PRIME MINISTER.

While the current disillusionment over the role of politics in our lives requires little debate, at least we are united in what has become a mutual collective sigh of discontent.

In the past, we didn't even have that, notably when the incoming Conservative government of 1979 left a nation severely divided.

The context of Margaret Thatcher's promotion to Prime Minister is vital in the sense of understanding her actions and bullish approach thereafter.

It's fair to say the UK had been in economic and social turmoil for quite some time leading up to the infamous Winter of Discontent strikes across late 1978 and early 1979. In the years before, the country's economy had been so weak that Labour's Foreign Secretary James Callaghan warned his fellow Cabinet members of a complete breakdown in democracy, brazenly stating "If I were a young man, I would emigrate".

Despite the green shoots of recovery forming, the Conservatives won a 44-seat majority at the 1979 General Election, and in the process Margaret Thatcher became the country's first female Prime Minister.

When arriving at Downing Street for the first time as Prime Minister on May 4, 1979, Thatcher paraphrased the misattributed Prayer of Saint Francis, in saying: "Where there is discord, may we bring harmony; Where there is error, may we bring truth; Where there is doubt, may we bring faith; And where there is despair, may we bring hope."

Whether she and Thatcherism succeeded in those goals really depends what side of the political divide you sit, but what can certainly be said without any conjecture is British politics, and British life, would never be the same again.

While the Iron Lady's devastating tourniquet-like grip on the economics of government was designed to ease high levels of unemployment, one of her greater legacies turned out to be deregulation. She saw private ownership making labour markets more flexible, whilst at the same time diminishing the power of the trade unions.

And while recession in the early 80s saw her popularity wane, victory in the Falklands Conflict lifted the mood, and subsequent election victories in 1983 and 1987 saw the country begin to emerge as one of the world's service and financial sector giants.

But there was always a cost, and few forgave Thatcher for the way she cut a swathe through the manufacturing and mining industries, destroying not just job prospects but entire communities.

And it was one controversial economic policy too far – the Poll Tax – that eventually saw the Grantham girl hoisted by her own petard. After being ousted as leader in 1990, she quit the House of Commons entirely in 1992, accepting a life peerage as Baroness Thatcher.

Thatcher died of a stroke in 2013, aged 87, and while she left behind mixed feelings amongst the electorate, it remains important to mark the 40th anniversary of her entering Downing Street.

At the time a landmark event for women in politics, Thatcher drove a stake through a male-driven institution that reflected its staid values on an entire nation; and it's fair to say the promotion of strong women thereafter came through in all sectors, all avenues, and all corners of everyday life.

Photo credit: David Fowler/Shutterstock.com



HISTORY

Fuelling the fires *of restoration*

Photo credit: Thierry MALLET/SPA/Shutterstock

Why the fire at Notre-Dame means this iconic building will return even more significant than before.

When fire ripped through Notre-Dame Cathedral on the night of Monday, April 15, it not only threatened to destroy a structure that had stood for 850 years, but tried to take with it into the Paris sky some of the most treasured artefacts and relics from an iconic city's incredible past.

That fire crews were able to limit damage at the 13th century building to just the central cathedral and spire is a miracle in itself, and as folk all around the world woke to the news that the rebuilding process was already several hundred million euros in – thanks to pledges from those of all backgrounds – people could begin to come to terms with what was yet another devastating night for a city that has endured so much in recent times.

The trouble with Notre-Dame is it represents so many different things to so many different people. For the fiercely religious it is a spiritual place of

worship, for others a symbol of historical excellence, while those passionate about architecture or just French culture will all lay claim to it.

Yet as one reporter said, events such as these are what make cathedrals, castles, buildings, boats and more, living, evolving objects. They are constantly on the move, constantly living in the present, not in history, and have enveloped and endured life around them since the day they were made.

From a similar fire at Windsor Castle in 1992 – which led to a £40million, five-year repair process – to seeing the Cutty Sark reduced to a mass of smouldering cinders in 2007, we are in an era where sympathetic restoration can actually not just repair, but breathe new life into these behemoths of culture.

As the French President Emmanuel Macron said, "She will return more beautiful than ever" – and with yet another story to tell.

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Simple, stunning and easy to achieve, industrial-inspired interiors are a fantastic way to modernise a space in a unique and impressive way.

Old factories and warehouses are rarely associated with style and glamour, but as the industrial-style trend proves, decor inspired by these buildings can be both timeless and effortlessly modern. The combination of exposed brickwork, oversized metal light fittings and elements of natural wood create the kind of space that is open, but also warm and welcoming.

This is often thanks to the open plan design, a look that comes from the presence of trendy lofts and characterful workshops in cities that have been converted to homes. But you don't have to live in an old shoe factory to achieve this look, as adding just a few elements can really transform a space, large or small.

So how do you achieve industrial style in your home? Firstly consider your colour palette, which ought to be neutral. Not white, but more of an earthy,

natural colour scheme with plenty of browns, tans and greys. If you're lucky enough to have exposed brickwork, make this the centrepiece.

When selecting furniture, go for raw materials, the more rugged the better. A large dining table for example, made from reclaimed wood; armchairs upholstered in buttery tanned leather; stainless steel cabinets and antique hanging lighting features with Edison bulbs that bathe the space in a warm, golden glow.

Those who have money to burn can buy expensive reproductions of vintage pieces, but anyone wanting to create something that is truly unique must be prepared for the treasure hunt, because the industrial style by its very name requires pieces to have history and a certain amount of wear and tear.

So no, you don't need to actually live in an old factory to obtain this look, but were you to chance upon some chairs or light fittings recently expelled from one, they would be a valuable contribution to your aesthetic.





DIFFERENT WAYS *to use a ladder* IN THE HOME

Think that a ladder is just for accessing hard to reach places? Think again. This essential DIY tool can be used in so many inventive ways; from storage to decoration to a kid's climbing wall. The possibilities are endless.

HANGING BLANKET STORAGE

You can never have enough blankets, but they certainly take up a lot of space underneath the bed. The solution? Use a leaning ladder as a vertical blanket storage unit. Simply strip and varnish your ladder or paint in your desired colour and attach to the wall.

Trendy outdoor bar display

It can be tricky to find space to put out all the drinks when you have a few friends over for a BBQ, but this handy ladder drinks display unit is the ideal solution. All you need is a ladder and a few wooden boards placed across the rungs and hey presto.

QUIRKY BOOK SHELF

If you are an avid reader but have minimal space, then a ladder book shelf is the ideal invention for you. All you need to do is mount your ladder horizontally on a spare wall, high enough to avoid appearing cluttered but not so high that you cannot reach your treasured books and job done.

Child's climbing wall

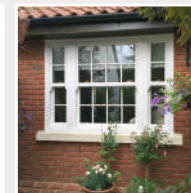
We don't know many children who would object to having a climbing wall in their bedrooms so why not make their day and save yourself a few pennies by creating one with just a basic ladder. And if you have another spare, why not create some indoor monkey bars too?

UPLIFTING LIGHT FIXTURE

For a rustic ceiling light fixture that would work perfectly in a country-style kitchen, hang a ladder from the ceiling and attach as many bulb string lights as you wish.

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GUIDE TO SANITY

She's got over two million followers, has just released a book which became the second fastest-selling title ever on the Bookseller's non-fiction chart, and even made a guest appearance on *This Morning*, so what is it that makes Mrs Hinch so popular? Quite simply, she makes cleaning a cinch.

Anyone who has ever stared hopelessly down a filthy toilet bowl or spent hours trying to successfully restore limescale-encrusted taps back to their former shine, can appreciate that any hack is gratefully received when it comes to the thankless task of cleaning.

That's why even the most begrudging scrubber can enjoy the daily tips, tales and musings of Instagram's hottest 'cleanfluencer' Mrs Hinch – AKA former hairdresser and Essex housewife Sophie Hinchliffe.

The 28-year-old social media star openly admits that cleaning provides a positive outlet for her various anxiety issues, revealing that a thorough scrubbing session can even ward off an impending panic attack.

This notion that a clean house can help create a clean mind is not a new one, but her fuss-free and fun approach – Mrs Hinch even names her favourite cleaning tools: Pinkeh the sponge, Dave the fluffy duster – makes the experience enjoyable. And anyone feeling overwhelmed by housework might find her debut book, *Mrs Hinch – Hinch Yourself Happy*, just the ticket for creating calm in a chaotic home.

And following her Christmas Day announcement that she and husband Jamie are expecting their first child, exhausted mums everywhere will be excitedly anticipating tips on how to 'Hinch' their way through motherhood.

Mrs Hinch's top tips

- > Rid yourself of plughole smells by pouring in soda crystals, followed by white vinegar spray, neat disinfectant and a kettle of boiling water.
- > Make mattress stains disappear by sprinkling on bicarbonate of soda which can be hoovered off once dry.
- > Use tumble dryer sheets to remove dust from blinds - the anti-static sheet attracts dust.
- > De-scuff doors by dabbing fabric conditioner onto a scourer and then buffing.

Decorate...



to your taste

If you find yourself at home on a Friday night staring at the four walls, there are one of two things happening. One - you're bored out of your mind; two - you've already embraced some of the brilliant design ideas below.

Whether you're decorating the smallest of spaces, or perhaps a room akin to *Downton Abbey*, getting your walls working with your surroundings is imperative for an inspirational home. Here are seven sumptuous design dalliances:

One: ART

Either hung from the wall or propped against it, art is a great method for matching wall colours to that of furniture. A single-piece painting or perhaps collection of record covers can immediately give a room personality and a theme, and at low cost.

Two: SIMPLE SHELVES

Practical and decorative, shelves can be thick, thin, bracketed or suspended, but they add interest and busyness to a space that needs livening up.

Three: YOU'VE BEEN FRAMED

A collection of different picture styles in a variety of

frames can speak so many moods and really create a mixed identity to a wall. Never dull, it offers small stories within one main visual.

Four: STRING IT UP

Hanging string or suspending plants across a wall can draw the eye from one side to the other, with the gentle sag of material taking away what can sometimes be stark, sharp angles, particularly in new-builds.

Five: EFFORTLESS ENTERTAINMENT

Go ultra-modern with your ultimate entertainment wall, housing widescreen telly, gadgets, computer console screens, LED signs and anything else that screams 'tech'.

Six: MIRROR MIRROR

If you're lacking surface area, a mirror is the best cheat going for reflecting, adding to and intimating space and light.

Seven: ASTOUNDING STORAGE

If you're really clever you can make a design feature out of storage - suspend a bike, create a hat montage or show off your shoes!

Loving the room.

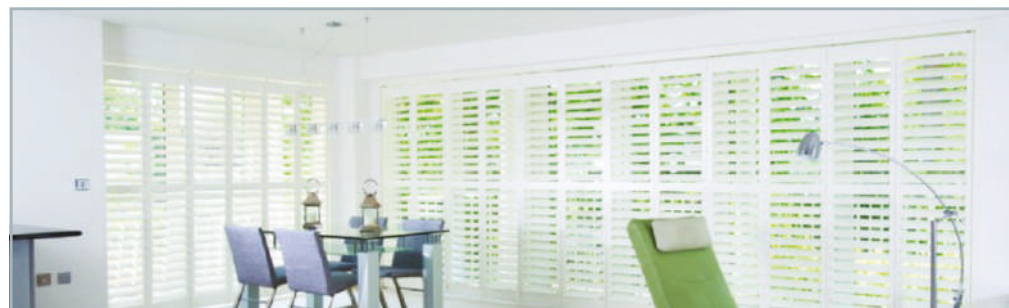
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LOCAL NEWS

from your neighbourhood



Cadet bestowed top honour by Lord-Lieutenant

A student from Brentwood School has been appointed as one of the Lord-Lieutenant's cadets (LLC).

Catherine Prior has been given this prestigious role for 2019, acknowledging her outstanding contribution to the cadet service and the community.

The Lord-Lieutenant of Essex, Mrs Jennifer Tolhurst, inaugurated Petty Officer (PO) Prior at a special ceremony and reception held at County Hall, Chelmsford, recently.

PO Prior was nominated, following a rigorous selection process, as an outstanding cadet to

represent the five Combined Cadet Forces from across the county.

During her year serving as the LLC, she will join the Lord-Lieutenant in carrying out her duties as HM The Queen's representative for the county of Essex.

Mrs Tolhurst said: "I could not be more proud of my cadets. The Lord-Lieutenant's cadets are chosen as the best of their organisation. They are always smart and courteous; they manage their very full lives well; they are confident and fun to be with."

"I wish them very well for the future and look forward to working with my 2019 cadets."

Brentwood's best emerge victorious at hospice quiz

Seven BBC *Eggheads* and snooker champion Steve Davis challenged more than 700 quizzers when they came together in aid of a local hospice.

A team from Brentwood emerged victorious at the Big Orange Quiz in aid of St Francis Hospice.

Event organiser Juliette Whittaker said: "A massive

thank you to everyone who came along and supported this year's Big Orange Quiz and made it such a success.

"There was such a fantastic atmosphere and the feedback we've had so far has been so positive with people still buzzing from the evening."



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Alex and friends are setting out to challenge MND

A man who was diagnosed with Motor Neurone Disease (MND) has set up a charity to provide support to those living with the condition so they can complete memorable challenges.

Since Alex Gibson was diagnosed with MND, he has so far cycled the Outer Hebrides, walked over 100 miles in one weekend and cycled from Brentwood to Guildford and back in the space of 36 hours.

Motor Neurone Disease is a rapidly progressing neurological disease that affects the brain and the spinal cord. Cruelly, whilst the body fails, the brain remains sharp, leaving people locked in a failing body, unable to move, talk, swallow and eventually breathe.

Through Challenging MND, Alex and his fellow trustees, friends James and Andrew, who are from

Brentwood, are setting out to create memorable challenges for people living with MND, giving them, their friends, and families lifelong memories.

The charity aims to ensure that there are no obstacles, whether they are financial or training equipment, preventing these amazing challenges from happening.

Challenging MND is actively raising funds to support new and exciting challenges. Sponsorship opportunities are also available.

Upcoming events include the family MUD run at the Nuclear Races on June 15 and a charity golf day at Stock Brook Golf Club on June 27.

For more information on the charity and forthcoming events, go to www.challengingmnd.org

Staff cut hair for Little Princess Trust



Staff from a solicitors firm with offices in Brentwood and Romford, have cut their hair for charity.

On April 1, Esther Marshall, Joanne Wood and Rebecca Haynes from Mullis & Peake LLP Solicitors, each cut their hair to send off to the Little Princess Trust who create real hair wigs for children and young women with cancer.

A spokesperson from Mullis & Peake LLP Solicitors said: "The three ladies managed to raise over £500 for the charity on their Just Giving page, which will go a long way to helping the organisation."





Fifteen lambs rescued by an animal sanctuary

Hopefield Animal Sanctuary rescued 15 lambs recently.

Staff at the Brentwood sanctuary had to move quickly to rescue the animals and they have now been taken to their new home.

Posting on Facebook, a spokesperson said: "There are four boys and 11 girls, all between one-and-a-half to three weeks old. They arrived a little confused but were soon settled in to their new forever home #hereatHopefield.

"The lambs will need to be bottle-fed around the clock by the staff and volunteers and receive extra love and care in these crucial early days. They are currently drinking around four litres of milk between them at

every feed. They will also need to have a milk replacer until they are eight weeks old.

"One of the lambs, named Squiggly, cannot stand at the moment and will need to have extra special care and vet treatment to see if anything can be done."

The sanctuary is calling for the public's help to raise funds to help care for the lambs.

The spokesperson continued: "A rescue this big requires much time and funding. The vet bills are hard to estimate as this stage but could be extensive depending on their health. Milk replacer costs £40 per bag and the future enclosure that will need to be built will cost between £3,000 and £6,000, as well as our extra staffing costs."

Residents call for a cinema in the town

A petition has been set up on change.org to bring a cinema to Brentwood.

It was created by Patricia Whiteley who wrote: "It's been a long time, way too long, since we had a cinema in Brentwood and we are fed up with the empty promises to make it happen. Fed up with seeing empty buildings that could house it. A multiplex is not for us, we need something small, intimate and local."

Resident Wendy Stephen is supporting the petition.

Giving her reasons, she said: "I signed and supported this petition in favour of a cinema in Brentwood as I

believe it would be very beneficial by greatly enhancing the vitality of the town.

"It would give residents in Brentwood and in surrounding towns of all ages an option to have somewhere to go to socialise and have added local entertainment. It would also add value to the town in terms of employment whilst also generating money for local restaurants, pubs and such like as part of visitors cinema trips."

To sign, visit www.change.org/p/alex-bring-back-movies-to-brentwood

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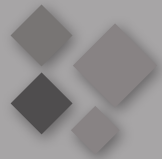
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LOCAL NEWS BRENTWOOD



Hospice partners with Nuclear Races to present Muddy Mayhem

St Clare Hospice has joined forces with the Nuclear Races in Brentwood to bring their latest mud-loving fundraiser to local people this summer.

On Sunday, July 7 you will have the opportunity to channel your inner mud-lover whilst raising vital funds for St Clare Hospice.

Muddy Mayhem includes a 5k mud run at the well-known Nuclear Races venue in Brentwood, and boasts many of the renowned Nuclear obstacles such as the zip wire and deathslide.

In total, there are 40 obstacles to take on throughout the run to challenge even the toughest mud-lovers.

Challenges and events fundraiser at St Clare, Emma Broadbent, said: "Mud runs have really gained popularity in the last several years and it's no wonder why – because they really are so fun and exciting.

"There's no better feeling that gathering up your friends and taking part in a wacky event like Muddy Mayhem – and when you know it's all to raise funds for

charity, it makes it even more special."

St Clare Hospice invites everyone to come and take on the challenge from 10.15am – with the race setting off at 11am.

Registration is £50 per adult and £40 per child (aged between 13 and 17 years old) and St Clare suggests participants aim to raise £100 in sponsorship.

Participants must be aged 13 and over to take part.

Registration includes a St Clare T-shirt and medal. Once each participant has registered, they will be sent a link for the Nuclear Races Disclaimer which they must complete before the event.

To sign up, visit stclarehospice.org.uk/event/muddy-mayhem

Alternatively, get in touch with Emma on 01279 773754 or email emma.broadbent@stclarehospice.org.uk

2018 Civic Award winners are announced

The winners of the Civic Awards have been announced by Brentwood Borough Council.

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

Sam Hatcher-Staines (Young Volunteer of the Year), Mike Hawkins and Mike Conyers (Lifetime Achievement) were presented with the awards at the Civic Dinner on April 5.

Sam Hatcher-Staines said: "It's a surprise and an honour to be given this award, like most people I was raised on the idea success is based on a how much you earn and own but I learned very young that

wasn't the case."

Mike Hawkins said: "I am honoured and delighted at the decision to grant me a lifetime achievement award and I would like to thank everyone involved, especially those who nominated me."

Mike Conyers said: "I was shocked and surprised as I was not expecting the award. I feel highly honoured and extremely grateful and shall treasure it. I was asked the question why do I do it; I feel life has got to be a challenge not a threat and I follow the words of Helen Keller who was blind and deaf who said that life is a daring adventure or nothing at all."



Photo credit: Brentwood Art Trail

Art Trail returns next month

The Brentwood Art Trail is coming to town between June 8 and June 23.

It is part of the eleventh Essex Summer of Art, which showcases artists from across the county from May through to October.

The Brentwood Art Trail is now in its tenth year and a great way to enjoy the artwork of the borough's many talented artists.

Visitors can see a variety of work that will be displayed in participating shops, businesses and organisations throughout the borough.

As well as the trail itself, this year there will be additional events for the community to enjoy, including workshops and live activities taking place in June.

For the first time, there will also be a children's version of the Brentwood Art Trail to encourage more

families to get involved by exploring the borough and enjoying the art on show.

Art teacher, face painter and artist Sue Mills said: "I've taken part in the Brentwood Art Trail for the past few years and it's great to be part of this local event.

"I've exhibited in various venues around Brentwood and Shenfield and it is always a bonus when a piece sells too. I'm looking forward to this year's event and hope everyone enjoys seeing what the local artist community can do."

Residents and visitors can follow the event online via @bwdarttrail on Instagram, Facebook and Twitter.

The Brentwood Art Trail is supported by the Brentwood Business Partnership (BBP), a partnership between Brentwood businesses, local business organisations and Brentwood Borough Council.

Rotary Club to give £10k award

Brentwood a Becket Rotary Club is offering the chance for local charities, voluntary groups and not-for-profit businesses to bid for an award of £10,000 to develop their organisation.

The award is being offered to mark the start of its 40th anniversary as a member of the rotary movement.

It will be available to those based in Brentwood or neighbouring districts who have clients in Brentwood or plan to use the award to expand into Brentwood.

The neighbouring districts include Chelmsford, Basildon, Thurrock, Epping Forest and Havering.

A spokesperson from the rotary club said: "Applicants will need to show that the money would be used for something new such as a new service, extension of an existing service, new equipment or

vehicles or a training programme.

"Brentwood a Becket Rotary Club raises over £60,000 for charity every year, mainly from the Brentwood Half Marathon, but also the Christmas collections and Big Quiz Night.

"This money is donated throughout the year to many local, national and international organisations through the club's charitable trust.

"Whilst there will be only one winner of the award, the club will follow up some of the other applications to see whether a smaller donation can be made. "

The application form can be found online at www.rotarybrentwood.org

Forms will need to be submitted by the end of May and the winner will be announced by mid-July.

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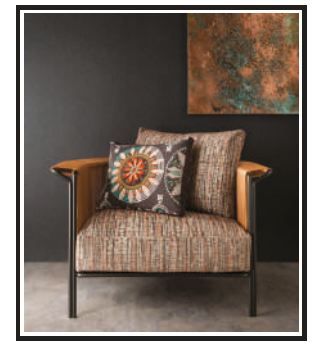


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Cheryl's career reaches new heights at The Galleries

The head concierge at an exclusive estate in Brentwood is celebrating two years in the role.

Cheryl Whiting oversees the day-to-day running of the buildings and estate at City & Country's listed building conversion The Galleries in Warley.

Cheryl proved her worth as soon as she was hired. She was always happy to go above and beyond her normal duties, by staying on late to support the caretaking team with deliveries, taking on additional jobs and learning new skills.

Cheryl explained: "I fell in love with the building and grounds when I started here as cleaner, and as I got more involved with the day-to-day running, I took even more pride in everything I did. When the head concierge job came up, I knew it was something I could do - and more importantly that I really, really wanted it."

Cheryl hasn't looked back.

She revealed: "It really has been a life-changing role

for me and it's the only job that I've ever done where I wake up and look forward to going to work."

"I absolutely love the building and stunning grounds here at The Galleries and that gives me extra motivation to ensure that everything is kept in immaculate condition and that our residents receive the high level of service they expect. Given the nature of the job and high expectations from residents, it's not always straightforward, and every day we face different challenges - but being head concierge is all about dealing with any situation with a cool head and a professional manner."

Neil Robinson is managing director of Encore which manages The Galleries.

He added: "We're delighted to see what an asset Cheryl has become to Encore and to the residents at The Galleries, who can rest assured that their homes are in good hands."

Take part in an out-of-this-world challenge

Staff from Brentwood Library are encouraging children to take part in their Summer Reading Challenge.

Space Chase, inspired by the 50th anniversary of the first moon landing, will run from July 20 until September 2.

Children aged between three and 12 will be challenged to read six books to earn space-themed stickers. If they complete the challenge, they will also receive a certificate and medal.

For more information, visit libraries.essex.gov.uk/

news/space-chase-summer-reading-challenge-2019

The library is also looking for volunteers aged 14 and over to help children with this year's challenge.

They will sign children up to the challenge, talk to them about their books, and hand out stickers and rewards.

Volunteers will need to be able to commit a minimum of 18 hours from July 20 to September 2.

For more information about volunteering, visit libraries.essex.gov.uk/news/summer-reading-challenge-2019-volunteer-applications-open-now



LOCAL NEWS BRENTWOOD

BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



A constant subject of concern in my MP's postbag is climate change. People are becoming more and more aware of the environment, its fragility and our need to preserve it — and whilst we have made great strides, there is still far more we can do.

The Government's 25-Year Environment Plan sets out a framework to ensure that we hand the next generation a cleaner, more sustainable country than the one that we inherited. It includes tackling the scourge of plastic, delivering cleaner air and water and, crucially, using the opportunity Brexit provides to develop our own bespoke agricultural and fisheries policies with a more sustainable focus.

It is clear that tackling climate change is at the forefront of people's minds and we should be proud of our achievements thus far as

the UK has reduced greenhouse gas emissions by 25 per cent since 2010 - faster than any other G20 country. We were the first country in the world to commit to phase out unabated coal power by 2025 and have invested £52 billion in renewable energy since 2010 with 400,000 people now working in low-carbon businesses.

We are also tackling poor air quality through the Clean Air Strategy, banning petrol and diesel cars by 2040, investing millions in greener public transport, electric and hydrogen vehicles. The 5p charge on single-use plastic bags has reduced their use by 85 per cent with each person on average now using 25 bags a year compared to 140 before the charge came into effect.

I know that the urgency of cleaning up our country and our planet is felt by many individuals and groups locally. Rest assured, I understand the need for us to act.



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Photo credit: Richard King



New season in full swing at Epping Ongar Railway

The annual Steam Gala returns to Epping Ongar Railway next month.

In addition to the domestic fleet, the gala, being held on June 7, 8 and 9, is scheduled to include the United States Transportation Corps S160 Class 2-8-0 tender locomotive, courtesy of the Churnet Valley Railway and the owners Batt Holden Limited.

It will be accompanied by the Caledonian Railway No. 419, 0-4-4T locomotive, courtesy of the Scottish Railway Preservation Society.

An intensive service will operate over all three days and, as usual, the fleet of heritage buses will be operating between Ongar, North Weald, Epping underground and Shenfield stations.

This month, several events are being held to keep

the children entertained with some of their favourite characters visiting the railway.

Epping Ongar Railway is also looking for people who would like to join their society as a volunteer and are particularly keen to enhance their volunteer catering team at North Weald.

The team work under the supervision of the professional catering manager and assist serving customers with drinks and food.

All society members receive complimentary copies of the quarterly magazine *Mixed Traffic*, normally priced at £3.

For more information on joining the society email membership@eorailway.co.uk or visit www.eorailway.co.uk



Woman completed marathon in memory of cousin and grandad

A woman from Greensted in Ongar ran the London Marathon on April 28 in memory of family members who both died in the care of St Clare Hospice.

Danielle Corrigan joined 11 other runners on Team St Clare who were raising vital funds for the charity.

She said: "In March 2013, as a family we were told most possibly the worst news in the world.

"My 19-year-old cousin Charlotte had been diagnosed with terminal liver cancer, which later spread to other organs. A few months prior to this heartbreaking news, my grandad was also diagnosed with mesothelioma, another incurable disease.

"St Clare Hospice supported us all: when our world came crashing down; when the days seemed so dark.

"The doctors and nurses stuck by both their sides

right until the very end, making them comfortable and allowing us to create unforgettable, lasting memories.

"St Clare provided the most amazing love, care and support, not only to Charlotte and grandad, but to all of us as a family. And they continue to do so."

The first-time London Marathon runner decided that she wanted to give back to the charity and hoped to raise £2,5000 for St Clare.

Danielle added: "I am full of mixed emotions ahead of the big day, but I can't wait to run in memory of the two most loving people in the world."

To sponsor Danielle, visit uk.virginmoneygiving.com/DanielleCorrigan

At the time of going to print, Danielle was about to take on the 26.2 mile run.

Hospice partners with business for Wills month

St Clare Hospice has partnered with a business in Ongar to mark Wills Month.

They are inviting everyone to make or amend their will between June 3 and June 28.

Baxter Harries, in High Street, is one of eight solicitors' offices taking part.

Sarah Thompson, CEO at St Clare Hospice, said: "All of us want to secure the best possible future for our families. "However, making a will is not often the first thing on our list when we think of how we can ensure our loved ones are cared for.

"More than half of adults living in the UK admit that

they do not have a will.

"Having a will in place ensures that you will be able to provide for your loved ones, spouse and children after you are gone. Our homes, possessions and what we have worked for in life are so important to many of us - so why not protect them through a will?"

For a suggested minimum donation to St Clare, you will be able to make your will with a local solicitor. The entire cost of this will be donated.

The suggested minimum donations are: £130 for a single will; £180 for a double will; £90 for an amended will.

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Zinc named as lead charity for Blackmore Village Fayre

Zinc, based in Ongar, is delighted to be named as the lead charity at the Blackmore Village Fayre 2019.

The fayre is a biannual event for the community, by the community and this year it has a musicals theme.

Starting with a barn dance on May 11, there will be a full programme of events for all the family over the weekend of May 24 to May 26.

You can join in with the Festival of Sports, check out the fantastic entries in the scarecrow competition, watch some amazing live music on both the Saturday and Sunday nights, enjoy the Grand Parade and the Village Fayre, get involved in the kids games, dog show or soapbox trials, as well as much more besides.

Zinc will be there with a free creative arts workshop for all, running stalls and even appearing in the Grand Parade.

A spokesperson from Zinc said: "As the lead charity for the 2019 event, Blackmore's support will enable Zinc, an Ongar-based community hub and arts education centre, to continue its vital work in raising aspirations for all and helping to create a more inclusive society where everyone can achieve their potential."

"Blackmore's support will provide bursary places and allow an increased outreach programme for lonely, isolated or members of the community."

For more information about the fayre, visit www.blackmorevillagefayre.co.uk

Man charged for burglary and theft

A man from Ongar has been arrested and charged with a number of offences in connection with burglary and theft incidents.

The 27-year-old was arrested on April 3 and has been charged with burglary, aggravated vehicle taking, handling stolen goods and a public order offence.

The arrest was made after an address in Fencepiece Road, Chigwell was broken into between 9am and 12pm on March 21, while a grey Audi A5 was stolen from an address in Pancroft, Abridge between 5pm on January 10 and 2am on January 11.

At the time of going to print, the man was next due to appear at Snarresbrook Crown Court on May 3.



LOCAL NEWS ONGAR

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A Prince *for the people*

If ever there was someone on the inside perfectly placed to lead forward the Royal Family's often haphazard PR machine, it's surely Prince Charles.

As celebrations begin to mark 50 years since the Prince of Wales was given his investiture at Caernarfon Castle in 1969, we have to sit back and admire the strength, resilience and patience of a character who has spent a lifetime winning round public opinion.

Of course, much of that negative feeling stemmed from his apparent treatment of Princess Diana – a failed marriage and ensuing feud that ripped apart the Royals, with Camilla waiting in the wings. And upon Diana's tragic death in Paris in 1996, it was supposed Charles would never again win the hearts of the nation.

But his dedication to sons William and Harry, a passion for the environment and art, plus a head for business and entrepreneurial spirit have seen a positive perception restored. Certainly, where The Prince's Trust is concerned, Charles has sparked tremendous belief and potential in the next generation of commercial minds. An organisation he founded way back in 1976, its support for vulnerable and needy 11- to 30-year-olds makes it our greatest ever force for championing people, and is a project that remains very close to Charles' heart, all these years on.

While the Royals held their own 50th anniversary celebration for Charles at Buckingham Palace in a gathering on March 5, a separate bash is set to take place on July 19, to mark the exact date. Back then, Charles was Duke of Cornwall,

Duke of Rothesay, Earl of Carrick, Baron of Renfrew, Lord of the Isles and Prince and Great Steward of Scotland, and actually assumed the title he craved on July 26 1958, but it would be almost another year before his investiture.

He served in the Royal Air Force and Royal Navy and in his youth was linked to a number of women, at one point pursuing 16-year-old Amanda Knatchbull, who four years later he proposed to, only to have his offer rebuffed.

Marrying Lady Diana Spencer in 1977 was set to present the flagging royals with a fairytale marriage, but the couple's incompatibility and near 13-year age difference were perennial issues, and many thought Camilla Parker Bowles was more suited to Charles, and so it proved when the pair married in 2005.

Charles has certainly worked hard to repair the damage of some turbulent years, both in his philanthropic work and in an awareness that, for the royal family to survive, they would need to modernise. A hard worker, Charles – who has voluntarily paid tax since 1993 – carries out hundreds of official engagements every year as a light-hearted, jovial and humorous exemplar that many around him would do well to mirror.

Mostly though, Charles may well be regarded as the prince who has now waited half a century to assume the greatest title of them all – King of England. Some wonder if he will ever get his chance, and when he does, how long will he be sat on the throne?

What is certain is when he does make that final step, it will be as a result of a lifetime of admirable service to his country.

50 years for Charles – the patience of a saint or the poise of a Prince?



PUZZLES & TRIVIA

PUZZLES

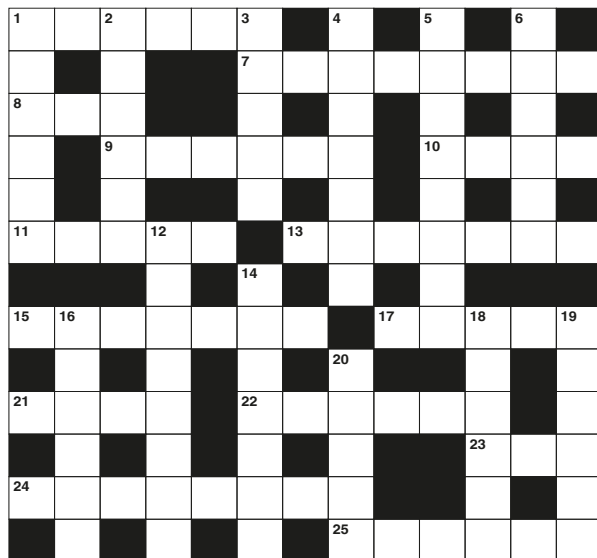
Answers can be found on the Contents Page 4

ACROSS

1. Red-breasted birds (6)
7. Dry biscuits (8)
8. Flat-topped cap with a tassel (3)
9. Domestic assistant (2,4)
10. Fleet of ships (4)
11. Ethical (5)
13. Tall tower (7)
15. In the middle (7)
17. Relating to vision (5)
21. Smile broadly (4)
22. Shrub with glossy leaves (6)
23. Particle that is electrically charged (3)
24. Relating to a topic (8)
25. Fences made of bushes (6)

DOWN

1. Make changes to improve something (6)
2. Type of market (6)
3. Discard (5)
4. Noisy colourful birds (7)
5. Superficial (4-4)
6. Small stones (6)
12. Right to self-government (8)
14. Hammers (7)
16. Hearts (anag) (6)
18. Covering a roof with thin slabs (6)
19. Solid pieces; blocks (6)
20. Cage for small pets (5)



DID YOU KNOW?

- Brazil is the largest country in South America
- The capital city of India is New Delhi, while Mumbai is the most populated city
- French is the second most studied language in the world after English
- Australia hosted the 1956 and 2000 Summer Olympics
- The three colours of Iceland's flag represent elements that make up the island; red represents the island's volcanic fires, white is for the snow and ice fields, and blue the ocean.
- The famous giant panda is found near the Yangtze River in China.

SUDOKU

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Grow your own TOMATOES

Last year's British Tomato Week was so successful that this year the British Tomato Growers Association has announced that they will be paying tribute to the tasty tomato for a whole fortnight! And it couldn't have happened to a nicer fruit.

And yes, a tomato is technically a fruit.

ARE TOMATOES EASY TO GROW?

Yes, they are, mainly due to the fact that they are suitable for any garden size as they can be grown in containers or hanging baskets. All that they really need is lots of sun.

For beginners, we recommend buying a starter plant from your local gardening centre.

WHEN SHOULD TOMATOES BE PLANTED?

If you are growing your plants from seeds, then it is advised that you sow your seeds either indoors or in a greenhouse six to eight weeks before the last frost date.

HOW SHOULD I SOW TOMATO SEEDS?

Sprinkle the seed thinly onto a high quality seed compost within a small pot and then cover with around 1.5mm of the compost. Once two leaves have appeared, you can move the seedlings into bigger pots and once flowers have appeared you should transfer each plant into a grow bag or larger pot (roughly 23cm).

WHAT VARIETY OF TOMATO SHOULD I CHOOSE?

Gardener's Delight: A small, sweet variety that likes grow bags or pots.

Tumbler: Best for growing in hanging baskets.

Ferline: A beefsteak tomato that is resistant to tomato pligh. Grow in bags or pots.

Sweet Million AGM: Cherry-sized, sweet tomatoes that are perfect for kids to grow and pick.

Fun fact: If all British tomato plants were lined up, they would wrap around the equator eight times.

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ANIMAL & INSECT ATTRACTION



Want to turn your garden into a bona fide wildlife wonderland? Here are some tips and tricks on attracting a wide variety of animals and insects to your green space...

Although it may seem an odd concept, the best way to attract animals to your garden is to leave it a little untamed. When you leave part of your garden untouched, with good access to other gardens or wild spaces, you are creating a safe area for wildlife away from human influences.

By inviting the littlest of critters into your garden, you then create an entire mini-ecosystem. For example, an undisturbed pile of logs makes an excellent hideaway for an incredible number of insects which, in turn, can attract birds and mammals.

But if you are more of an orderly gardener than an untouched space curator, here are some things to keep in mind if you want to end up with a green space positively brimming with animal and insect life:

✧ Trees not only give birds somewhere to nest but can provide fruit for foxes, badgers and even deer

✧ Hedgerows, such as holly, provide essential cover and corridors that join up green spaces for small mammals

✧ A range of shrubs that flower at different times will improve the diversity of visitors to your garden

✧ Longer grass is essential for egg-laying insects such as butterflies, so leave a bit of lawn untrimmed to give these birthing bugs shelter

✧ Taller flowers will attract flying friends from bees to dragonflies

✧ Night-scented plants such as buddleia and evening primrose are great for moths which in turn are a feast for bats

✧ Wall-climbers can provide links between gardens for pollinators

✧ Don't forget your water feature – ponds are essential for amphibians and offer a bath and beverage for birds

✧ Choose your own compost over peat – compost heaps are a warm home to reptiles as well as a great source of nutrients for your garden.



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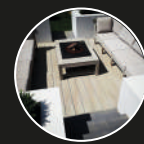
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THESE BOOTS are made for walking

HEALTH & FITNESS

Did you know that May is National Walking Month? So, what better time to put your best foot forward and reap the benefits, both physical and mental, of a daily brisk walk.

1. Helps maintain a healthy heart

If you work in a sedentary job or have a fairly sedentary lifestyle in general, a daily walk can work wonders on reducing your risk of both heart and cardiovascular disease.

2. Aids weight loss

Wanting to shift a few pounds without pounding away on the treadmill? Simply start getting off the bus a few stops early or walking to the local shops rather than driving. Even small changes can make a noticeable difference.

3. It can actually make you smarter

Really? Yes, the simple act of going for a daily walk can actually make you more intelligent. This is because walking helps to supply more oxygen and glucose to the brain which in turn, helps it to perform better.

4. Reduces your stress levels

Walking helps to improve your circulation which means your cells are provided with more nutrients and oxygen. It also decreases the amount of cortisol, the stress hormone, that is produced.

5. Improves your mood and your memory

Physical activity, especially in the open air, is known to help prevent depression, plus you will get a much-needed injection of vitamin D. And specifically, for older people, a daily walk can help improve their memory and even help prevent dementia.

6. Helps to maintain a healthy digestive system

Although you may not feel like it, a quick walk after a meal is actually a really good idea. Not only can it help keep your weight down, but it also helps support your digestive system, meaning you are less likely to suffer from bloating, constipation or diarrhoea.





How to go ALCOHOL FREE for a whole year

VISION spoke with freelance journalist Jerry Lyons following his attempt to go alcohol free for a year. Here's his account of what happened...

April 2, 2019 was a special day in my life. It marked 365 days since I've had a drink of alcohol. Which, given I was a big social drinker for 30 years prior to my year of abstinence, was a huge achievement for me.

To me it was the equivalent of climbing Ben Nevis in the winter wearing flip-flops and while battling man-flu.

But here's five tips on how I went alcohol-free (AF):

CHALLENGE – I set the 365 challenge with the help of an organisation called One Year No Beer (no wine, no spirits either) which helps people embarking on the booze-free challenge.

ENTHUSIASM – I attacked the first 60 days of abstinence with enthusiasm. I listened to dozens of podcasts about health and living alcohol-free. I

also read a great book by a writer called Catherine Gray - *The Unexpected Joy of Being Sober*.

SWAPPING BUZZES – I swapped Friday night beers for going to the gym. The endorphin high from a good workout or gym class is unbeatable for me and there is no hangover.

REWARD – Another big help was something I thought was ridiculous before going AF. Alcohol-free beers. I'd always considered alcohol-free beers as pointless. A bit like going into a barber's but not getting your haircut. However, the AF alternatives seem to have the same trigger for the sense that you're rewarding yourself.

SUPPORT – I used the One Year No Beer Facebook group to lean on in the first 90 days. After that I had the best support anyone could ask for – my partner who, seeing the benefits being booze free brought me, decided to take on the challenge herself.

I've never felt lighter, brighter and clearer so I'm going to keep the dry run going for as long as possible and I'll raise a glass of cold (alcohol-free) beer to that.

Cheers



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Thursday 27th June 2019 at 6.30pm

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Thursday 11th July at 6pm

with Mr Aman Chandra,
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Let's talk thyroid disorders.*

Tuesday 2nd July 2019 at 6.30pm

with Dr Rehman Khan,
Consultant Endocrinologist.

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FREEZE FACTOR

Demi Moore swears by this extreme beauty treatment for keeping her looking youthful. But what exactly does it entail?

WHAT IS CRYOTHERAPY?

Cryotherapy is a technique that involves exposing the body to extremely cold temperatures for several minutes. Whole body cryotherapy is particularly popular and uses liquid nitrogen to plunge your body into -200 degree temperatures.

WHAT ARE THE BENEFITS?

- Increases your metabolism aiding weight loss

The extreme lowering of your body temperature causes your body to work harder to keep warm. Therefore, your metabolism is raised and you burn more calories. In fact, a single full body cryotherapy session can burn up to 800 calories.

- Boosts circulation and stimulates collagen production

The sudden cool temperature on your skin's surface results in your body boosting its natural healing and rejuvenation processes resulting in increased circulation and collagen production; both of which help you achieve firmer, younger-looking skin.

- It's anti-inflammatory

If you suffer from an inflammatory condition such as arthritis or fibromyalgia, cryotherapy can help by improving your body's natural healing mechanisms.

- Reduce chronic pain and muscle spasms.

As with a cold compress, cold therapy helps to increase your pain thresholds and in turn, reduce pain. It also reduces the sensitivity of your muscles.

- Can help reduce the feelings of depression and anxiety

The incredibly cold air used in the treatment floods the body with feel-good chemicals such as endorphins which helps improve your mood and energy levels.



IS IT DANGEROUS?

No, this treatment is completely safe as long as it is carried out by a trained medical professional. It is likely to be unpleasant the first time you try it as your body gets used to the cold temperatures.

It is important that whole body cryotherapy is never undertaken for more than 5 minutes as your body will then start to shut down.

...cryotherapy



BEAUTY



MONOCHROME

mayhem

Where do we even start with the beauty of the monochromatic trend? It's versatile, chic and is probably the easiest way to appear both taller and thinner. And who doesn't want that?

WHAT IS MONOCHROMATIC DRESSING?

Monochromatic dressing means wearing separate items but all in the same colour. It often refers to black and white ensembles but can also refer to other neutrals and even bold colours such as blue, red or yellow.

WHAT ARE THE BENEFITS OF THIS TREND?

Well to start it makes outfit planning so much easier. No worries about clashing colours or prints; just choose one colour that you love and that suits your colouring and you're away. Picking the right colours ahead of the summer season is so much less complicated than choosing the latest styles which may or may not compliment your shape.

HOW TO WEAR THIS TREND

It is very simple. All you have to do is pick your colour

and then make sure that your key wardrobe pieces are in the exact same shade. Accessories must be in the same colour but can be a different shade to your actual outfit. To stop your look from appearing boring, try embracing different textures.

KEY COLOURS FOR THIS SUMMER

Head-to-toe monochromatic neutrals are set to be massive this season; look out for smart tailored trousers, a loose-fitting shirt and a matching trench coat for a cool office vibe that can easily be worn late into the night.

Navy is also a great colour for summer as it looks great against tanned skin. For a sporty look, why not team a sleeveless cropped shirt with matching wide legged trousers.

And of course, you can't go wrong with the classic and super chic black and white combo.



Photo credit: ASOS



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A CENTURY *in the air*

A BRITISH MAINSTAY THAT HAS UNITED THE WORLD,
BRITISH AIRWAYS CELEBRATES ITS 100TH BIRTHDAY THIS YEAR

It may not have started life with the most glamorous of titles, but as the British Overseas Airways Corporation (BOAC) celebrates 100 years in the air in 2019 we should all look to the skies and be proud of this incredible airborne institution.

Celebrations are already well underway - in February, BA gave a graceful retro makeover to one of its Boeing 747s by painting on it some classic 1970s livery. And as current chairman and CEO Alex Cruz confirmed, that iconic model will continue to be at the heart of events marking the brand's contribution to the aviation industry.

"Since reaching out in looking to mark this special year, we have received countless messages from our customers right across the world who have shared their memories of BA, and the various liveries come up in conversation more than perhaps anything else," said Cruz. "That made it all the more exciting when we re-introduced the classic BOAC design.

"Beyond that, of course, who we are and how we operate has been shaped hugely by our history, and

how we move forward is now vitally important in what is a rapidly changing industry."

British Airways was so-named in 1974, but it was on August 25th 1919 when minor airline Aircraft Transport and Travel (AT&T) (a forerunner to BA) launched the world's first scheduled passenger flight from London to Paris.

AT&T went through various difference mergers and guises before it finally landed as BA, and its humble beginnings are perhaps more in line with the cost-aware conditions that confront operators in the current market.

Celebrations of this landmark year are set to continue throughout 2019 - check out the current TV advert that embraces some of Britain's best-loved personalities (and, no doubt, their bountiful collections of air miles).

Photo credit: Ceri Breeze/Shutterstock.com



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preparation is the key



Top tips to ace your exams

Exam season is almost here and while some already have their heads in their revision books, others find it difficult to find the motivation to revise. Dr Lisette Johnston, head of school at ScreenSpace, gives her top tips for effective revision.

1. Make fact or note cards

Check out Quizlet.com, you have to register but it's an amazing free resource, that's really easy to use

2. Draw mind maps

Do this after each chunk of intense study, write down what you can remember then revisit your notes, see what you missed and write those bits down in a different colour.

3. Highlight notes

Highlighting one key point or fact for each topic area can effectively breakdown the volume of information you need to remember. Sometimes colour can help text 'stick'.

4. Make lists

Find the exam board's specification (this lists what you need to know), break down those topics into smaller topics, order them into priority of what you need to learn and revise from there. Breaking it down into these smaller sections makes the task seem more manageable and less overwhelming.

5. Write essay plans

Look at the question, break it down into chunks and then plan each section to include point, evidence, explanation (PEE) and make sure to include a conclusion and be evaluative throughout.

6. Answer past questions

Try to self-mark and get a someone else to mark your work too - this helps you learn as you go, and also ensures that you are being realistic with your marking - you need to know that you're not being too harsh or too generous.

It's important to not work hours without a break, or memory and recall become less and less effective. Plan your sessions of up to one hour and take a short break in between. Keep yourself interested by changing topics and make the time spent revising really count.

the pet SHOP BUYS

A dog isn't just for Christmas... and nor is a terrapin for that matter, but did you know you're perfectly entitled to keep both in your home.

We're a nation of pet-lovers, but as with any bunch of fanatics, there are always some who like to take things a step further. In fact, when compiling a list of the pets you're legally permitted to keep at home, it might-just-be quicker to state those you aren't allowed on private land.

Here's a selection of unusual pets ready to move in to your abode:



TERRAPIN

As daring pets go, not many people venture beyond first base – a terrapin. A snapping, biting version of the turtle, these little creatures can be a curious addition as long as you've a decent-sized tank... that's because they can grow to up to nine inches long!

SIDEWINDER SNAKE

The sidewinder gets its name from the side to side motion it moves in, and while keeping these desert snakes at home is nothing new, this particular reptile is highly venomous. There are currently over 300 living with owners in the UK.



EMU

Surprisingly, the emu isn't on the Dangerous Wild Animals list so doesn't even require a licence, but you will need at least an acre of space, some woodland, and some protection from the inevitable pecking!



WILD CATS

A number of wild cats have found their way to the UK, and pending all the regular checks you'd expect, have been allowed to stay here. Space is a obviously prerequisite with various species that must be well fenced-in and unable to roam freely.

WILD BOAR

Finally, if you've got land, a pest problem and some pretty decent fencing, why not invest in some wild boar. Presently over 2,000 have made the UK their home

It seems where it comes to enjoying the comfort of furry, slimy or skeletal creatures, anything goes... and go they will if you don't keep cages and fences properly maintained.



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HATTINGLEY VALLEY CLASSIC RESERVE

Situated in Hampshire, Hattingley Valley family-run vineyard is eco-friendly and uses the traditional method of oak barrels to ferment a small proportion of their wines each year as well as using stainless steel tanks.

This particular sparkling wine is pale gold in colour and has notes of baked apple, creamy nougat and brioche as well as subtle hints of fresh red fruit.

A definite celebratory drink. No food needed.

EXTON PARK BRUT RESERVE NV

Made in another Hampshire vineyard, this elegant sparkling wine is made from a combination of Pinot Noir and Chardonnay wines and has noticeable white pepper notes.

Serve with either salmon or white meat such as chicken or turkey.

CHAPEL DOWN THREE GRACES BRUT

This complex wine comes from the well-known Chapel Down vineyard and was the sparkling wine served at the Duke and Duchess of Cambridge's wedding. It is a very well-rounded wine that is lively and bubbly on the tongue.

A blend of Chardonnay, Pinot Noir and Pinot Meunier, this wine is ideal for pairing with grilled fish or a risotto.

RIDGEVIEW BLOOMSBURY 2014

Favoured by Her Majesty the Queen herself, this light sparkling wine has vibrant, citrus aromas combined with a hint of honey and melon.

Perfect served as an aperitif or with a simple seafood or light pasta dish.





10 VEGAN FOODS

that pack a protein punch

Veganism has been steadily increasing in popularity over the last few years with an estimated 540,000 vegans in the UK.

But can you follow this diet and still get your recommended daily protein intake?

1. TOFU: This plant-based protein contains 22 grams of protein per half cup and can be added to stir-fries and salads.

2. BEANS: Beans are packed with fibre and offer 21 grams of protein per cooked cup. They are filling and help aid muscle growth.

3. PUMPKIN SEEDS: Pumpkin seeds contain 12 grams of protein per cup and also contain lots of bowel-friendly fibre. They can be enjoyed roasted as a handy snack or sprinkled over salads, soups and curries.

4. CHICKPEAS: With 9 grams of protein per ¾ cup, these versatile sources of protein are especially yummy when roasted with your preferred spices.

5. EDAMAME: Popular with sushi lovers, edamame beans are an excellent source of

protein with one cup containing 17 grams. They can be added to salads, pasta, soups or eaten as a tasty snack.

6. LENTILS: Not only are lentils extremely budget friendly, they offer 18 grams of protein per cooked cup. Lentils are great at bulking out meals or as an alternative to mince in dishes like spaghetti Bolognese and shepherds pie.

7. OATS: A popular breakfast staple, oats offer 6 grams of protein per ½ cup.

8. POTATOES: Who doesn't love a chip? One large baked potato contains roughly 8 grams of protein.

9. BROCCOLI: Providing 2.6 grams of protein per one cup serving of raw broccoli, this is not the highest plant-based protein offering available, but it does contain all the essential amino acids.

10. QUINOA: The quinoa seed contains 8 grams of protein per cup and is considered a complete protein.

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It is estimated that around 100 billion emails are sent by people in the world, every single day.

Have a proper look at your inbox, particularly the spam and junk folders, and the chances are you'll find one there from your bank, from a 'friend' sending you some holiday snaps, perhaps some discount offers from retail companies; or in a recent case that made it into UK newspapers, from none other than Cliff Richard. All are fake; all want to steal from you.

These days, our email systems are pretty adept at detecting spam mail, but what if something slips through? The best ways to protect yourself is to ask the following questions:

- ☒ Do you even have a bank account/store account with the sending company?
- ☒ Is the person a stranger looking to strike up a business partnership or casual conversation?
- ☒ Are there typos in the email body?

☒ Is the email from a bank claiming there has been a security issue, and that you will be required to go to enter in your password and personal data through a link provided in the email?

☒ Does a link in the email go through to a different 'phished' website, or one with a name that doesn't match the typical web address format of your bank's?

If you can answer 'yes' to any of these, the chances are you're looking at an email being sent to intentionally glean data and log-in information, and from that, defraud you.

We are at least in an era now where companies invest billions in keeping their customers safe, but the threat – to ourselves and loved ones, particularly the elderly – remains severe, so be smart, be vigilant and approach any unsolicited email with the caution it deserves.

FINANCIAL ADVICE FOR NEW PARENTS

Parents can often find their time entirely taken up with looking after the newest member of their family. It's a life-changing experience that will have an impact on their finances too.

PLANNING PAYS

For any couple, one of the biggest adjustments is managing on one salary, so working out a budget together will ensure that they have taken care of the monthly overheads. As well as statutory maternity pay or maternity allowance, you may be entitled to other things like tax credits or child benefits, free NHS prescriptions and dental care.

PROTECTING WHAT'S IMPORTANT

Parents want to do what's best for their children, but many overlook putting insurance plans in place in case anything should happen to either of them. It may be an uncomfortable topic to discuss, but nobody would want to leave their family struggling financially. The monthly cost of a protection plan is a lot less than many people imagine, often no more than a family might spend on a round of coffee and cake on the high street.

SAVING FOR THEIR FUTURE

A Junior ISA is a tax-free savings scheme that enables parents to put money aside either into a cash or a stocks and shares account for their child's future. The allowance for the 2019-20 tax year has been increased to £4,368. On their 18th birthday, the child can access their savings.

Those who want to plan even further ahead can open a pension for their child, saving up to £2,880 per year tax-free. Tax relief on pension contributions at 25% means that the amount actually invested becomes £3,600. When the child reaches 18, they can continue to invest in it and access their pension at 55.

As part of the service at HCR, we take the time to understand our client's 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 financial situation, please contact Andy Costin, Independent Financial Adviser on 01277 654153.

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TECHNOLOGY

for the love OF POD

Podcasts are now the audio equivalent of coffee shops. They're everywhere.

For a medium which has its roots in the 1980s, it was Apple introducing it to iTunes in 2005 that sparked a wave which has become a tsunami in recent years.

When done well they are simply a recorded conversation between people, where you find out things about a topic you're interested in and which can be downloaded to your phone or computer to listen to anywhere.

The subjects the millions of podcasts out there cover, cross the kaleidoscope of life on earth – as well as outer space, aliens and moon-landing conspiracies.

Here are three (out of a choice of millions) worth a listen:

THE JOE ROGAN EXPERIENCE - A **VISION** favourite. American comedian and media star Rogan invites interesting guests from the world of comedy, sports, science and business to his studio for lengthy and often fascinating chats.

SHGED MARRIED ANNOYED** – Comedian Chris Ramsey and his wife Rosie podcast regularly about the truth behind marital life. The pair received praise pre-podcasting for their openness in discussing a miscarriage they suffered in 2018.

POUND FOR POUND – Great boxing podcast featuring former fighter turned pundit Spencer Oliver and Jake Wood – better known to millions as *Eastenders*' Max Branning. Funny, friendly and insightful.

Another notable mention goes to *Blank* which features the likes of Gary Lineker, Louis Theroux and Michael Rosen. It revolves around how high-profile people deal with going 'blank' whether it's writer's block, a poor run of form or just feeling out of sorts.

Read next month's **VISION** for a rundown on some of the most popular podcasts aimed at a female audience.





Photo credit: www.jaguar.co.uk



The SUV setting THE PACE

EXPLORING & ADMIRING JAGUAR'S UPDATED SUV, THE F-PACE

It is a brand that has enjoyed its fair share of ups and downs, but Jaguar's spectacular re-emergence as a genuine player in the luxury car market is a British success story we should all take time to celebrate.

The manufacturer's latest powerplay is its 2019 F-Pace, a beefed up Sport Utility Vehicle (SUV) that works as the punchier option to the top-selling sportier E-Pace.

As for the technical specs, there's the option of rear-wheel or four-wheel-drive, plus petrol or diesel engines; while four-and six-cylinder set-ups can see power moving anywhere from a basic 161bhp right up to a punchy 375bhp in the AWD automatic petrol.

The great thing about the F-Pace is it's a crossover sports vehicle that genuinely succeeds as a family car, with room enough for three adults in the back. And while it's more expensive than its predecessor, the E-Pace, handling is exact and

weight similar, despite its larger size.

As for gadgets, how about spending £300 for a wristband that allows you to lock and unlock, thus resolving any lost key worries...

Not interested? Okay, perhaps the stripped-back interior will help, or the 650-litre boot space. And did we mention this beast is two metres wide?

With prices starting at around £35,000, this is an upgrade worth much more than simply the kudos of a 2019 plate. It's a model that has the potential of replicating the success of the original F-Pace, which in 2016 was the manufacturer's fastest-selling car ever.

Understandably, the F-Pace has provoked comparisons to models produced by Jaguar's sister company Land Rover, but this fast-paced feline has always taken pride in its own identity, and if it can translate even some of the shimmer from its elegant saloon brands, then we have a new beast fully primed for the SUV market.

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MASTER WOODS



It's a sporting comeback right up there with the greatest of all time. A man beset, besieged and broken by personal demons, who had dropped to 1,199th in the world, roaring back to the peak of his sport and proving to the world that true greats are not just those who win, but those who recover from adversity.

Woods had undergone four back surgeries; it was 11 years since his last Major, and 14 since his last Masters title. He thought he'd never play again and at the very pit of sporting slumber was diagnosed with depression.

At this lowest point, he wasn't just someone who walked away from the game – he was still playing it back in 2015, averaged a tournament per month and still couldn't get into the world's best 250 golfers.

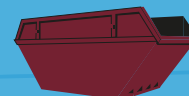
But just a year after being found passed out in his car, incoherent, unable even to blow into a breathalyser and ultimately charted with 'Driving under the Influence', Tiger clinched the TOUR Championship. That September 2018 victory was his first in five years, and it set him on his way back to the Masters.

Sure enough, six months later, and at Augusta of all places, Woods carded 70, 68, 67 and 70 to beat fellow American Dustin Johnson by a single shot.

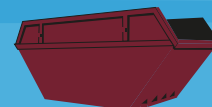
Tiger Woods' victory was one romanticised about by sports fans across the globe. For most people, his indiscretions were forgotten and forgiven. Whether anyone actually believed the Californian could climb one of the greatest sporting mountains is another thing, but in conquering his own demons as well as one of the strongest Masters fields in recent memory, Woods has restored himself back to true icon status.

What's more, take a look at his year of birth – 1975. The reality is this... at the age of 43, there is still a lot more to come.

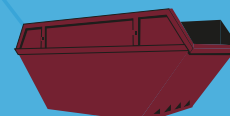
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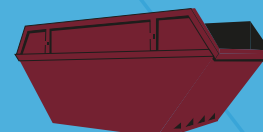
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WHAT'S ON

in your area

Ongar Juniors Netball Training
The Ongar Academy, Fyfield Road,
Chipping Ongar, CM5 0GA
May 9, 6pm – 7pm



We are pleased to announce our club is growing.
 Would your child love to play more netball? Would they like to be part of a growing club?

We are starting by introducing training for school years three to six (ages seven to 11).

Our first session is Thursday, May 9. It will be £3, pay as you go.

Ongar Juniors will be run by Cheryl Fry and Elisha Sinfield, and coached by Shona McCabe.

Quiz Night
Courage Hall, Brentwood School, Middleton
Hall Lane, CM15 8EE
May 10, 7pm for 7.30pm

The Brentwood, Hutton & Billericay branch of Bloodwise is holding a quiz night on May 10.

All monies go towards the much-needed research into trying to find cures and less harsh treatments for the many different types of blood cancers.

Tickets are £10 to include supper of jacket potato with a choice of filling. Bar available.

For tickets, call 01277 214499.

Boxercise
Navestock Village Hall, Navestock,
Brentwood, CM14 5SD
May 13, 7pm – 8pm

Boxercise is an exercise class based on the training concepts boxers use to keep fit.

Classes can take a variety of formats but a typical one may involve shadow boxing, skipping, hitting pads, press-ups, etc.

Most boxercise classes are aimed at men and women of all ages and fitness standards. As no class involves the physical hitting of an opponent, it is a fun, challenging and safe workout.

Remember, every boxer will have started from ground level so anyone and everyone can work their way up to a good level of fitness.

Spaces are limited, so please book your space in advance to avoid disappointment. Go to cezara.bookwhen.com/schedules/21oqgf7p61nd

Brentwood Wine Society
Shenfield Parish Hall, 60 Hutton Road,
Brentwood, CM15 8LB
May 14, 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@btopenworld.com or call 07776 031747.

Biz'ee Mums and Women Networking Meet-Up
Ongar

The Kings Head, 177 High Street, Chipping
Ongar, CM5 9JG
May 21, 9.45am – 12pm

Biz'ee Women and Biz'ee Mums are an ever-growing networking group for all women in business or thinking of starting up, and even for women who would like to come along in support of their husband/partner's business.

Why not come along and join us, if you haven't done so already, in our welcoming, relaxed, friendly and open environments where you can have a chat, introduce yourself and your business over a coffee and walk away feeling motivated and ready for the next level of your personal and business development.

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