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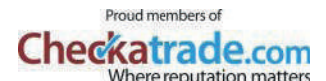
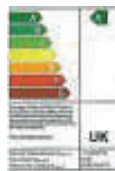


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Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** BrentwoodOngar. There's an old Chinese saying: "May you live in interesting times." It's meant as a curse, not as a pleasant wish, and we are certainly living

in 'interesting' times if that's how you want to describe it.

Never in my lifetime has the United Kingdom been less united. Historians tell us that the last time we were this at odds with each other was back in the 1600s during the Civil War.

There's certainly nothing civil about the way many people are carrying on at the moment.

Both sides of the political divide have shown some truly awful behaviour.

I was told a great story by an old friend recently. He's a Remainer in his 30s and his next-door neighbour in his 60s wants to leave the EU.

He told me he's had many civil debates over a cup of tea with his neighbour. Both putting forward their points and listening to those shared by the other. No shouting. No name calling.

No one throwing milkshakes and no one being labelled a snowflake.

That's because they respect and like each other as people and can see beyond political standpoints.

I say more power to the pair of them. We can disagree without descending into duels.

That's what we need more of in the future if the UK is to come back together.

Nik

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Donald 'TRUMPS' London

Amid the pomp and protest, it is hard to say definitively whether President Trump's recent trip to the UK was a success or not. But in the spirit of 'all press is good press', his was arguably one of the most compelling and entertaining state visits in our country's illustrious history.

Around 9am on June 3, 2019 there was an unfamiliar roar in the skies over London as Airforce One made its descent into London's Stansted airport. After stepping off the bulletproof behemoth with First Lady Melania, President Trump did as many former US presidents have done and headed to Buckingham Palace for the beginning of a three-day state visit, where he was officially welcomed by Her Majesty.

In many ways, the visit was unremarkable. There was an impressive gun salute performed by members of the King's Troop Royal Horse Artillery and the marching of the guards; there were official photocalls featuring a changing parade of senior royals; a customary banquet; a trip to Downing Street and a joint news conference to discuss the politics of the day and, finally, attendance at a poignant commemoration of the 75th anniversary of D-Day.

But behind every handshake, camera click and pearly white smile there was a pervasive whiff of controversy and rebellion. Some of this came from Trump himself who reignited a feud with the Mayor of London, Sadiq Khan, by referring to him as a "stone cold loser who should focus on crime in London", in a tweet sent moments before he landed on British soil. He also provoked a backlash by suggesting that our beloved NHS would be "on the table" in the event of a US/Britain trade deal. And let's not mention him breaking royal protocol by patting the Queen on the

back during their lavish banquet.

For once though it was left to the public to upset the apple cart. Gathering in their thousands to protest the President's presence, they unveiled an impressive, if juvenile, array of anti-Trump memorabilia including the famed baby blimps, an effigy of him on a golden toilet and even loo roll embossed with his face.

Unperturbed, the President proceeded with his usual confident charm. In his presence the Queen appeared to be relaxed and jovial, while the clamour of the protesters outside Downing Street led him to comment to Theresa May – according to a lip reader – that the gathering was "very small" adding, "last year we had thousands."

As a nation, this 'glass half full' ethos is surely what we now need to adopt as we look ahead to life post-Brexit. Trump's visit, if nothing else, suggests that a trade deal between us and our American cousins is already in the bag, which is positive in the event of no deal. Inevitably there will be naysayers who will suggest such a deal will spell the end of the UK, but they also said that when we opted out of adopting the Euro...

Trump is, if nothing else, a charismatic and engaging world leader whose bullish brand of diplomacy seems to get the job done. And perhaps it will be a similarly brash and blonde alpha male who leads this country into its next uncompromising era.

CHANGE OF GEAR

With the 27th series of long-running British TV megalomaniacal motor show *Top Gear* airing last month, there are two new presenters in the ranks, alongside existing petrolhead Chris Harris.

As Matt LeBlanc and Rory Reid have departed the terrestrial version – they continue to host the online spin-off *Extra Gear* – the BBC have taken the opportunity to inject back into the format a dose of sarcasm and silliness.

Step forward comedian/TV presenter Paddy McGuinness and former England and Lancashire cricketer Andrew ‘Freddie’ Flintoff in a show that Harris says “will be a little bit different, more relaxed and approachable, but just as motoring mad.”

“When you have part of your audience that doesn’t know too much about cars – or maybe doesn’t even want to – we have previously had to inject some humour into the parts of the show which were more serious,” he continued.

“However, these two are brilliant and when we are together there is so much fun and laughter.”

McGuinness seconded that statement, all the while remaining keen to promise the millions of ever-loyal followers that the show

hasn’t been changed drastically.

“There are a few differences to the format but only in the case of the foreign trips that we go on, and in our interacting with the locals.” The comment may well be taken as a rebuffing of the controversial approach towards past overseas ventures, notably where Clarkson, Hammond and May were accused of intentionally antagonising those they encountered.

While petrolheads will be reassured of a stronger focus on the cars themselves, the humour that’s been sadly redundant since the show’s enigmatic long-serving trio departed promises to return, not least with Flintoff having already been filmed for the show crashing out of a race of electric cars in Mansfield’s town centre. *Top Gear*’s revved up irreverence may well be its salvation.

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Not only are shop bought cleaning products expensive but many also release harmful chemicals that can cause headaches, throat and eye irritations, and even cancer. And don't even get us started on how they aggravate allergies. But what is the alternative? An unclean home? How about using a store cupboard staple instead?

Use as a multipurpose cleaner

White vinegar is ideal for cleaning sinks; simply pour onto a sponge and wipe over the whole area. It is also brilliant for removing limescale from taps. Add a few drops of lemon juice if you are not keen on the smell.

Get streak-free glass

No need for a separate window cleaner, just spray some white vinegar onto any mirrors, windows or shower screens and wipe with a lint-free cloth or even more frugally, with an old piece of scrunched up newspaper.

Soften stiff towels

After a few too many washes, your once soft towels can become stiff from overexposure to detergents; counteract this by using white vinegar instead of fabric softener next time you wash them.

Combat lacklustre looking leather

Mix equal parts white vinegar and boiled linseed oil in a spray bottle, shake and spray evenly. Spread over the total surface area with a soft cloth, leave for five minutes and wipe over with a clean one.

Vanish ballpoint pens marks

Remove ballpoint pen from walls or desks with a quick dab of undiluted white vinegar.

Clean your window blinds

Simply don a pair of white cotton gloves, dip your fingers in white vinegar mixed with equal parts hot water and then slide your fingers along each blind, removing any stubborn grime as you go.

Do not use white vinegar to clean

- Frosted glass
- Limestone, natural stone or marble worktops



HOME & DIY

Relax with colour

HOME & DIY

REASONS WHY NAVY BLUE HAS BEEN REVEALED AS THE WORLD'S MOST RELAXING COLOUR

It's an announcement that will have come as no surprise to any of our planet's ocean-dwelling creatures, many of whom bob about in a perfect, perennial paradise of water and waves. But while it was recently voted the world's most relaxing colour, does this blissful emblazoning of blue actually serve a purpose to a front room in Watford?

The answer appears to be yes... that is, if you listen to the experts at the University of Sussex. They teamed up with papermakers GF Smith to survey 26,000 people, each being quizzed on their emotional response to a variety of different colours and shades.

It was found that when surrounded by shades of dark blue, heart rates fell, stress levels dropped and positive, relaxed emotions were allowed to come to the surface. In contrast, colours such as red brought about tension, passion and anger; white offered

notions of cleanliness and the need to maintain clear space; while respondents subjected to black were more likely to bring on feelings of fear or depression.

Elsewhere, green is supposed to evoke the future, while orange and purple stand for luxury.

"Colour has always had an intrinsic relationship with our culture and is woven into our consciousness," John Haslam, GF Smith's joint managing director said.

"The story of colour maps a particular history through our cultural development – telling a much larger story about the way we perceive, value and cherish colour.

"The study underlined that colour is as much about substance as it is about beauty. The fascinating results and their relevance all add up to inspiring the world to think differently about the role and value of colour in our lives."

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THE PERMISSION MISSION

They say failing to plan is planning to fail, and that's no better evidenced than when it comes to making changes to your home.

For many even the thought of planning permission provokes images of complicated architectural plans, horrendous legal fees and an abundance of red tape. Yet in truth, whether you are building something new, altering a building or simply changing its use, the process can be easier than you think – indeed, it can even be completed online. The main elements are:

- > A Standard application form
- > A Location Plan (which shows the site area) and a Site Plan (which shows the proposed development in detail)
- > An Ownership Certificate, as it's important to prove the proposed planning permission is for something you actually own
- > A Design and Access Plan, detailing the style and vision for your project, as well as how this fits in with existing surroundings
- > An Application Fee, for the correct amount, so that representatives can move your application forward

It's important to have an exact vision of what your plans are from the off. Repeated changes or alterations will have a profoundly bad effect on your budget, as well as incurring significant time delays.

Finally, while there are plentiful stories of retrospective planning permission being granted on properties where owners have gone ahead and got work done in the hope of getting the green light further down the line, there are just as many cases where local authorities have insisted walls, room and sometimes entire buildings are returned to their previous state.

It's proof enough that the old adage 'it's better to ask for forgiveness than permission' doesn't ring true in every case.

APPROVED



HOME & DIY

from FASHION HOUSE to HOME



Dolce & Gabbana's return to design sensibilities with Smeg is perhaps one of the more pleasing style collaborations of recent years, and the latest in a long line of brand extensions that see fashion and function collide, with spectacular results.

Here are a handful of collaborations and product extensions for every room in your house:

The kitchen: DOLCE & GABBANA AND SMEG

Tiresome teapots, tardy toasters and bland blenders have been revived as true items of fashionista food finesse in this most unique of collaborations. The hand-painted designs offer echoes of high contrast and holiday happiness. There are also reflections of the circus and canal boats, with intense irreverence abound.

The living room: DIESEL AND MOROSO

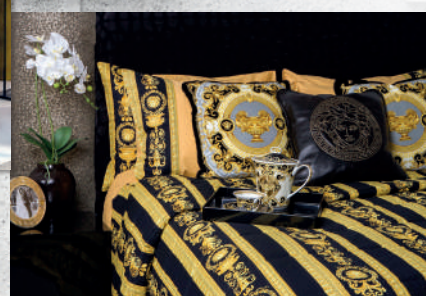
Moroso, the contemporary furniture maker, have teamed up with fashion heavyweight Diesel to present a range that is a mass of delicious contradictions. From simple shapes echoed with eccentric designs, and a collection split between dark underground tones and the brilliant beauty of nature, there is something for everyone... particularly the person who wants to find a fabric lizard staring at them as they sit down at night to watch *Coronation Street*.

The bedroom: VERSACE

From bed linen to towels, cushions to ashtrays, Versace's extension from the core world of clothes fashion now embraces hundreds of products, most of them with a characteristic gold edge... and a price tag to match.

The bathroom: CHRISTIAN DIOR

It may be over six decades since one of the world's leading fashion designers passed away, but the Dior brand lives on, with clothes, fragrances, interiors and accessories as plentiful now as any time in the past. To prove it, how about this double-sized bathroom towel? Just don't expect any change out of £1,000.



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“One small step for man; one giant leap for mankind” – the words trip off the subconscious of the minds of the old, the young, the wealthy, the poor, and folk in every country across the globe.

Those 10 words, spoken by Apollo 11 pilot Neil Armstrong on July 20th 1969, encapsulated a drive for discovery that went far beyond anything we previously thought possible. As a result, the completion of that 385,000km journey from the Kennedy Space Centre on Merritt Island, Florida, to the moon, offered NASA, America, and the entire planet an insight into the solar system, into evolution, and the potential for human discovery, the like of which had never before been seen.

It's easy to forget though, Apollo 11's mission was actually two-fold. Getting the three-man crew to the moon was only the first part; NASA wouldn't be satisfied unless they proved they could return their brave heroes back to planet Earth in one piece.

Despite the task taking on two distinct and very different elements, it might be fair to say slightly less effort was invested into the second part of the equation, something that was elegantly depicted by Ryan Gosling in last year's Armstrong biopic *First Man*. The popular actor brilliantly portrayed the very human story behind the landing in a movie that stripped away the science to depict an expedition many felt the trio would never return from, the crew included.

“From playing Neil Armstrong I certainly took on a whole new admiration for anyone who has the bravery to be a NASA pilot,” Gosling said.

“The training alone was brutal and something most people would never survive; and then to willingly put yourself in a position where there is every chance you will perish, but to have the mental strength to do everything that you were asked. All I will say is, those guys are heroes.”

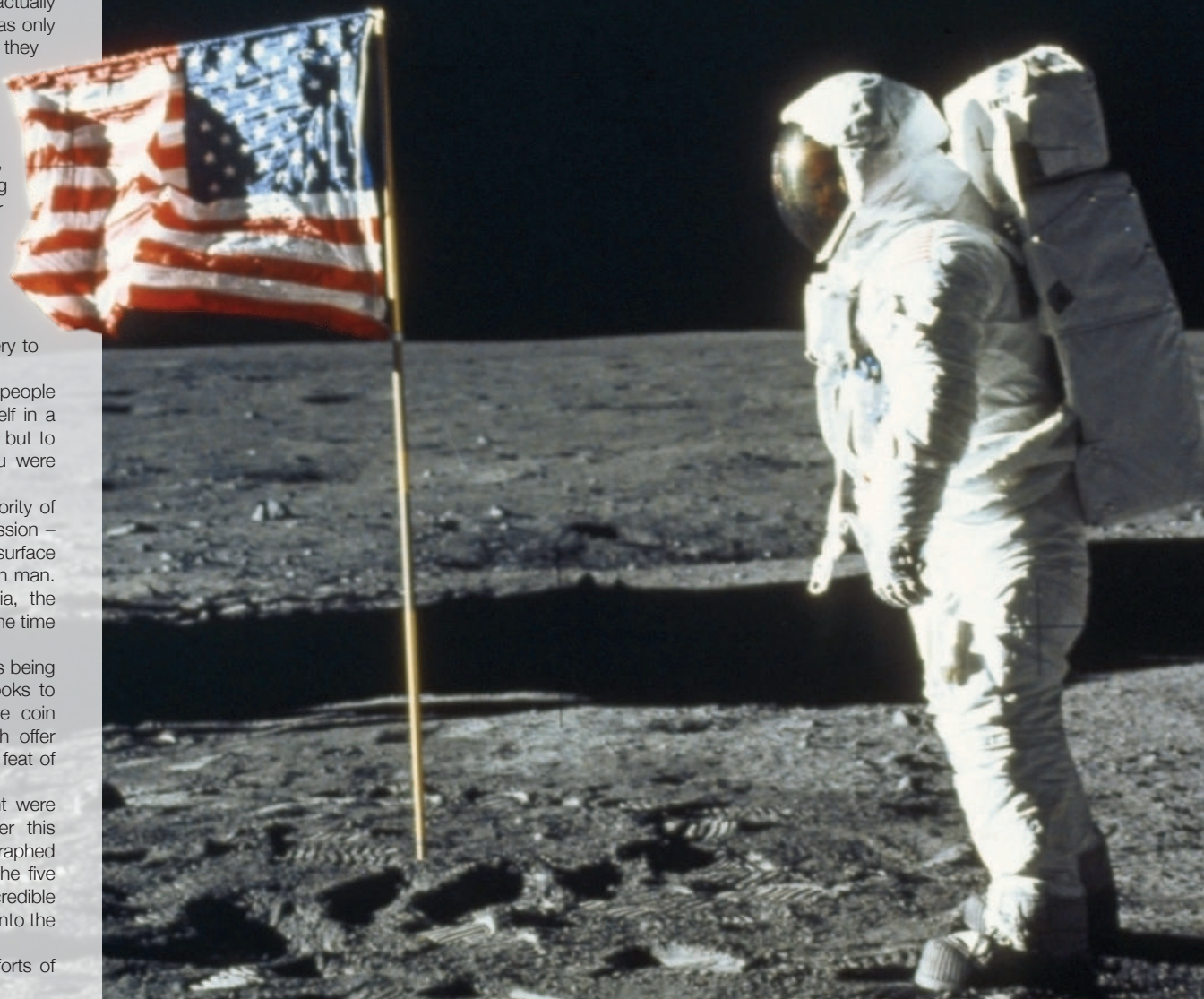
Of course, while Armstrong and Aldrin get the majority of the credit for the incredible achievements of that mission – they spent about two-and-a-quarter hours on the surface of the moon – spare a thought for the often forgotten man. Michael Collins was responsible for flying Columbia, the command module, and he remained in lunar orbit all the time his colleagues were on the surface of the moon.

Naturally, the anniversary of that incredible landing is being marked in a flurry of events and tributes – from books to documentaries, talks to exhibitions, commemorative coin and stamp issues to special-issue Lego sets. Each offer fanatics their own way of remembering an incredible feat of technological ingenuity and human endurance.

If you ever need evidence of just how magnificent were the achievements of the Apollo 11 crew, consider this – while spacecraft have scurried across, photographed and circumnavigated the solar system endlessly in the five decades since Armstrong and co. made their incredible voyage, only nine further men have actually stepped onto the moon's surface.

In an era where ambition came before risk, the efforts of those space warriors will never be forgotten.

“ONE SMALL STEP FOR MAN...”





Style and taste

Brushed concrete walls, clean lines and elegant lighting instantly bring an atmosphere of calm and reflection to this stunning space, mirroring that of a high end Mayfair gallery.

It is clear that attention to detail and ensuring the customer, 'an experience', was not lost on collectors and entrepreneurs, Grant and Stacey Fernley, founders of the gallery. But what sets Piece apart from other galleries however, is the warm welcome that greets you at the door. Staff are informed and accommodating, but whether you are searching for inspiration, a new addition to your home or simply having a post brunch browse, the vibe is extremely relaxed and friendly. The art is a mixture of globally sourced, cutting edge contemporary art, with a nod to the more traditional masters.

The vision behind Piece Gallery was to bring art from across the globe to seasoned and first time collectors, interior designers and those with a desire to bring expressive pieces into their home. The works of Piece speak to you regardless of your style or taste. The perfect piece can create an instant colour palette or a focal point for your interior.

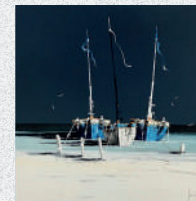


The additional allure of Piece, is not only the artwork for visual pleasure, but a unique collection of homeware accessories. The rich scents and spices of Tanzanian landscapes alight the sense with stunning hand poured candles.

Whether you are searching for a gift as special as your friend or family member, Piece will help with your selection and package it beautifully – all you have to do is surprise them!

The team will happily assist with a commission, so any artist you are drawn to can create a piece just for you. Pop up evenings will feature existing and local artists and works are on rotation, so there is always a reason to stop by. What was once reserved for a trip to London or overseas can now be found on your very own doorstep, with an open invitation to browse or buy...

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LOCAL NEWS

from your neighbourhood



LOCAL NEWS BRENTWOOD



Man receives MBE in Queen's Birthday Honours

A man from Brentwood will receive an MBE after being named in the Queen's Birthday Honours.

John Jolly, technical director of SADS UK, was given the award for his commitment to raising awareness of sudden arrhythmic death syndrome (SADS) and working to prevent sudden cardiac arrest.

The award is recognition of the considerable work he has undertaken in raising awareness of SADS and providing life-saving community public access defibrillators in schools and in the community.

In May 1998, John lost his 16-year-old son Ashley to SADS after he suffered a sudden cardiac arrest.

Along with his wife Anne, John set up The Ashley Jolly SAD Trust (SADS UK), which is now a respected charity both locally, nationally and internationally.

Speaking about receiving the award, John said: "It's quite a fantastic honour. I'm quite surprised.

"I got a letter asking if I'd like to accept it and I wrote back saying I'd be pleased to.

"You don't do the work to be recognised, but it's nice to get it."

As a former design engineer, John was able to

provide his expertise to defibrillator cabinet makers to ensure that defibrillators were suitably enclosed.

John explained: "We're doing a lot of work with the community to get defibrillators in place.

"The boxes are all quite expensive, so we've started to create our own ones at a reduced cost.

"We've probably done about 3,000 so far. They're all over the country - spread quite far and wide."

The SADS UK Big Shock Campaign was also successful in bringing guidelines from the Department of Education advising schools to consider defibrillators as part of their first aid equipment.

The charity is now urging the government to make defibrillators compulsory in all schools to save lives.

John added: "All the hard work has been worth it when we hear stories of people who have survived cardiac arrest because the defibrillator was available. The sooner CPR and a defibrillator are administered the better the chance of survival.

"I'd like to say thank you to everyone who has supported me when I started off and who have continued to along the route."



Chesney Hawkes opens popular Strawberry Fair

More than 5,000 people attended the Strawberry Fair in Brentwood last month, which was opened by the Mayor of Brentwood, councillor Keith Parker, and pop star Chesney Hawkes.

Visitors devoured 70kg of strawberries supplied by Doddinghurst Road Church and enjoyed the annual circus-themed event.

Brentwood Borough Council Leader councillor Chris Hossack said: "Everyone loves the Strawberry Fair which is the big event in the council's calendar.

"Every year it gets better and better and of course entry is free of charge.

"It's so important to celebrate the traditional family fun of this event. It's a chance for charities and local

community groups to come and spread the word of what they can offer. It's a full-on busy day and one that is clearly thoroughly enjoyed.

"I must thank all those who helped make the day possible from our sponsors, Weston Homes, to Chesney Hawkes and all those who put on great displays of food, drink and entertainment."

At the event there were carousel rides, dodgems and performances from schools and clubs.

Alex Burghart MP attended with his wife Hermione and their two children.

He said: "The Strawberry Fair is a highlight of my year - it's a real treat. We're very lucky to have such an active community and council to put it on for us."

Man left seriously injured after stabbing

A 56-year-old man was hospitalised with serious injuries after being stabbed in Brentwood.

The emergency services were called to Sir Francis Way in the early hours of the morning on June 19 after reports that a man had been assaulted.

Officers arrested a 25-year-old man on suspicion of grievous bodily harm. He was taken to hospital and was treated for non-serious injuries.

The 56-year-old man was taken to hospital with serious but non-life threatening injuries.

A spokesperson for Essex Police said: "A 25-year-old man from Stamford Hill, London, was arrested on suspicion of possession of an offensive weapon and affray. He was released on bail until July 8 while we continue our enquiries.

"A 56-year-old man from Brentwood was arrested on suspicion of robbery and released on bail until June 21 while we continue our enquiries.

"Anyone with information is asked to contact police on 101, quoting incident 112 of June 19."

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Up to £100,000 reward for murder information

Following the conclusion of a criminal trial at which murder victim John Palmer was due to be a defendant, Essex Police is once again renewing the appeal for information about his death.

The Palmer family, with the support of the charity Crimestoppers, are continuing to offer a reward of up to £100,000 for information leading to the arrest and conviction of the person or people responsible for Mr Palmer's murder.

Mr Palmer, 65, was at his home in Sandpit Lane, South Weald in Brentwood on Wednesday, June 24 2015 when he was murdered.

In the weeks prior to his death Mr Palmer and ten others were charged with various offences in relation to a real estate fraud in Tenerife.

Now, following the conclusion of the trial and sentencing, detectives are once again appealing for

information.

Mr Palmer was burning rubbish in the garden of his home on Wednesday June 24. At around 5.30pm it is believed the killer entered the garden over the fence and shot Mr Palmer six times.

A mortally wounded Mr Palmer managed to walk a short distance towards his house before collapsing. He was then discovered by relatives who called for help. Mr Palmer died from his injuries.

A hole found in the garden fence of Mr Palmer's rural home suggests the killer may have been watching him in the days leading up to his death.

If you have information about the murder of John Palmer call Essex Police on 101 or to stay 100 per cent anonymous, contact the charity Crimestoppers on 0800 555 111 or use their anonymous online form at Crimestoppers-uk.org

Four charged following Brentwood dawn raids

Four men appeared at Basildon Magistrates' Court on Thursday June 13, after having been charged with drugs offences following dawn raids in Brentwood on June 12.

Warren Ryan, 42, from Grays was charged with two counts of supplying a controlled drug.

Thomas Kemp, 33, from Pilgrims Hatch was charged with two counts of supplying a controlled drug.

They were joined by 23-year-old Jon Maughan, of no

fixed address, who was charged with four counts of supplying a controlled drug and one count of offering to supply cocaine.

A second 23-year-old, Dennie Jones from Ongar, was charged with four counts of supplying a controlled drug and one count of offering to supply cannabis.

The other 14 people that were arrested in connection to the June 12 operation have since been released under investigation pending further enquiries.



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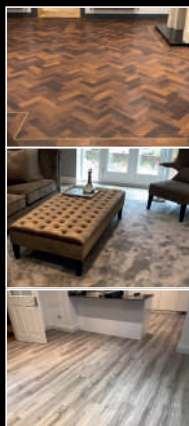
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Get muddy this summer

St Clare Hospice is encouraging Brentwood residents to take part in its charity mud run, Muddy Mayhem.

The event, being held at Brentwood's renowned Nuclear Races venue, will be held on July 7, with the run setting off at 11am.

The event includes a 5k mud run at Nuclear Races and boasts many of the popular nuclear obstacles such as the zip wire. In total, there are 40 obstacles to take on throughout the run to challenge even the toughest mud-lovers.

It's hoped the event will raise more than £5,000 for St Clare Hospice, who offer specialist, compassionate palliative care to local people living with a life-limiting illness, and their families, relatives and carers.

Emma Broadbent, St Clare's challenges and events fundraiser, said: "We're looking for as many people

as possible to come along to Muddy Mayhem this summer.

"This will be our second mud-run event we've hosted with Nuclear Races – and if it's anything like last year, we know it's going to be a hugely fun and exciting event for all involved.

"Taking part in a mud-run is so exhilarating, and is definitely an experience I'd encourage everyone to do – especially when you know you're raising vital funding for your local hospice."

Those interested in taking part can register via the hospice's website at stclarehospice.org.uk/muddymayhem, either individually or as part of a team.

Alternatively, people can simply sign up on the day from 10.15am.

Registration is £50 per adult and £40 per child (13-17). Participants must be aged 13 or over to take part.

Teenager hospitalised after being stabbed

A teenage boy was rushed to hospital after he was stabbed on Eastham Crescent in Brentwood.

Police were called to the housing estate at around 5.35pm on Wednesday, June 5 to reports someone had been stabbed.

A spokesperson for Essex Police said: "We attended

and found a teenage boy injured. He was taken to hospital and his injuries required stitches.

"If you have any information about the incident please call us on 101 quoting the crime reference number 42/88396/19 or Crimestoppers anonymously on 0800 555 111."



Photo credit: Essex Police

Police crackdown on Class A drug dealers

Several people have been arrested following a series of dawn raids across Brentwood. Imitation firearms, knives, weapons, cash and drugs were seized following the operation, aiming to target a network of suspected cocaine dealers believed to supply the drug to recreational users across the town.

Acting on information from the community, Essex Police launched the investigation in February.

At the time of writing, 16 people had been arrested so far on suspicion of offences ranging from possession of drugs, to possession with intent to supply and being involved in the supply of drugs.

Chief inspector Lewis Basford, district commander for Brentwood, said: "People may think that taking cocaine on their night out on a Friday or Saturday doesn't harm anyone, but they are wrong.

"Every single wrap of cocaine will be at the cost of someone's blood or tears and we would ask people to think about that the next time they think about taking it for a laugh or a good night out.

"As this operation shows, however long it takes we will target those who think they can sell drugs on the streets of our communities.

"I would like to reassure the residents of Brentwood that where we receive information that criminals, gangs or drug dealers are active in their area we will act on that.

"I would also like to send a clear message to drug dealers and criminals that they are not welcome on the streets of Brentwood or Essex."

If you have information about drug-related crime call police on 101 or Crimestoppers anonymously on 0800 555 111.

Care home help to bring community together

Residents at a care home in Brentwood were visited by 15 children recently as part of a new initiative.

The intergenerational baby and toddler groups started on June 12 at Howard Lodge Care Centre on Beacon Hill Road.

The free of charge sessions are held in the community room where children and the elderly can participate in activities together, such as arts and crafts, sing-alongs and games.

The events are being held every fortnight with trained specialists from Barnardo's.

A spokesperson from Howard Lodge Care Centre said: "Intergenerational care has great benefits for reducing depression and isolation in the older generation. It can also help with greater mobility and physical skills.

"For the children, it helps develop empathy and build on language and communication skills.

"We hope these groups will benefit all who attend."

For more information about the sessions, call 01277 372095 selecting option four, or email lauren.bullock@stmichaelshomesltd.com



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Photo credit: Manuel Esteban/Shutterstock.com



New supermarket could be coming to town

A huge new supermarket could be coming to Brentwood after discount chain Lidl submitted an application to Brentwood Borough Council recently.

The plan for the two-storey building on Wates Way, off Ongar Road, will be considered by planning committee members in the coming weeks.

In its application, Lidl said proposals looked to provide a standard two-storey store with minimal options for further development. Up to 80 residential units could also be built as part of the development.

Space Architects, who have been working on the proposal, say the new store will enhance the character

of the area by replacing the brick facades with an active, contemporary frontage.

A spokesperson said: "We consider the development to be a valuable social and economic resource to the surrounding communities."

Residents who have commented on the proposal say they fear it will lead to an increase in traffic around the town. Others have commented that the site is more appropriate for houses than building in the green belt while concerns have also been raised about the impact on local businesses and the mental well-being of residents in surrounding roads.

Uber face being withdrawn from town

Taxi firm Uber are to be asked to withdraw from Brentwood or apply for an operators licence with Brentwood Borough Council.

At a planning and licencing committee meeting on June 12, it was agreed that a letter would be sent to Uber to voice concerns.

Paul Churcher has been a taxi driver in the town for eight years and believes that Uber has affected the private hire trade.

He explained: "It has affected our overall earnings and affected the local cabbies who hold the knowledge someone from outside the area doesn't have."

"If Uber is withdrawn it will be fair and will ensure that the locals are getting the personal service provided by the local cabbie."

"This will, of course, have an upturn on our earnings which keeps money in the local town."

His view is supported by Steve, who has been a private hire Brentwood licenced driver for 11 years.

He said: "I feel that Uber should abide by the same rules that we do. We have a stringent application process to adhere to."

"Our prices are also done on mileage and don't surge if there's traffic or at busy periods of the day."

However, many local residents hope that Uber will stay in the town.

Bailey-May Jackson said: "I prefer Uber. Peace of mind that you can track the driver, share your journey with someone else and you can see who and what car you're getting in."



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This year marks the 25th anniversary of the National Lottery, and in that quarter century awards made by the National Lottery Community Fund in Brentwood and Ongar have helped multiple charities, schools and organisations to make things better for our local community.

In the past three months alone, £57,510.00 has been awarded to six community projects in Brentwood and Ongar. Ongar United Reformed Church gets accessible toilet facilities, Lambourne End Centre for Outdoor Learning is building a community welcome hub and café, and Little Warley and Childerditch Village Hall is getting a new ceiling. Hundreds of parents and children with special needs have been helped through the lottery funding received by Brentwood-based charity SNAP too.

Visitors to the Tipps Cross Remembrance Hall will be kept warm with a new heating system while Bentley St Paul's Primary School is installing a new gazebo as a social hub for local groups and organisations. Small Brentwood-based charity, Ring20 Research and Support has been given funding to improve its

services for people with a rare condition linked to epilepsy.

The great thing about National Lottery Funding is it can provide a vital injection of funds for individual projects via a straightforward application form. If you buy a lottery ticket, be it on a weekly or occasional basis, the money goes into a pot which gradually finds its way back to your life. You might not win thousands of pounds, or even a free lucky dip ticket, but if your church, Scout group, school or favourite charity has got a new roof, accessible toilet or additional staff for a special project, it's as likely as not some of the funding has come through the lottery fund.

Three and a half million pounds worth of funding has come into Brentwood and Ongar in the last five years, supporting 58 projects, and it will continue to come in as new projects arise and applications for funding are made.

If lottery funding has made a difference to your life, let me know. Good news is a great way to celebrate this 25 year anniversary and I look forward to it continuing for years to come.

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Pub licence suspended after alleged drug activity



Photo credit: Google Maps

A pub on Brentwood High Street has had its licence suspended following concerns about alleged drug activity on the premises.

The Swan, which is run by Greene King, was targeted in a series of dawn raids in the town on Wednesday, June 12.

A sub-committee of Brentwood Borough Council heard concerns from officers and agreed to suspend the licence until a full hearing could take place.

The pub has 21 days to appeal.

Chief inspector Lewis Basford, district commander for Brentwood and Epping, said: "I promised that we would support pubs and clubs in tackling the ongoing issue of Class A drug supply in Brentwood.

"I want to assure you that this remains the case, except in cases where this problem is wilfully ignored, or simply accepted, by management on the premises and reported drug taking is allowed in the open with no consequences.

"I am pleased that the councillors understood the issues and decided that suspension of the licence was the most appropriate step to take at this time."

The pub cannot sell alcohol or provide regulated entertainment until an appeal has been heard before a magistrates' court.

Essex Police take action after 14 officers assaulted

Essex Police are taking action after 14 officers were assaulted over the course of one weekend during four separate incidents.

During June 13 to 15, officers reported being bitten and spat at whilst attending incidents.

Deputy Chief Constable Pippa Mills said: "Every day our officers put themselves in harm's way to protect our communities and do so with courage and professionalism.

"In the south of the county alone this weekend

14 colleagues reported being assaulted at incidents – this is not acceptable.

"It is testament to their dedication that they all remained on duty to continue helping to protect the public during a busy weekend and they are being supported by their managers.

"I am incredibly proud of them and all our officers who at times put their safety at risk to keep Essex safe.

"As the charges that have resulted against suspects this weekend demonstrate, we will act swiftly."

Schoolboy scoops gold award at national event

A boy who studies at Brentwood School proved his culinary credentials recently after winning a gold award as a Game Star.

James Jupp, 14, competed with more than 80 students from all over the country creating their own game recipe as part of the School Game Changer Project.

The chefs had to create a recipe and make a dish using any game meat.

The 14-year-olds dish was a venison and pomegranate biryani, with the recipe now being published in a booklet which will bring together the top 18 entries.

He was also one of the eight lucky winners invited to a masterclass tutorial with top British chefs Lisa Goodwin-Allen and Bruno Birkbeck.

Jacqueline Franklin, teacher of food and nutrition, said: "We are very proud of James. He did exceptionally well to get through to the final eight especially as many entrants were older, GCSE students."



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A NOVEL *excuse*

Jeffrey Archer's ability to live a number of different lives in one is bettered only by his propensity to evolve and reinvent. As he prepares to return to the limelight this year with a series of books revisiting his popular *Clifton Chronicles*, we look back over the highs and lows of the former Conservative politician's life.

"Every morning when I wake up, I look out of the window of my home, down the River Thames and think about how lucky I am," says Jeffrey Archer. To those who want to interpret it as such, it sounds a very privileged, very Conservative view on life, but the facts are such that the 79-year-old's arrival at wealth, happiness and contentment has never come easy. Indeed, few have had to work harder than Lord Archer of Weston-Super-Mare, to give him his full title, in having to recover both financial stability and reputation over the past 50 years.

He said: "I think the route to true happiness has to be one where you've been tripped up a few times along the way. When something comes easily I'm not sure it ever feels like it is a trophy well earned."

Archer has had anything but a quiet life. After running the '100 yard dash' in 9.6 seconds for Brasenose College, Oxford, for a while it seemed as though the London-born student might become an athlete. Instead, he decided to go into the world of politics and, at the age of 29, became MP for the Louth constituency in Lincolnshire. The world seemed bright.

However, after ploughing his money into investment schemers Aquablast in the 1970s, and subsequently watching on helplessly as the Canadian corporation slid into liquidation, Archer found his entire wealth gone, with a debt of half a million pounds hanging over him.

"What motivates me is the sheer desire to achieve something, and that's sometimes where mistakes arise," he says.

"My biggest regret is not getting as far as I should have done in politics," he admits, perhaps part-referencing the *Daily Star* libel scandal in 1987, which brought down his political reputation. Some years later, he was found to have perjured himself in court, perverting the course of justice by using a false alibi after the tabloid newspaper reported time he had spent with a prostitute.

He jokes: "How can I complain, though, when the storytelling has gone so well? When I was in prison, I certainly met interesting people who were able to give me stories."

From debut effort *Not a Penny More, Not a Penny Less* in 1974 – written to stave off bankruptcy in the immediate aftermath of the Aquablast scandal – to further books *Kane and Abel* (his most successful to date), *First Among Equals* (which was turned in a 10-part screen adaptation by Granada Television), right through to the return of the *Clifton Chronicles* series – in the form of detective William Warwick in *Nothing Ventured* – Archer's novels and short story books have sold over 300 million copies in nearly 100 countries.

He admits: "I want to go on writing, but at my age I don't know just how much longer I have to do so. I don't fear death in any way at all, but I fear in the sense that I have still got things to do."

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LOCAL NEWS

from your neighbourhood

LOCAL NEWS ONGAR



Photo credit: Essex Police



Curtains ignite after sunlight reflects off mirror

A bedroom at a home in Ongar caught fire recently after sunlight was reflected onto a mirror.

Firefighters were called to the house on Herons Lane at around 6.50pm on June 16 after the sunlight reflected off the mirror caused the curtains to ignite.

Crews quickly brought the fire under control, and it was extinguished by 7.30pm.

Watch manager Mark Elsey, from Brentwood Fire Station, said: "The occupants were home at the time and alerted to the first sign of fire by their working smoke alarm. The homeowner then tried to tackle

the fire himself and as a result suffered from smoke inhalation. If you discover a fire in your home always get out, stay out and call 999."

The bedroom had some fire and smoke damage, but as the doors were closed, the damage was contained to that single room.

Elsey added: "This incident shows how easy it is for magnifying or reflective objects to cause fires. Always ensure these objects on your window sills, dressing tables or anywhere else in your home are out of direct sunlight."

Information Hub moves to new venue in town

The monthly meeting of the Alzheimer's Society Information Hub has moved to Budworth Hall in Ongar.

At the Hub, people affected by dementia can meet with professionals who can help them understand the condition, support them with day-to-day challenges

and prepare for the future.

Marion Howell, Alzheimer's Society Services Manager in Essex, said: "Our new venue at Budworth Hall is central for anyone in Ongar and parking is close by to enable people to pop in and see us without making an appointment."



Woman raising money for skate park repairs

A GoFundMe page has been set up to repair and improve Ongar Skate Park.

Leanna Biagioni, from Ongar, set up the fundraising page as her husband and son are keen skateboarders.

She explained: "The skate park is really run down and the surface is really poor. It's been at the end of a lot of damage and disruptive behaviour. It would be nice to have somewhere that the local kids can go."

Leanna is hoping to raise £1,000 to make improvements to the Basons Lane facility.

She continued: "The concrete is the number one problem. The surface is damaged and isn't smooth."

"We're going to see if the council can help, but if any businesses would like to get in touch that would be amazing. Eventually, we'd like to put another ramp in

and make improvements to the trees and lighting."

The campaign has received a lot of support on social media, and £370 has been raised so far.

Leanna said: "We've had a lot of support. Ongar Academy plan on getting its youth council involved to see if they can do some voluntary work."

"There's also a group of older gentlemen who always use it and they've made little improvements themselves by sweeping the glass and painting."

Leanna hopes that the skate park will eventually be a place for the children of Ongar to use safely.

She added: "Parents will know they're there and it's safe. It's for the community and for our kids."

To donate, visit www.gofundme.com/repair-amp-improve-ongar-skate-park

Musicians to compete for prestigious title

Fifteen musicians aged between 12 and 25 will be competing for the title of Essex Young Musician of the Year 2019 this month.

Ongar Music Club will be holding this year's competition at Budworth Hall in Ongar on July 7.

The musicians, who were all born in, have lived in, or studied in Essex, will perform in front of a panel of five judges.

Ongar Music Club chairman Jane Webster said: "I hold both Ongar Music Club and the Essex Young Musician of the Year competition dear to my heart."

"When I won the competition at the beginning of my

30-year career it was a great financial and professional boost. I was delighted to be asked to become chairman of Ongar Music Club, and we decided to set up an admin team to relaunch the competition, which is now in its 36th year.

"The club's distinguished president, internationally-acclaimed pianist John Lill will attend the competition and present the awards."

The winner will receive £1,000, the Essex Young Musician of the Year Cup and a professional recital engagement.

For more details, visit www.ongarmusicclub.org.uk



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Photo credit: Tony Goulding



LOCAL NEWS ONGAR

New tour launched

A new steam train and Ongar tour has been launched at Epping Ongar Railway this season.

A tour guide meets passengers at North Weald Station and provides an introduction to the railway and its 150-year history.

After this and a complimentary cup of tea or coffee, participants take the steam train to Ongar.

On arrival, there is time for a picture and to hear about the history of Ongar Station.

Epping Ongar Railway is also seeking additional volunteers to join its team across all departments, including station staff, permanent way, carriage and buildings repairs.

After gaining experience in these departments

volunteers often move on to positions such as guards, signallers and drivers.

A spokesperson from Epping Ongar Railway said: "We are particularly keen to enhance our volunteer catering team at North Weald. The team works with our professional catering manager and assists by serving customers with drinks and food.

"If you would like to join the society as a volunteer, visit www.eorailway.co.uk or email membership@eorailway.co.uk

"Adult membership costs just £20 per year and all society members receive complimentary copies of our quarterly magazine *Mixed Traffic*, normally priced at £3."

Zinc has summer sorted for the kids

The holidays are a brilliant time for kids... endless days playing and having fun.

But for parents it's a bit trickier... keeping children happy and stimulated during their extended break from school can be tough.

Zinc, in Ongar, has come up with four creative days to help keep everyone busy this summer.

Every Tuesday from July 30 to August 20 will be a fantastic day of fun and rewarding activities for children aged five to 11. From space and science, to circus arts, marvellous magic and an end of summer party, as well as games, discos and a water-fight, there's something for everyone.

Mother of two Vicky, from Epping, who is one of Zinc's regular visitors, said: "The girls always love their days at Zinc. They're always brilliant with lots of arts and crafts."

All the days are just £25 per child, including lunch from the popular café.

For a full day of fun, all the activity days will be followed by a Holiday Cinema Club where children can watch a film together with new and old friends in Zinc's intimate and comfortable theatre, fully supervised by experienced, DBS checked, staff.

For more information, visit zincarts.org.uk/summer-activities



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The designs are done on a state of the art cad system, displayed on a 42-inch screen inside the Brentwood showroom, an immersive experience that will show the customer almost exactly how their new kitchen will look in their own home.

A luxurious showroom, manufacturing base using local kitchen fitters and more importantly they pride themselves on keeping the customers in the loop the whole time and getting them involved in the process from start to finish.

Most companies charge high deposits but Broadway believe customers should pay an absolute minimum deposit, and then pay no more until they can see their kitchen fully assembled.

They almost insist on every customer visiting the Walsall workshops to see their bespoke kitchen in progress, with the opportunity to make adjustments. Customers that travel are gifted with a stay at one of Birmingham's top hotels.

Visit the Brentwood showroom to discuss your ideas and project with Sunny and the team.



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Springing up your garden couldn't be easier (or cheaper) this summer, thanks to this brilliant guide on how to make a very stylish outdoor sofa from some basic wooden pallets.

Summer in the UK can be frustratingly difficult to navigate. In pursuit of a few sunny afternoons spent lounging in our oasis with the barbecue sizzling and the rosé chilling, we more than likely find ourselves dodging rain showers and taking cover from gale-force winds.

Given the sporadic nature of these occasionally clement evenings, it hardly seems worth splashing out thousands on garden furniture, and the good news is that you don't need to. In fact, not only can you make brilliant, dynamic DIY designs from unwanted wooden pallets, you'll find whatever you envision is completely customisable to your tastes, your time, and your garden.

DIY SOFA

What you'll need:

Three (or more) plain wooden pallets | An electric drill with screws | A small roller and tray | A paintbrush | Scatter cushions | Garden furniture chalk paint

How to make your pallet sofa:

Step One

Using your foam roller, layer your pallets in whichever glorious hue you have selected, using a paintbrush for those tricky to reach areas. Paint one side first, let it dry, then do the other.

Step Two

You'll need to stack at least two pallets to get your sofa to a suitable height – you may want to make your sofa higher using more pallets, or even double the length... it's all up to you – before fixing them together with your electric drill and screws.

Step Three

Add another pallet to the back of the bench to make your sofa back. Affix with screws.

Step Four

That's the hard part done. Now decorate your masterpiece in whichever way you choose with cushions, garlands and throws. Then relax... you've earned it.



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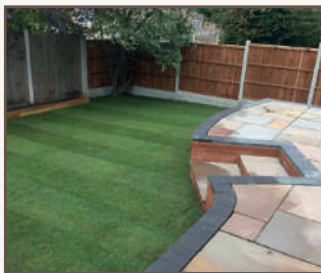
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PLANT OF THE MONTH:

echinacea

What don't we love about Echinacea? It's sturdy, easy to grow, undemanding and it provides handsome long-lasting flowers that attract beautiful butterflies in abundance. So, where do we start with this perfect plant?

WHAT TYPE OF PLANT IS ECHINACEA?

Echinacea is a group of herbaceous flowering plants that are part of the daisy family. They can be recognised by their showy heads of composite flowers and can grow up to 140cm in height.

HOW DO I SOW ECHINACEA?

Echinacea can be grown either from seed sown indoors and then moved outside after frost or directly in the garden in the summer months. You can also plant them as a potted plant.

HOW DO I GROW ECHINACEA?

- > Water thoroughly at least once a week
- > Protect your plants from extreme winds and direct sunlight
- > Regularly remove spent flower heads to encourage continuous flowering
- > Divide perennials when the plants become overcrowded to keep them at their best

WHAT IS THE BEST WAY TO USE ECHINACEA IN YOUR GARDEN?

Echinacea is a great plant for gardening beginners as all it really needs is a sunny, well-drained site in order to flourish. It is ideal for mass landscaping and it's also a great attraction for pollinators. Plus, they smell lovely.

WHAT PESTS AND DISEASES SHOULD YOU LOOK OUT FOR?

- > ALTERNARIA LEAF SPOT – recognisable by small, round reddish brown spots with white centres.
- > APHIDS – green, red, black or peach coloured sucking insects that leave a sticky residue on leaves.
- > STEM ROT – black or pale roots that appear mushy
- > POWDERY MILDEW – circular, white powdery spots on leaves and stems

DOES THIS PLANT HAVE ANY MEDICINAL USES?

Yes, Echinacea has been used in folk medicine for centuries and is known for its ability to strengthen the immune system and help ward off and treat colds.



GARDENING





Pets POSH NOSH

Pets, like people, get bored of the same old food every day. With that in mind, your little ball of fur will love you all the more for adding some home-made ingenuity into meal times, and you may save a few pennies along the way.

DOGS

Super Salmon

Ingredients:

(1oz per 10lb of dog) of salmon portions (incl. skins) | 1 squash | 1 head of broccoli (incl. stem) | 2 tbsp of olive oil | 2 carrots | 3 potatoes

- 🐾 Peel carrots, cut broccoli stem and squash, take peelings for dog. Mix together and oven bake
- 🐾 Cover potato shavings with 1 tbsp of olive oil and place in the oven
- 🐾 Cover the salmon in the other tbsp of olive oil and pan fry at a medium temperature, skin-side down first. Once flipped, pull the crispy skin off and leave to cool for 15 to 20mins
- 🐾 Finally, mix skins together then place in the dog's bowl

Caribbean Chicken

Ingredients:

6-and-a-half cups of water | 4 cups of rice | 3lbs of minced chicken meat | 2-and-a-half cups of frozen veg (no garlic or onions)

- 🐾 Put chicken, veg and rice into large

saucepan with water and stir until smooth

- 🐾 Bring to the boil over a medium heat
- 🐾 Reduce heat, cover until rice is tender. Cool completely before serving. Store leftovers covered in the fridge

CATS

Fish Finesse

Ingredients:

1 tbsp of sunflower seed oil | 1 cup of canned mackerel | 1 tbsp of cooked organic brown rice | 1-2 tbsp of chicken or beef broth

- 🐾 Put all the above into a food processor and pulse until blended
- 🐾 Serve immediately - any leftovers can be refrigerated for up to three days

Meat & Veg Oats

Ingredients:

2 tbsp of cooked and mashed carrot | 1/3rd of a cup of cooked oatmeal | 1 can of sardines

- 🐾 Mash all ingredients together and serve
- 🐾 Again, any leftovers can be kept in the fridge for up to three days



The magic of microblading

It can be hard to keep up with eyebrow trends; should you be going for bold and bushy or barely there brows? And what happens when you have succumbed to the dreaded over-plucking and now want to go back to big brows? Well, microblading could be the answer to all your plucking problems.

What is microblading?

Microblading is effectively a tattoo. Sounds scary we know but it is highly effective, and the results can be amazing. Microblading artists implant pigment underneath your skin using a handheld tool, although it is worth noting that the pigment does not penetrate as deeply as with a normal tattoo.

What are the benefits?

If done well, microblading can be a godsend for your rushed morning make-up routine, as you will have full brows every day without the need to groom or use make-up. You can also happily sweat away in the gym without any worry of smudging. The procedure itself is relatively pain free, although some artists recommend using a numbing cream

if the client is particularly worried or has a low pain threshold and it only takes 1 ½ hours to do.

How long do the results last?

Microblading can last up to three years depending on your skin type, although some eyebrow specialists advise clients to come back every six months for touch-ups if they feel they are needed.

What do you need to do ahead of a microblading session?

Preparation is vital before microblading is carried out. You need to avoid anything that will thin your blood for example taking aspirin, drinking alcohol or using any beauty products that contain retinol.

Are there any celebrities who have had this procedure?

Mila Kunis, Gwyneth Paltrow and Mandy Moore are all known fans of microblading, and each of them has stunning eyebrows that complement their face shape and colouring.



In a world that is moving away from traditional gender stereotypes, consumers are now, more than ever, wanting equality in all aspects of their lives. And this extends even to their beauty routines.

What is unisex skincare?

As the name suggests, unisex, or gender neutral skincare, is built around the premise that products for our skin do not need to be different for men and women. Skin is ultimately skin whatever your sex.

So, why have we always used different products up until now?

Many would argue that it lies at the feet of the marketers and advertisers who have convinced us that we need separate products. There is even the well-known 'pink tax' which most women will know as the reason why we pay more for basically the same products. Hair removal products instantly spring to mind.

But don't men and women's skin have different needs?

Although there are differences between men and women's skin; male skin is around 20 per cent thicker, has more hair follicles and is generally oilier, gender-specific skincare products are not the answer.

Instead we should be choosing products that suit our specific skin type; for example, normal, oily, sensitive or combination.

What are the benefits?

Providing you have a similar skin type, you can share products with your partner, meaning less expense and less space taken up in the bathroom cabinet.

What are the best unisex skincare brands?

Due to an increased demand, there are now a wide range of fabulous unisex skincare ranges, and even make-up ones. Some brands actively market themselves as gender neutral whilst others simply refuse to conform to gender-based packaging or labelling. Either way, we are loving these fabulous unisex brands;

- > Panacea
- > Aesop
- > Dermalogica
- > ASOS Face + Body
- > Verso
- > Non Gender Specific

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Cataract surgery and ageing eye diseases*.

Thursday 11th July 2019 at 6pm
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The event will include a presentation from Consultant Ophthalmologist, Mr Aman Chandra, on the types of treatments that are available.

Women's health (urinary incontinence and prolapse)*.

Tuesday 16th July 2019 at 6.30pm
with Mr Yemi Coker, Consultant Gynaecologist.

This complimentary event is for women who have urinary incontinence or prolapse.

The event will include a presentation from our Consultant Gynaecologist, Mr Yemi Coker, on the types of treatments that are available. Physiotherapist, Mrs Linda Griffin, will also give a presentation on pelvic floor retraining.

*Presentation style event.

Varicose veins?

Thursday 18th July 2019 from 6.30pm
with Mr Vijay Gadhvi, Consultant General
and Vascular Surgeon.

This event is for anyone considering varicose vein surgery and would like more information regarding procedures and costings.

The event will give you the opportunity to speak to Mr Vijay Gadhvi, Consultant General and Vascular Surgeon, during a complimentary one to one advice session.

**Come along to these events to get
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Experience the wonder of *wild swimming*

Shockingly one in three people in the UK have not been swimming in the past decade. So, why the wide berth?

Well, according to a recent survey many find public swimming pools too expensive whilst others simply don't like using the changing rooms. But what if there was an alternative?

What is wild swimming?

Wild, or outdoor swimming, is essentially swimming in any natural bodies of water such as lakes, ponds, rivers or the sea.

Is it safe?

As long as you ensure that you take the adequate precautions, wild swimming can be just as safe as indoor swimming.

These precautions include;

- Always tell someone where you are planning to swim and if you are a beginner, we would advise that you always swim with a buddy or a group.
- Dress appropriately. If the water is cold, then wear a wetsuit to protect yourself from

hypothermia.

- Keep warm and dry clothes close by.
- Goggles are a good idea for seeing in murky waters.
- Do not jump straight into wild water. Instead ease in slowly to adjust to the temperature and check the depth.

What are the main risks involved?

Even if you take all the necessary precautions before embarking on your outdoor swimming journey, there will always be the risk of water-borne diseases and insects. In particular, you should be vigilant when it comes to ticks as you may not even realise that you have been bitten. Leeches can also be found in fresh water so be sure to cover any cuts with a plaster.

Where are some of the best places to swim outdoors in the UK?

- Gosford Lake Resort, Essex
- The Grantchester Meadows, Cambridgeshire
- The Barle, Somerset
- Shepperton Open Water Swim
- London Royal Docks



Do you want a simple, quick and effective way of shifting stains from your whites? Now you can relax, as we have all the answers for the most common stubborn stains.

Mud

Wait for the mud to completely dry | Pre-treat with a standard liquid detergent | Wash as normal.

Blood

Always rinse the blood-stained item in cold water first | Pre-treat with a standard liquid detergent | Wash as normal | For older stains, an unseasoned meat tenderiser is incredibly effective. Simply make a paste by mixing the tenderiser with water, apply and leave for 30 minutes.

Chocolate

Firstly, avoid using hot water on chocolate as it is more likely to lead to a permanent stain | Instead, place the stained item in a sealed plastic bag and refrigerate for half an hour | Once the chocolate has hardened, simply scrape off with a blunt knife.

Tea or coffee

For fresh stains, mix one part white vinegar with three parts water | Using a sponge gently dab the stain with the treatment | Wash as normal | For older stains, soak repeatedly for optimal results.

Paint

Turn the item inside out | Rinse the back of the stain with warm water | Wash as normal.

Red wine

Neutralise the stain with white wine first | Sprinkle salt to absorb any excess liquid | Wash as normal.

Ketchup

Simply rub the stain with a halved lemon | Rinse thoroughly | Wash as normal.

Ink

Spray hairspray directly onto the stain | Wait for 30 seconds | Wipe gently with a damp cloth.

Grease

Sprinkle with baking soda to cut through the grease and absorb some of the excess liquid | Then apply dish detergent and scrub with an old toothbrush for several minutes | Leave to rest for 30 minutes and then wash as normal.



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TRAVEL



If every camping trip you've ever been on has ended in disaster, read on, for our camping survival guide is here to make your summer holiday a whole lot happier.

- **Let there be light** – Good lighting is essential both within and outside your tent
- **Research is king** – Make sure your campsite has all the amenities that you require
- **All the little things** – Hay fever medicine, matches, bottle/tin opener, wet wipes... these are the items that elevate a camping trip

CAMPING DOS AND DON'TS

- DO embrace your wild side
- ...but **DON'T** forgo those little luxuries that make you happy (gin in a tin anyone?)
- DO go as far afield as you dare
- ...but **DON'T** go unless you're fully prepared
- DO spend time planning your trip
- ...but **DON'T** get bogged down by agendas, it's an adventure after all

TOP TIPS

- **Test your gear** – No one wants to arrive in a muddy field only to find their tent isn't up to the terrain, so have a trial run in your garden beforehand
- **Prepare for cold** – Buy good quality sleeping bags and avoid sleeping directly on the ground. Some good options are camp beds, yoga mats and air mattresses

WHERE TO GO*

- For stunning views and excellent amenities – Castlerigg Hall Caravan and Camping Park, Cumbria
- For great glamping – Redwood Valley, Powys
- For families – South Lytchett Manor Caravan and Camping Park, Dorset
- For couples – Newbourne Woodland Campsite, Suffolk
- For something truly unique – West Stow Pods, Suffolk
- For dog lovers – Old Oaks Touring Park, Somerset
- For Eco Warriors – Eco Retreats, Powys

*according to 2018 Campsites.co.uk camping and glamping awards

CAMPING

As easy as riding a bike



The moment when you see your child finally ride their bike on their own is priceless, but it can take a lot of blood, sweat and tears to get there. Literally. But it doesn't need to be so difficult.

What is the best age to teach your child to ride a bike?

The ideal age to teach your child to ride a bike is between four to six years old. Any earlier and they may not have the coordination skills or balance to master the skill. And any later, and your child may become overly cautious.

How long should it take?

According to experts, you can teach your child to ride a bike in as little as 45 minutes, as long as they are showing signs that they are ready; namely that they have good coordination.

How should you start the process?

A balance bike is a great starter bike for a child as they can learn about the feel and balance that is needed on a bike without having to master the pedals.

Where should you teach them?

Choose an area that is quiet and preferably one that has a tarmac surface. Grass surfaces should be avoided as it takes a lot more effort to ride on them than on hard ground.

How can you help your child?

- Always hold on to your child if they need support rather than the bike. Hold their back and their shoulder/upper arm.
- Encourage them to look forward, let go of their breaks and pedal.
- Run alongside them as they gain confidence.
- Teach them how to use their brakes.

Additional tips:

- Always ensure your child wears a helmet, knee and elbow pads are a good idea too.
- Dress your child in long-sleeved tops and trousers to protect them from grazes.



SUMMER MENU at alec's

Alec's have introduced a new set menu for the Summer, offering great prices, fresh food and an attentive service, is there much more you could ask for from a midweek Lunch or Dinner?

Serving up the Set Menu from 6pm till 10pm, Tuesday to Thursday, and between 12.30pm and 2.30pm, Wednesday to Saturday, alongside their usual A La Carte, you will have options a plenty.

With no less than 9 Starters to pick from, there is mostly definitely something for everyone. Ranging from Pan Seared Scallops, Crispy Duck Rolls and Baked Goats Cheese, to name but a few, there is every possibility you will experience some food envy from others on your table.

The second course offers even more variety, where you can opt for a half lobster, Honey Soy Glazed Pork Belly, Teriyaki Cod or one of the other delightful dishes on the menu. Teamed with sides such as Triple Cooked Chips, Creamed Savoy Cabbage

and Smoked Bacon, along with Beef Tomato Salad, there really is a wide range of food to try!

Lastly, the desserts are not to be missed! From a Boozy Ice Cream Sundae to the Cheese Board, whatever your appetite desires, Alec's has it covered.

The atmosphere at Alec's is relaxed, with chilled music playing and the quiet buzz of conversation from surrounding tables, you can take in the ambience whilst still being able to enjoy the company of your own table, whether that be a Romantic Dinner for two, or a family celebration.

If you're looking for great food, good wine, with an attentive service, Alec's will not disappoint and with the Set Menu very reasonably priced, you cannot go wrong.



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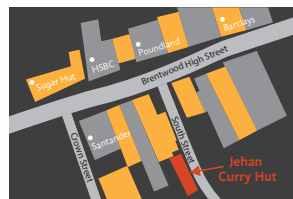
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(Previously Mare Blu)



FOOD & DRINK

Flower Power

Flourishing flowers can serve as so much more than simply brightening up your garden. Why not utilise the edible ones in these delicious summer recipes?

Lovely lavender

You may be more used to flavouring your Sunday roast with a sprig or two of rosemary but lavender works brilliantly with lamb and is completely safe to eat. The sweetness of honey also works wonders with the rich fragrance of lavender flowers.

Dandelion delight

Most gardens have an abundance of dandelions so why not utilise them? The heads of these flowers are 100 per cent edible and we recommend chopping a handful up and adding to an omelette or Italian frittata. You can even add in some wild garlic if you have any in your garden.

Calming chamomile

Most known for its use in teas, chamomile flowers also work wonderfully in a summer jelly. Simply dissolve honey in a jug of boiling water and add a generous portion of the chamomile. Strain out the leaves once they have had time to steep and then add gelatine to set.

Top with tulips

Tulips are a gorgeous spring flower and their vibrant petals can perk up even the most lacklustre garden so it's a natural progression for creative cooks to add these flowers to their dishes. And all you need to do is gently sprinkle a selection of untreated petals over a summer salad and enjoy.

Elderflower mocktail

With people trying to cut back on their alcohol consumption, booze-free drinks are more popular than ever and what could be better than a freshly made, thirst-quenching cordial? Add a handful of elderflower heads and some lemon zest to a simple sugar syrup and leave to infuse for 24 hours or longer if possible, then dilute.

Poisonous flowers to avoid:

Daffodils | Hydrangea | Clematis | Azalea | Foxglove





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PUZZLES & TRIVIA

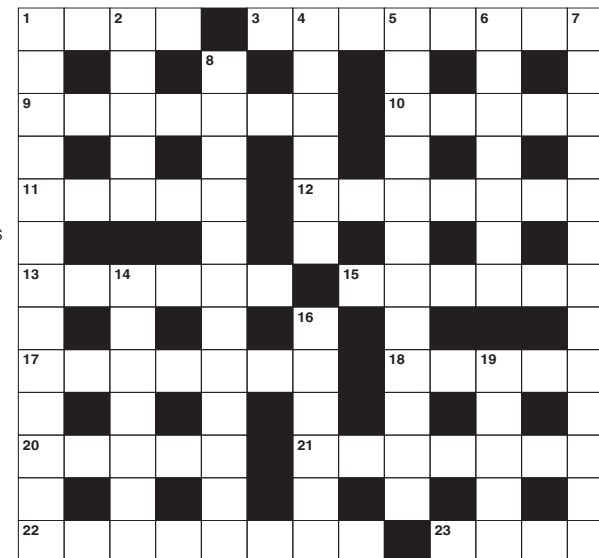


PUZZLES

Answers can be found on the Contents Page 4

ACROSS

1. Large-headed food fish (4)
3. Appetising drink (8)
9. Open-minded; given freely (7)
10. Weatherproof coat (5)
11. Relating to a city (5)
12. Organ of digestion (7)
13. Make worse (6)
15. Star like object that often emits radio waves (6)
17. With reference to (7)
18. Hackneyed (5)
20. Accustom to something (5)
21. Ice hockey offence (7)
22. Peer (8)
23. Small flake of soot (4)



DOWN

1. Figment of the imagination (13)
2. Meat and vegetables on a skewer (5)
4. Burnish (6)
5. Duplication (12)
6. Statements of intent to harm (7)
7. Boxing class division (13)

8. Principal face of a building (12)
14. Agitate (7)
16. Respiratory condition (6)
19. Form of expression (5)

DID YOU KNOW?

- ▶ Most bears have 42 teeth, including four long canines
- ▶ An ostrich eye is bigger than its brain
- ▶ Lobster blood is colourless, but turns blue when it is exposed to oxygen
- ▶ The giraffe, which is the tallest animal in the world, can clean its ears with its tongue
- ▶ Due to its composition, camel milk doesn't curdle naturally
- ▶ Frogs can't swallow with their eyes open
- ▶ Dragonflies have six legs, but can't walk due to the weight of their body

SUDOKU

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



Is it time for a...

DIGITAL DETOX?

We live in the age of digital distraction. Just walk into any bar, coffee shop, office, college or anywhere else people gather, and you're guaranteed to see at least one person staring at or swiping a mobile phone.

Studies have shown short-sightedness in people under 16 is reaching epidemic proportions and excess screen time is cited as a big part of the problem.

One in four adults spend more time online than they do asleep.

So, have we become slaves to tech? The evidence is indicating we are. But it's not impossible to break those chains even if it's just for a short time.

Here are some easy steps you can take to ditch the digital and give yourself a technology retreat.

KEEP IT REAL: If you try to go cold turkey you're setting yourself up for a fall. Give

yourself a daily allowance of an hour or two to begin with.

SWEET DREAMS ARE MADE OF THIS: Any kind of digital tech in the bedroom can play havoc with the quality of your night's sleep. Leave the tablets and phones in another room and buy an alarm clock if needs be.

OUT OF SIGHT OUT OF MIND: Keep your phone out of sight and reach when you're driving. Even hands-free phone systems distract drivers considerably.

STEP BACK IN TIME: Buy an old phone for use at the weekends. The Nokia 3310 is decent because it allows you to make and take calls without all the digital distractions of a smartphone.

One of the best websites we've come across that may help you in your quest to conquer your digital dilemma www.itstimetologoff.com – just don't spend too much time looking at it on your phone.



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As the *Sunday Times Rich List* again serves to showcase the wares of some of our wealthiest residents, the addition of the first black female entrepreneur provides a welcome twist in financial fortune.

They are numbers so great that we might never be able to imagine the sheer extent of wealth that those on the list possess, but let us dream for a while that we will one day rival the fortunes of these financial tour de forces.

THE TOP TWO

Sri and Gopi Hinduja: The brothers, British nationals but responsible for the incredible growth of a family business that was started in Mumbai in 1914, have amassed a fortune that now tops £22bn. They have proved the phrase 'diversify or die' many times over, with investments and enterprises in industries as unconnected as oil and gas, banking, IT and property.

David and Simon Reuben: If risk-taking delivers reward, then it's little surprise the Reuben

brothers are in second position, with an estimated worth of £18.7bn. The duo dined with the Russian mafia on their way to becoming leaders in private equity, real estate investment and development, and their impact on the debt financing market continues to grow as well.

SELECTED OTHERS

Ed Sheeran: Although his fortune of £160m looks small in comparison to the true rich list heavyweights, the British musician has leapfrogged Adele on the most recent rankings, and over time you feel the songsmith will continue to make up ground on the leading musical maestro, Andrew Lloyd-Webber, whose mountain of money totals three quarters of a billion.

Valerie Moran: Finally, Zimbabwe-born Valerie Moran becomes the first black female entrepreneur on the list. She owns an 81.5 per cent stake in tech company Prepaid Financial Services and her inclusion is noted as a much-welcomed cultural shift from the perceived mould of the uber-wealthy.

A rich man's world?

ON THE MONEY

Financial advice from our
financial adviser Andy Costin
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FINANCIAL MISTAKES EVEN THE EXPERTS CAN MAKE

We're all human, lead increasingly busy lives, and can be prone to making mistakes. When it comes to our money, it can be easy to lose track of the big picture; here are just a few financial mistakes we can all avoid.

NOT KEEPING AN EYE ON STATEMENTS

Checking your bank and credit card statements regularly will help you budget better, get rid of expenditure you no longer need, and alert you to any signs of fraud.

ALLOWING YOUR INSURANCE POLICIES TO AUTOMATICALLY RENEW

Although it can seem a chore, it makes sense to keep your insurance policies under regular review to ensure that you're paying a fair price and have the cover you need.

LETTING YOUR MORTGAGE DRIFT

If your fixed-rate deal is nearing its end or has already ended, then it makes sense to ask us to recommend a new one. When your deal ends, you will generally find your lender moves you to their Standard Variable Rate, which could mean you'll end up paying far more than you need to each month.

NOT SEEKING PROFESSIONAL ADVICE ABOUT RETIREMENT

With many of us set to enjoy several decades in retirement, it's important to get the right advice about saving enough money during our working lives. When it's time to access our pension pots, we can all use professional help to make sure that our money lasts as long as we do.

NOT THINKING AHEAD

Putting a Lasting Power of Attorney in place and making a Will are important steps to safeguard family finances. They provide the valuable peace of mind of knowing that your wishes will be followed, and your family provided for when you are no longer able to.

As a mortgage is secured against your home or property, it could be repossessed if you do not keep up mortgage repayments. Will writing and Lasting Powers of Attorney are not regulated by the FCA.

As part of the service at DGS, 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 on 01277 654153.

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Q What Can CoverSure Brentwood Help With?

A With our wide suite of insurance products, it'd be easier to list what we can't help you with! Whether it's insurance protection for your house, your business or even your van, we can help you find the cover you need for less.

Q Why Should You Use CoverSure Brentwood?

A We pride ourselves on our exceptional customer service. No risk is the same and we'll take the time to truly understand your needs before recommending a product that's tailored to you. We have access to some of the UK's biggest and best insurers, meaning that you get the strong customer service of a local broker with the insurance policies of a national chain.

Q How Can Insurance Protect You?

A Depending on what kind of cover you're after, insurance can provide a safety net against a variety of risks you face on a daily business. Insurance can be the difference between your business running smoothly or going under. The difference between your delivery vehicle being off the road for months or days.



Q How Can You Save Money On Your Insurance?

A Whether combining multiple risks on to a single policy or simply looking at your cover levels, there's plenty of ways you could save money on your insurance. Why not get in touch with us and see if we can save you money?

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Open Garden

**Barnards Farm, Brentwood Road, West
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July 11, 11am – 4.30pm



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A Midsummer Night's Dream

Weald Country Park, Brentwood, CM12 5QS
July 14, show starts 3pm

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WHAT'S ON



*When to
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WIPER BLADES

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One of the most thankless pieces of kit on our motors, they are also perhaps the most important, as anyone will a faulty wiper blade will confirm.

That's why decent wiper blade maintenance isn't just a good idea, it could be life-saving:



**Wiper
blade = wipe:**

For basic care, clean your wiper blades every couple of months. Removing residual dirt will keep the rubber in better shape for longer, eliminating the need for regular replacement.

Streaker alert: How many times do we put up

with streaks across the windscreen, even going as far as squatting in our seats to look past the latest rainbow-like wave of water that's been created right in front us? The rule with streaks is simple – your blade is deficient and needs replacing.

Skipping along: A wiper blade that skips probably hasn't been used for a while may need lubrication, though most likely has been bent out of shape – perhaps following a period of hot weather – and should be replaced.

Smear test: Smears are dangerous and you mustn't ignore your wiper blade's desperate call for help. If you're lucky, the smear could be being caused by a dirty windscreen, although more likely the blade is worn and is on its way out.

Squeaking needs tweaking: Squeaks may not sound good but the diagnosis is probably the most favourable, given that when this happens it's often because the wiper is slightly misassembled and probably just needs to be refitted.

Remember, wiper blades are relatively low cost, and most autocentres will fit new ones for free, so there's no excuse for taking a chance on the road.

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Premier League

BIG Kick-off

After the disappointment of England's third-place finish in the inaugural Nations League tournament, there is reason to be cheerful... the 2019/20 fixtures have been released!

Defending champions Manchester City get their campaign up and running at West Ham United in a lunchtime kick-off on Saturday, August 10, while gallant runners-up Liverpool begin their quest the night before at home to newly-promoted Norwich City. Spare a thought for the Canaries – in their first five fixtures they face the Reds and West Ham United away, and host Newcastle United, Chelsea and Manchester City.

The other two sides coming up from the Championship also have away fixtures on the opening weekend - Aston Villa go to Tottenham, while Sheffield United make the journey to Bournemouth. The first 'Super Sunday' game sees Manchester United host Europa League winners Chelsea - in the past this match-up may have been regarded as a title six-pointer... now it's simply an also-ran 'opening weekend' fixture.

Pep Guardiola's City have a decent test on matchday two when they host Spurs, but then have until the end of September before their next tough game, at Everton. Meanwhile, Jurgen Klopp's side face Arsenal at home in August and Chelsea away the following month, but will surely be gearing up for the November 9th clash with title rivals City.

The first big derby match comes to North London, as Arsenal host Tottenham on August 31. Liverpool play Everton on December 4 – a Wednesday night – and on the weekend of December 7 Manchester City welcome neighbours United.

Watford open up with Brighton at home, have winnable games against Sheffield United, Aston Villa and Wolves over Christmas, and conclude on May 17 with an attractive-looking trip to Arsenal.

Let battle commence...



Liverpool v Norwich City 09/08/19
Liverpool v Everton 04/12/19



West Ham v Man City 10/08/19



Spurs v Aston Villa 10/08/19



Man Utd v Chelsea 10/08/19

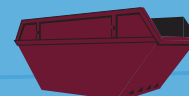


Arsenal v Spurs 31/08/19

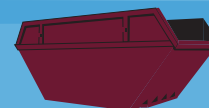


Man City v Man Utd 07/12/19

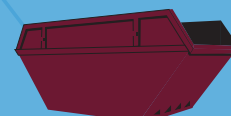
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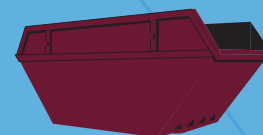
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