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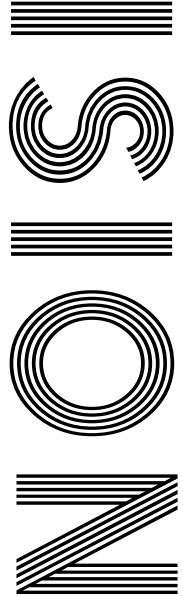
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7 techniques for a
full body workout

CAROLINE FLACK

*The media backlash following
the star's tragic death*



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The story behind the Gypsy King's heavyweight success



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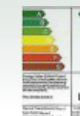
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CONTENTS

- 6 KOBE BRYANT
- 8 CAROLINE FLACK
- 11 HOME & DIY
- 25 LOCAL NEWS BRENTWOOD
- 33 LOCAL NEWS ONGAR
- 39 TECHNOLOGY
- 40 HISTORY
- 43 TRAVEL
- 44 TYSON FURY
- 46 PETS
- 49 GARDENING
- 55 KIDS
- 56 PUZZLES
- 58 FASHION
- 59 BEAUTY
- 63 HEALTH & FITNESS
- 70 FOOD & DRINK
- 74 BUSINESS & PROPERTY
- 78 SPORT
- 83 MOTORING
- 84 THE **VISION** LISTINGS
- 86 WHAT'S ON

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Editor's notes...



Nik Allen, Editor

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

I was recently asked to do a talk to a small community group. These events can be anything from raucous to sombre, but they're a great

way to reach out and communicate what we do, as well as showing the way businesses and communities can benefit from having a dedicated, hyperlocal magazine on their doorstep.

In the aftermath, people generally mill about, but on this particular occasion I was bowled over by the number who came up to me to tell me how much they loved the magazine.

I had a retired lady saying how delighted she was to have such a high-quality title drop through her letterbox; a building contractor truly impressed with the feedback his advert was getting; and a young lad who used the title to check out what events are happening in the local area.

The point is, three very different demographics each find something inspiring and worthwhile in what we provide each month, and in the reader/advertiser relationship that fuels the whole thing, it's a shared passion for keeping the E local.

In publishing, it's easy sometimes to become lost in deadlines, spreadsheets and statistical analysis; but there is nothing quite like face-to-face feedback and hearing genuine praise.

So please keep the feedback coming - good and bad. You, our readers, are the best voice we have.

Nik

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A MOUNTAIN AMONG MEN

The outpouring of emotion and admiration for the late NBA star Kobe Bryant has felt insurmountable. We reflect on the achievements of one of the greatest 'ballers' ever to play the game, and reflect on the legacy he has undoubtedly left behind.

Kobe Bryant was a giant, in more ways than one.

The 6ft 4in shooting guard graduated from high school in 1996 and was drafted by the Charlotte Hornets before being traded to the Los Angeles Lakers where he spent his entire 20-year professional career. His achievements as a sportsman at the top of his game barely need repeating, but as the fourth-highest points scorer in NBA history, his domination on the court was unrelenting.

Not that points-scoring was the sum total of Bryant's powers. Handsome, charismatic, stylish and an inspiration, his demeanour and his candour won him fans – both from the street and of celebrity status – all over the globe.

Regardless, his talent saw the Lakers won five NBA regular season championships, and on each occasion they went on to clinch the play-offs. He was the first player to have 30,000 career points and more than 6,000 assists, while TNT and Sporting News accredited him as the NBA Player of the Decade for the 2000s. Reuters even went one further, naming him its Player of a Generation.

The fact that he lost his life in such tragic circumstances, and at the age of just 41, perhaps just solidifies Bryant's legacy. Retired only three and a half years, his sudden departure leaves an indelible imprint on basketball's history.

Sure enough, across the sporting world the tributes poured in. Social media tumbled into a state of mourning, Paris Saint-Germain and Real Madrid held on-pitch minute silences before home games, while AC Milan players wore black armbands. In addition, talk-show hosts, journalists, broadcasters and fans the world over tried to find the words to rationalise an accident that had also claimed the lives of his 13-year-old daughter Gianna and seven other passengers.

In the immediate aftermath, a petition was set up on Change.org attempting to push forward with a plan for Bryant's image to be emblazoned on the official NBA badge. At the time of writing, it had garnered more than three million digital signatures.

And even in death, Bryant's sterling work will continue. He was official ambassador for the American non-profit After-School All-Stars organisation, set up the Kobe Bryant China Fund, and was a huge donor to the Call of Duty Endowment. And with wife Vanessa, he also founded the Kobe and Vanessa Bryant Family Foundation.

And in 2018, he became the first ex-professional from the world of sport to win an Oscar for Best Animated Short, for his film *Dear Basketball*.

Every one of these initiatives, projects, investments and achievements reached out to entertain, engage and enthuse people of all backgrounds. Bryant's ongoing legacy is to continue to give back – from the basketball courts to the back yards. It's a moral and an ethos that many of us can follow, and all of us can benefit from.

OTHER SPORTS STARS TO DIE IN AVIATION CRASHES...

| Chelsea FC Vice-chairman: Matthew Harding, died 1996, aged 42

| Racecar Driver: Colin McRae, died 2007, aged 49

| Swimmer: Camille Muffat, died 2015, aged 25

| Brazilian Football Team: Chapecoense died 2016 – 19 players, 14 staff members, 9 board members, 4 journalists

| Leicester City Chairman: Vichai Srivaddhanaprabha, died 2018, aged 60

| Footballer: Emiliano Sala, died 2019, aged 28



WHAT A WASTE

The media falls into the spotlight in the aftermath of Caroline Flack's death

Few things in 2020 have gripped, challenged and wrestled with the nation's conscience more than the death of Caroline Flack.

The popular TV and radio presenter took her own life in her east London flat on February 15, the final act in a tumultuous few months that saw a high-profile career in the spotlight of *Love Island* and *The Xtra Factor* descend into a place where the 40-year-old felt she simply couldn't go on.

While we may never know how much Flack's bust-up with boyfriend Lewis Burton contributed to her troubled state of mind, what was evident in the months and weeks leading up to her death was a bustle of unrelenting media attention.

Immediately, questions were raised as to what contribution front-page headlines in *The Sun*, *Daily Mail* and others had made to such a devastating conclusion to her life, and examination of the actions of the media is certainly on the agenda.

Ultimately, society is divided over the extent to which our information outlets are to blame. The tabloids are drilled into servicing PR agencies in giving the entertainment world's biggest names as much coverage as possible, so it becomes remiss to suppose that using a vehicle to court positive publicity can't then run the risk of that machine going rogue. And yet the hounding of Flack, certainly in the aftermath of the domestic abuse claim, had surely equated to bullying by the end.

While the finger continues to be pointed at the red tops, perhaps it's the wider media, notably Twitter, that should garner more of our attention. We live in an era where the quietest voice in the most remote location can fire vitriol straight into the cerebral matter of anyone in the world, at any hour.

Social media has made everyone a publisher and has given a platform to the most controversial – and it is here to stay.

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A Design for Life



He is the interior designer seemingly plucked straight out of the Georgian era; he decorates himself in velvet, Merlinesque sleeves and looks like an upper-class Dave Grohl. And yet, amid silly comparisons and quiet scoffing, we all owe Laurence Llewelyn-Bowen a huge debt of gratitude.

Laurence Llewelyn-Bowen had a wealthy upbringing around south-east London, albeit not one free of challenges and heartache – his father died when he was just nine years old. “I think the shock of that really propelled in me a sense of wanting to achieve something special,” he says. “It made me realise how finite life was.

“My father was an orthopaedic surgeon, so making a difference was a big incentive and made me feel as if I could follow him.”

Exploring needlework and fine art, he graduated from Camberwell College of Arts and started his own design agency in 1989. The success of that coincided with the first fragments of reality TV on our screens, and, coupled with a surge in homebuyers which, by association, meant an increase in people wanting to apply perfect, personal artistic elegance to their homes, the interior designer inadvertently turbo-charged a ‘home entertainment’ revolution.

To be fair to the now 54-year-old, there was no one else who could lead out interior consultancy in the way he did... and continues to. From voluptuous to dynamic, detailed to deep, he has managed to evolve with the times – his contemporary collections now are a world away from anything he’d have been seen to be championing in the early days of *Changing Rooms*, even if his go-to shades are still of the darker variety.

Add in flair, finesse, and that must-have presenting quality of being quite comfortable with telling people they’re wrong – “I would only ever use the word ‘mistaken’” – and Llewelyn-Bowen’s seductive appeal spans both genders, countless demographics and various tastes – one of our true, British design champions.



HOME & DIY

Photo credit: www.llb.co.uk, Facebook @officialLLB



it's a CLASSIC

Revealing Pantone's Colour of the Year

The idea of falling in love with a colour seems like an emotion straight out of an art critic's most opulent and emotive witterings. And yet, as far as Pantone's Colour of the Year for 2020 goes, such a bold, accessible and relatable shade should be to the liking of even those who'd rather steer clear of exhibitions and galleries.

While Pantone reinforces its lofty, slightly pompous, self-appointed status as the overseer of the holy swatch, it does at least apply an emotional narrative to the shades and tones represented, and in the seductive Classic Blue – that's colour 19-4052 to those in the know – there are many observations.

The institute pours admiration behind its simplicity, and certainly, as far as interiors go, it's arguably the most versatile selection in years. That's because Classic Blue offers credibility and reliability, echoing trust and dependency. As a foundation colour it sets up perfectly a raft of colour mixes – imagine a statement wall with white sofa and beige cushions; imagine deep-blue wardrobes and bed throws offset with rose red or black.

Ultimately, it is a colour that draws in and sets off in equal measure – it complements wood and brings out fabric. It is a tone that invites the opportunity to adapt into your own look.

In an era where bold shades have come to the fore, it's no surprise to see Classic Blue find its place. Arguably the bravest choice since turquoise in 2010, it's a world away from the multifaceted Living Coral of last year, which divided opinion.

The directive with Classic Blue is to embrace, embellish and embolden a shade that in previous decades would have been labelled a 'cold' colour. Pantone has surely seen to it that it'll never be viewed that way again.



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You may not think that there is much use for an old rain gutter, but with a little bit of imagination and a touch of DIY know-how, you can create several innovative and interesting storage solutions in your home.

A shoe rack solution

If you have children, you may notice that you have more shoes than space allows in your home, and nobody wants an array of muddy footwear left littering your living room. Thankfully, all you need is a rain gutter and a spare corner or alcove to hang in it.



A space-saving party platter

For those who love to put on a spread, this space-saving idea could be perfect for you. Thanks to the width, it's easy to put several gutters onto one table, helping to overcome problems with space. Simply cover the gutters in foil and fill with party food. They are perfect for banana splits, pasta salad, nibbles and fruit salad.



A kid's reading corner

Apparently a simple playroom is no longer sufficient for children nowadays. They need to have specific areas to promote different elements of their development, such as a messy play section, an imaginative play area, a chill-out zone and a reading corner. Luckily, several old rain gutters make the ideal set of shelves for a space-saving bookcase.



A wire-hiding solution

No one likes to have unsightly wires exposed throughout their home. However, with more and more electrical devices being purchased, cords and cables can be seen everywhere. Fortunately, by simply attaching a rain gutter to the wall below a table, desk or shelf, you can neatly contain the wires and avoid any accidents, as well as make your home appear less cluttered.



Upcycling

GUTTERS

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DIY

Mother's Day GIFTS

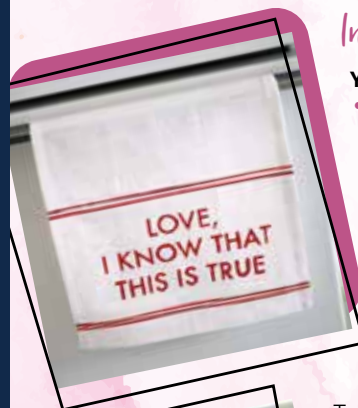
HERE ARE SOME GREAT HOME-MADE MOTHER'S DAY GIFTS THAT ARE SURE TO PUT A SMILE ON MUM'S FACE...

Inspirational Tea Towel

You will need: A stencil • Washed and ironed tea towel • Access to a printer
 • Acrylic paint • Dura-Lar/Mylar • Foam brush • Masking tape • Iron • Craft knife • Cutting surface, e.g. cardboard

How to make:

- Decide what the tea towel will say. Perhaps an inspirational quote or mum's iconic catchphrase? Then, print from your computer to use as a stencil.
- Tape the stencil onto the cutting surface. Put a piece of Dura-Lar on top of your stencil. Then, cut out using a craft knife. Children should always be supervised by an adult whilst using the knife.
- Place the cut Dura-Lar stencil over the towel. Using a foam brush, dab the stencil with acrylic paint.
- Once completely dry, heat-set with an iron on a cotton setting for 10–15 minutes.
- To make this more child-friendly so the whole family can get involved, use fabric pens instead, and decorate the tea towel with messages and drawings.



Ombre Tie Dye Tote

You will need: Plain white tote bag • Rit dye • 1 cup of salt • Gloves • Clamp

How to make:

- Pour the Rit dye into a clean bucket of hot water. Add salt and stir.
- Wet the entire bag with water. Then, lower it into the dye about halfway, or as far as you want the ombre to start.
- Clamp the tote in position, and leave for a few minutes to set. Move the clamp up 1–2 inches every few minutes to create the ombre effect.
- Rinse with cold water until the water runs clear. Then, machine wash.



Mason Jar Photo Vase

You will need: A photo • Mason jar • Paint and brush • Painter's tape • Clear spray paint • Paper cup

How to make:

- Put painter's tape on the area of the jar you don't want painted. Then, paint your desired colour.
- Remove the tape before the paint dries.
- Attach your picture to the inside of the jar using painter's tape.
- Spray the jar with clear spray paint to seal the paint.
- Place a paper cup inside the vase and fill with real or artificial flowers.



5 *surprising* USES FOR DISHWASHER TABLETS

Whether you have bulk bought enough dishwasher tablets to clean your whole street's washing-up three times over, or if you have mistakenly purchased the wrong brand for your dishwasher, it can be handy to know what else you can do with these clever little tablets.

CLEAN YOUR OVEN

Your oven is one of those kitchen appliances that always seems to need cleaning, but oven cleaning kits can be expensive, so why not use a dishwasher tablet instead?

Simply soak the oven with warm water for 10 minutes, rub the tablet across the surface to remove stubborn grease and stains and rinse.



REMOVE CRAYON MARKS

Unfortunately, children love to draw on the walls, and if they do so with crayons, you are in for a tough job trying to remove the marks. Fortunately, dishwasher tablets are perfect for this task. Just crumble a tablet into water to make a paste and gently rub the affected area.



ELIMINATE COFFEE CUP STAINS

If your beloved coffee cup has seen better days but you are adamant you don't want to throw it away, then a dishwasher tablet could be your saviour. All you need to do is fill your cup three-quarters full with warm water, add a dishwasher tablet, leave for one hour and then rinse with hot water.



GET RID OF CAR OIL STAINS

If your vehicle has the nasty habit of leaking oil stains onto your driveway or in your garage, then simply make a thick paste using a dishwasher tablet and some warm water, scrub into the stain and rinse with a garden hose.



CLEAN YOUR TOILET

Dishwasher tablets contain bleach so are ideal for making your toilet bowl sparkle. Just drop in a tablet, wait for it to dissolve and scrub as normal.



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HOME & DIY

WHY 'En Provence' IS EN VOGUE

It's peculiar how interior design tastes evolve and rearrange themselves, to the extent that what probably counted as 'thrown together' a couple of decades ago is now the very height of seductive chic.

In the 1990s, when patterned wallpaper and friezes were all the rage, the sight of some exposed brickwork would lead most homeowners to call in a plasterer.

Wind forward 30 years and the En Provence trend is based so much in that rustic, 'just arrived', minimum-fuss ethos that it's difficult to look beyond the simple, stylish beauty that's on show.

Of course, flaky brickwork and some old, semi-scrubbed paintwork isn't the sum total of this trend, which, predictably, is inspired by the holiday homes and rustic outbuildings of southern France. Away from the walls, rooms take on a sense of detail within simplicity. A table and chairs provide an honest focal point; rugs, towels and throws

adorn walls and furniture, while bamboo, flowers and sprigs of pattern force the eye away from the distressed elements and into the beauty of interior excellence.

The En Provence look takes inspiration from shades, designs and styles of the 1970s. Imagine driving through the night to arrive at a semi-dilapidated farmhouse buried deep in the foothills that give way to vistas over the Mediterranean. Imagine brushing away the cobwebs to find a space untouched by modernity and contemporary tastes, where furniture is placed dramatically and the smell of freshly uncorked red wine begins to fill the air.

It is a design style almost out of wartime innocence – where comfort comes in the essentials, not the excessive.

Try it yourself – simple furniture, exposed brickwork and splashes of pattern; unmatched fabrics, wrought iron and wood; and most definitely no fluffy carpets.

Photo credit: Livingetc.com

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Photo credit: Ricci Fothergill

Homes evacuated as huge sinkhole appears after storm

A huge recovery effort was needed after a sinkhole appeared on a Brentwood residential street.

On February 10 a sinkhole appeared on Hatch Road, Pilgrims Hatch, following torrential rainfall caused by Storm Ciara.

A car fell into the sinkhole and six homes had to be evacuated because of "unstable ground" as efforts were made to repair the damage.

The car, a Toyota Prius, had to be recovered after emergency services closed the road.

Fire crews worked on the scene before handing over to Anglian Water who investigated whether any damage had been caused to sewage pipes.

Essex Fire and Rescue said: "Firefighters were called to Hatch Road, Pilgrims Hatch, at 1:34am after reports that a sewer had partially collapsed.

"Crews worked to make the scene safe by 3:53am before leaving it in the care of Anglian Water."

Anglian Water were contacted for the latest but had not responded at the time of going to print.

Woman in her 80s attacked in her own home

Detectives are investigating after a woman in her 80s was assaulted in her home in Brentwood.

It was reported that at around 9.30am on Sunday, January 19 a man knocked on the door of a property on Danbury Close and claimed to be there in order to remove overhanging tree branches.

He then forced his way into the woman's home, pushing and dragging her through the property, taking items as he went.

He pushed the woman onto her bed and proceeded to open and search drawers and cupboards, putting

some of her belongings into his pockets.

He then left the room, closing the door behind him, and walked out of the property.

The woman was treated for injuries not believed to be serious, but was understandably left shaken.

Detectives would like to speak to anyone who may have information, or had a similar approach made to them at their home by a person they do not know.

Detectives are also looking for a white Vauxhall Corsa van, with the number plate WN56 VTE, which was seen in the area around the time of the offence.

Distraction burglar jailed



A man who took part in a distraction burglary in Brentwood has been jailed for three years.

John Wright knocked on the door of an address on Hanging Hill Lane between 11am and noon on February 19, 2018.

He claimed to be from the council and there to fix a damaged fence which the victim had actually previously reported.

The victim, a woman in her 80s, accompanied Wright out to the back garden where he proceeded to take notes.

A short time later, a second man called to Wright from the direction of the house, claiming they had an urgent job they needed to attend to, and he left.

When he'd gone, the victim realised her bedroom had been searched and several items were missing, including bank cards and a three-figure sum of cash.

She then called the police.

Through checks via automatic number plate recognition cameras (ANPR), officers identified a van registered to Wright had been in the area at the time of the incident.

He was stopped and arrested in April 2018 and the victim picked him out during an identification procedure.

Charitable horticultural project set for busy year

A Brentwood-based charity which helps people through horticultural learning has a busy 2020 ahead, with events throughout the year.

The Gates, a charitable horticultural project, is located within the disused nursery site at London Road Cemetery.

It offers local people, including those with learning

disabilities, a chance to take part in a wide range of activities. Through those opportunities it promotes independence, choice and inclusion in a safe and supportive environment.

To help fund the vital service, The Gates hosts a variety of fundraising events throughout the year.

Project leader at The Gates, Mary Yiannoullou, said: "Over the last ten years we have recycled, reused, begged, borrowed and fundraised to ensure the continuation of our project.

"We are completely self-sufficient and rely on client placement payments, our own fundraising efforts and funding bids.

"New for this year we are opening for the National Garden Scheme in May and August.

"The public are invited to walk around the site and visit areas of interest, including The Dell, The Sensory Walk, The Mosaic Garden plus much more."

For more information call 07887 742622 or email mary.y@frontlinepartnership.org

Mother of murdered Grace confronts killer

The mother of a murdered former Brentwood schoolgirl has confronted her killer on video link in court.

Grace Millane, a former Ursuline Convent High School girl, was murdered in New Zealand in December by a 28-year-old man, who can't be named for legal reasons.

The killer was sentenced at Auckland High Court on February 20 to life in prison with a minimum of 17 years in jail.

Grace's mother, Gillian, confronted the murderer in court with an emotional video.

She said: "Her tragic life was cut short by your wilful, cruel actions.

"You took it upon yourself to murder my beautiful Grace, an innocent young lady.

"You have ripped a hole in my heart. One that will never be repaired."



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Cancer charity challenges people to take on Big Battle

A cancer charity is inviting the "brave and courageous" in Brentwood to take part in their second Big Battle challenge on April 5.

The Helen Rollason Cancer Charity is urging people to take on a 5km course, located at the Event Village, Parsonage Farm, in Brentwood.

A personal trainer will escort and encourage groups of participants around the course, which will see participants take on obstacles including a 15-lane zip-wire into water and a 20-foot free-fall death slide.

Participants should expect an ultra-muddy and obstacle-loaded course from Nuclear Races.

The event is open to individuals and teams aged 13 or over.

Sarah Rayner, 30, from Hutton, was part of a team of 15 colleagues who took part last year.

She said: "As well as raising money for an invaluable charity, it was a fantastic team-building exercise for our company; we definitely bonded and helped each other throughout the run. I loved being part of the team."

Tickets are £50 per person and must be booked in advance as places are limited. To book, call 01245 380719 or visit www.helenrollason.org.uk

Duke of Kent opens refurbished town hall



His Royal Highness the Duke of Kent officially opened Brentwood Borough Council's refurbished Town Hall on February 18.

The Duke of Kent toured the building, which has undergone a £15million renovation to provide a community hub that includes Essex Police, Department of Work and Pensions, Citizens Advice offices and a mixture of residential and commercial space.

Unveiling a plaque to mark the occasion, the Duke of Kent commended the refurbishment and the work of all those involved.

Brentwood Borough Council leader, councillor Chris Hossack, said: "It is a privilege to welcome HRH the Duke of Kent to the borough and to the Town Hall. Business continued as usual so our residents were able to access all the normal services during the visit."

"It has been a memorable event that signifies the high esteem in which Brentwood is held."

BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



It's difficult to get a good picture of the historic vista of the Palace of Westminster from any angle at the moment, with the building covered in swathes of plastic sheeting on scaffold frames.

The Palace is a Grade I listed building and, with Westminster Abbey and St Margaret's Church, forms part of the Westminster UNESCO World Heritage Site. There's a huge programme of restoration works underway to protect the heritage of the Palace of Westminster and ensure it can continue to serve as home to the UK Parliament in the 21st century and beyond.

One of the most iconic parts of the building, the Elizabeth Tower, which houses Big Ben, has been closed for the last two years for a complete conservation overhaul. It's a multimillion-pound project which has just been made that little bit more expensive by the discovery of extensive Second World War bomb damage, pollution and asbestos in the Tower.

In 2017, work began to examine and repair the Tower, from the gilt cross and orb at its tip to the bottom of its 334-step staircase. The full scale of what needed to be done was only revealed once the project team was able to begin intrusive surveys for the first time ever on the 177-year-old structure.

As anyone with an old house knows, it is usually the case that what appears to be a simple repair job often uncovers a heap of problems that all need to be fixed. Nothing is cheap, but in the Elizabeth Tower's case, the last discoveries have pushed the repair bill up from £61.1million to £79.7million.

It's a big ask, but as Big Ben is a key part of national celebrations, with its chimes booming out on occasions including Remembrance Sunday and New Year's Eve, it seems to be worth the extra spend. On a positive note, the conservation project has seen many hundreds of specialist craftspeople from all around the UK brought in to employ traditional trades, including stonemasonry, gilding, glass cutting and horology.

I'm looking forward to the Elizabeth Tower being revealed in its conserved glory during my time at Westminster. If you want to see what it looks like at the moment, and see what else is being done to preserve this glorious palace, do get in touch with my office for a free tour.



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS ONGAR



Post Office opens its doors

A new Post Office in Ongar has officially opened to serve seven days a week.

The new Post Office branch will be based at Nisa Local on Fyfield Road and will be open 12 hours a day, from 8am to 8pm, every day of the week.

The official opening took place on Monday, February 10, and users will be able to post, collect and return items all week.

Customers can also take advantage of a wide range of banking services, including cash withdrawals and balance enquiries on all main UK banks.

The opening was welcomed by residents, including Tom Stadder.

He said: "Great news. It will be really useful to have a

Post Office open every day of the week.

"Hopefully it also means there won't be so much of a queue as people have a larger window to post anything they need to."

Mohammed Islam, Post Office change manager, said: "We want to make it as easy as possible for customers to pay their bills, withdraw cash from their bank accounts, and send and collect their mail at a time and place that suits them best."

"We know how important our services are to customers, and are confident that this new Post Office alongside Ongar and Fyfield branches will ensure that people in this area of Ongar have easy access to our services."

The future is bright for young football team

Ongar Town FC go from strength to strength, with even more success likely.

The club, which was only formed ahead of this season, are on target to gain promotion from the Olympian Football League Division One.

Speaking to **VISION** BrentwoodOngar, manager

Richard Ponsford outlined his plans for the club.

He said: "We are a unique and exciting project and one I want to be a part of for a long time."

"This season the players have been brilliant and remain unbeaten. Promotion is the target – it has to be, and then we go from there."

Festival organisers call for support



Organisers of this year's Ongar Festival are urging new volunteers and sponsors to get in touch.

The group of volunteers work tirelessly to help organise the event, with two months until the big day.

Despite huge progress in readiness for this year's Ongar Festival, organisers are still looking for sponsors to help support the event, as well as volunteers.

This year's event takes place on Friday, May 8.

Kelly Stone, from the festival committee, said: "The festival is coming around really quick and we are now at less than 100 days.

"This year's event will be a lot bigger than last year and very different. Falling on VE Day, it will have a theme to follow that throughout.

"A lot of hard work goes into organising the festival, and we are always on the lookout for even more help from the community.

"Firstly, we would really welcome extra sponsorship. We have different options from the main stage through to the brochure so we urge anyone wanting to support the event to get in touch.

"We are also on the lookout for volunteers. We have a friendly team of 16 but we could always do with more help.

"We also have stall holder space and welcome anything that would fit as a war memorial."

Visit www.ongartownfestival.co.uk or email info@ongartownfestival.co.uk for more information.

Man due to stand trial in December

Last month's **VISION** Brentwood Ongar featured a story about Keith Tait who appeared before

Chelmsford Magistrates' Court.

We've been asked to point out that Mr Tait has not stood trial yet. Essex Police have confirmed to us that he is due to stand trial on December 14 this year.

Railway offers special Mother's Day services

Epping Ongar Railway (EOR) is set for a first as it runs special Mother's Day services.

On March 22 it will be running three special services along its scenic line offering brunch, lunch or afternoon tea on board one of EOR's heritage trains.

The dining trains all depart from, and arrive back at, North Weald Station, CM16 6BT.

Parking will be available, but there is no heritage bus connection provided for these trains.

Elsewhere, EOR is helping dreams come true as it offers visitors the chance to take to the footplate of a steam or diesel locomotive with one of its driving experiences.

Robert Good from EOR explained more: "At the helm of one of our railway's home fleet, you get a truly authentic experience as you control the locomotive and train.

"For those who are interested in controlling the movement of trains we offer Signal Box Experiences on selected operating days throughout the year. You get to control real trains in a live situation."

Full details are available on the website at eorailway.co.uk

EOR is looking for volunteers to help run the railway. Opportunities are available in all departments, with no particular skills necessary. Full training will be given and you will have the opportunity to meet like-minded people providing a friendly, local service. Contact EOR's membership secretary at membership@eorailway.co.uk or phone 01277 365200 during office hours.



Photo credit: Robert Good

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5G ALIVE

5G technology – what is it, how does it work, and what impact will it have on your life?

The days when mobile phones were used to simply phone people are gone... and they're not coming back.

Our portable connectivity has advanced so far, so fast, that we now find ourselves in a place where, seemingly, anything is possible.

The vast majority of the UK currently operates on 4G technology – or 3G if you're having a bad day. Where simple phone mechanics have morphed into full web and app connectivity, 5G will offer users the kind of burst in speed that would make even Usain Bolt appear slow.

Users will need a 5G device – no software update to a 4G phone is going to bring you the bursts of acceleration you're hoping for. The 5G network is built on millimetre waves, and while that means a higher frequency, it also means a smaller range. The end result is that these waves don't travel as far as 4G waves, so the installation of huge quantities of nodes for maintaining the signal are the reason why there's such a slow rollout of tech.

While the experts circumnavigate those problems, what the technology means for us is rapid functionality. Say goodbye to buffering of any sort, enjoy an entire download of the Fortnite game in 10 seconds, or a whole hour-long Netflix show in four seconds... and that's HD too, obviously.

As for its arrival, the whole of the UK is expected to be 5G ready by 2022, with various mobile networks 'switching on' cities a few at a time.

As with any early adoption of tech, the secret is probably to hold off at first. Early 5G handsets are expensive, and creases in the system are still being ironed out. Within a couple of years the nation's internet connectivity not only be at the very peak of optimum performance, but it will be affordable too.



TECHNOLOGY





WORLD WIDE WEB REACHES 30

What started out as an idea for scientists to share information went on to change the world 30 years later.

Sir Tim Berners-Lee's initial idea, called Mesh, was originally described by his boss as, "Vague but exciting."

It wasn't for another year, in 1990, that he started writing code for the project, which had taken on a new name: the World Wide Web.

Thirty years on, and Berners-Lee's invention has more than justified the lofty goals implied by its name. But with that scale has come a host of troubles, ones that he could never have predicted when he was building a system for sharing data about physics experiments.

He is well aware of the problems. In his annual letter marking the anniversary of the WWW he writes: "While the web has created opportunity, given marginalised groups a voice and made our daily lives easier, it has also created opportunity for scammers, given a voice to those who spread hatred and made all kinds of crime easier to commit."

"It's understandable that many people feel afraid and unsure if the web is really a force for good. But given how much the web has changed in the past 30 years, it would be defeatist and unimaginative to assume that the web as we know it can't be changed for the better in the next 30. If we give up on building a better web now, then the web will not have failed us. We will have failed the web."

He has a solution, but it is radical: a sort of refoundation of the web, creating a fresh set of rules, both legal and technical, to unite the world behind a process that can avoid some of the missteps of the past 30 years.



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Regardless of whether you view Britain's belated exit from the European Union on January 31 as a cause for celebration or commiseration, the need for clarity over how the move will affect our day-to-day lives is one we all share, particularly when it comes to travel.

The good news is that, thanks to Boris's Withdrawal Agreement, we now find ourselves in a transition period until at least December 31, 2020. Put simply, almost nothing will change during this time, meaning when visiting any EU country you'll follow the same protocol as you always did.

Planes, ferries, coaches and trains are all operating as before, and you do not require any kind of visa to move across the continent. Your existing passport is still legal, and while it will need to be valid for the entirety of your trip, you won't need to have at least six months left on it as you would when visiting countries outside the EU. A full UK driving licence will also maintain the same privileges as before.

As with any holiday or business trip, it's advised you get full travel insurance to cover yourself and your possessions, though UK-registered EHICs (European Health Insurance Cards) will still be valid throughout 2020. Tech junkies and pet lovers can also rest easy in the knowledge that making calls, sending text messages and using the internet on mobile phones or tablets will not change, and pets with valid passports will also be able to travel as before.

What comes after December 31 will all depend on the deals Boris and co hammer out over the coming months. Until then, book that vineyard tour in France, the skiing adventure in the Swiss Alps, and that much-needed beach vacation in Croatia, safe in the knowledge that the legacy of Brits abroad is here to stay, for now at least.

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TRAVEL

BRITISH BULLDOGS

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A late night, an early morning, a highlights package – however you consumed Gypsy King Tyson Fury's catastrophic defeat of Deontay Wilder in Las Vegas on Saturday night, the seventh-round stoppage ranks as one of the most memorable boxing contests in history.

Our British heavyweights are now the undisputed bulldogs of the sport. With Anthony Joshua holding the IBF, IBO, WBA and WBO titles and Fury not just taking Wilder's WBC belt, but swiping it off him with such ferocity that the American must wonder if he can ever mentally recover himself from such a beating, our reputation as supreme kings of the ring is assured.

Fury will look back on his efforts and view them less as a victory and more as a total demolition. Having controversially been denied victory in the first drawn fight back in December 2018 – a contest he dominated despite having to dramatically pull himself up off the canvas in the final round – this was arguably the most hotly anticipated rematch since his namesake Mike battled Evander Holyfield for a second time in 1997.

While Fury came close to a sensational upset in that first fight, many regarded him as still being on the path back to full competitiveness. He had dropped out of the sport in the preceding two years, battled drug addiction and depression, and ballooned to 29 stone. In hindsight, if Wilder's unbeaten record was shown to have been under such severe threat in the first match, it was hanging by a thread in the second, particularly when he was floored in the third round by a right hook to the side of the head.

The American, slipping and flailing repeatedly in the minutes that followed with a suspected burst eardrum most likely affecting his balance, then suffered the ignominy of being put down by a body shot in round five; and when the white towel was lobbed pleadingly into the ring in the 99th second of round seven, history had been made... and how.

Fury may be brash, eccentric, and with a level of showmanship that can verge on uncomfortable – his rendition of 'American Pie' in the ring afterwards left many shoe-gazing and happy to stay away from the camera lens – he retains a level of humility perhaps only rivalled by Joshua. "What a fighter you are," he said to Wilder as they hugged after the contest, even if, in truth, his opponent had been totally schooled on the path to a first, devastating, professional defeat.

Fury is a devout Christian who thanks a higher source for getting him back on the road to salvation. In return, he is philanthropist, reportedly donating huge sums to charity.

Of course, no sooner had Fury's arm been lifted by referee Kenny Bayless, was the talk of a showdown with AJ, a bout that would rank as the most lucrative in the history of the sport, and, certainly from a British boxing perspective at least, the most anticipated ever.

It is a division rich in talent, with Dillian Whyte, Dereck Chisora, Andy Ruiz Jr, Oleksandr Usyk and Joseph Parker all waiting in the wings. Whether any dare risk reputation and health against the might of Fury, and whether any will be granted the opportunity, remains to be seen.

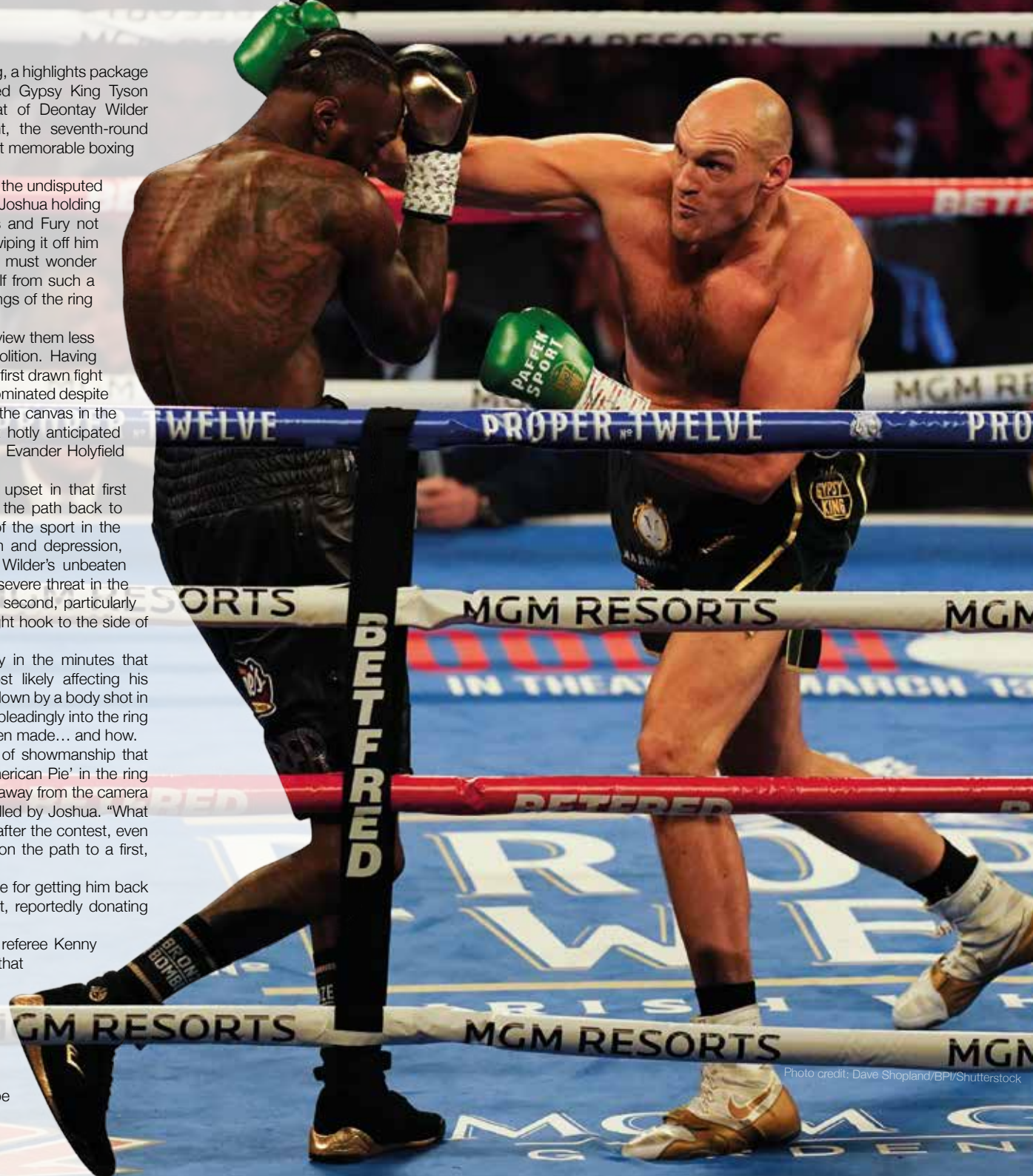


Photo credit: Dave Shopland/BPI/Shutterstock

What's in your pet's



In all likelihood, you probably haven't thought that much about what ingredients are in your pet's food. You have simply picked a brand that is well known, cost effective or that you know your pet will eat. However, maybe it's time you started to look a bit more closely at the preservatives that your preferred pet food contains.

Why do pet companies add preservatives to pet food?

Preservatives are essential for dry pet food as without it the fat in the food would oxidise and go bad. Wet pet food, on the other hand, does not need to have preservatives added as the seal on the can or pouch will keep the contents fresh. Preservatives are also added to pet treats.

Are preservatives bad for pets?

There are some preservatives that are natural, and these do not have a detrimental effect on your pet's health; in fact, they can be beneficial for your pet. However, chemical preservatives that are added have been linked to cancer and other health issues.

Natural preservatives and their benefits

- Vitamin C (ascorbic acid) – supports your pet's immune system
- Vitamin E (tocopherols) – improves digestion and heart health
- Rosemary – good source of iron and contains anti-cancer properties

Chemical preservatives and their risks

- Butylated hydroxytoluene – identified as a suspicious cancer-causing compound
- Butylated hydroxyanisole – identified as a possible carcinogen
- Tertiary butylhydroquinone – prolonged exposure has been linked to stomach cancer
- Propyl gallate – this is prohibited from being used in infants' or children's food as it has been linked to the blood disorder methaemoglobin

Food dyes are also often used in pet food but have been known to contribute to hypersensitivity reactions and behavioural problems. The caramel colour is particularly dangerous as it contains 4-MEI, which is a known animal carcinogen.



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PLANT OF THE MONTH:

Asparagus

Asparagus is a highly sought after and popular vegetable owing to its subtle flavour, array of health benefits and the fact that it is only in season for a short period of time. Unfortunately, this also means that it can be quite expensive. However, it is surprisingly easy to grow your own.

How do I plant asparagus?

Although you can grow asparagus from seeds, it is much easier to plant one-year-old dormant plants, known as crowns, which you can buy from your local garden centre or online. The ideal time to plant these is in March or April.

- Choose a sunny spot for your crowns, with well-drained soil
- Do not replace an old asparagus bed with new plants
- Clear away any weeds and add garden compost to the area
- Dig a trench that is roughly 30cm wide and 20cm deep
- Add some organic matter to the bottom of the trench
- Soak the crowns in compost tea for 20 minutes before planting
- Place crowns in the trench 40cm apart
- Top with 5cm of organic matter, such as well-rotted manure

When can I harvest asparagus?

Unfortunately, you have to be patient when growing your own asparagus and you should not harvest them for the first two years after planting.

Once you reach the third year, you can harvest your spears from mid-April for six weeks by cutting each individual spear with a sharp knife, roughly 2.5cm below the soil, when they are no more than 18cm tall.

If the weather is warm, you should be able to harvest new spears once every 2-3 days.

Pests to look out for include:

- Slugs and snails. Control these pests using eggshell barriers, copper tape and biocontrol.
- Asparagus beetle. Pick off adult beetles and larvae by hand and drop in warm, soapy water to kill them.



Totally Tropical

GARDENING

We can all become bored with the same old plants and flowers in our gardens, so why not spruce things up with a variety of species that offer a tropical flourish all year round?

CHUSAN PALM

There is something so elegant about a palm tree. While it can transport minds instantly to those carefree holidays, the *Trachycarpus fortunei* is actually a hardy presence in a garden and retains its stunning presentation throughout winter. In fact, you may need to protect it more during summer, with regular watering during the growing season and partial shade helpful.

This plant can withstand temperatures as low as -9°C, though you should make sure the soil below is well drained. When pruning, remove the lower leaves when they become discoloured (brown) or untidy.

BAMBOO

Like the Chusan palm, bamboo plants are surprisingly strong and fiercely weather resistant. The black bamboo (*Phyllostachys nigra*) provides a stunning blend of black stalks and green sprays of colour, growing in clusters and clumps, with an ability to spread quickly. Be warned, though, these plants can grow to a height of more than five metres.

GINGER LILY

To add to these green tropical twins, try a ginger lily (*Hedychium aurantiacum*). Orange in its infancy once it has pushed up through the beds, it produces red florae in the later parts of summer.

MUSA BASJOO

An evergreen perennial with large paddle-shaped leaves, this Japanese banana plant splays out its leaves and can grow to an impressive height without the awkwardness of a large trunk.

BEAR'S BREECHES

Finally, complement your tropical spread with bear's breeches (*Acanthus mollis*) – a high-standing perennial which offers resplendent purple and white flowers. All you need to finish the tropical theme is a pina colada and some sunshine.



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the perfect window box

With spring nearly upon us, your thoughts may have already turned to brightening up your garden with an array of beautiful flowers that look and smell divine. However, if you don't have a lot of outdoor space, you may have decided to showcase a window box instead.

HOW TO PREPARE YOUR WINDOW BOX

STEP ONE: If you have used your window box before, start by emptying it out. You need to remove all the soil and start afresh for the new season.

STEP TWO: Fill your window box with potting mix (not potting soil, as this is designed for flowerbeds), leaving 1-2 inches free at the top.

STEP THREE: Smooth the mix down and gently press to remove any air pockets.

STEP FOUR: Start at one end of the box and begin planting. It can be a good idea to decide on the layout and order of your plants before you start. Gently break apart the bottom of the root base before you plant, to encourage growth.

STEP FIVE:

Install a soaker hose or drip line to ensure that the roots of your plants get sufficient water.

STEP SIX:

Invest in a high-quality fertiliser that promises to encourage root growth.

PERFECT PLANTS FOR WINDOW BOXES

- Petunias, geraniums, nasturtiums and begonias – all of these pretty flowers will flourish in a window box.
- Strawberries – this delicious fruit can be grown in a very small space, making it ideal for window boxes.
- Chillies – look for a sunny spot and these spicy peppers will thrive.
- Ivy and cyclamens – perfect for window boxes that are often in the shade.
- Chenille plants, creeping jenny and sweet potato vines – these trailing plants are great for brightening up a dull house wall.
- Garden herbs or lavender.



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AGES 4 - 14

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How to make an

EGGCELLENT

Easter bonnet

1. The Traditional Bonnet
Perfect for those who want a simple design that will not be too difficult to make. Simply take a plain straw hat and then staple or glue on a variety of paper flowers, baby chicks, feathers and felt Easter eggs. You can be as OTT with the decorations as you like, but ensure that the glue has completely dried before attempting to wear your bonnet.

2. The Easter Nest Bonnet
If your kids love making those chocolate Easter egg nest cakes, then they will be absolutely besotted with this quirky bonnet that only requires a few materials to make. All you need is some shredded yellow tissue paper, some small speckled Easter eggs and the hat itself.

3. The Flower Bonnet
This beautiful bonnet boasts an array of multicoloured tissue paper flowers that can be as big and bold as you like. You can make these flowers by cutting out and layering circles of different-coloured tissue paper and then connecting them together with a pipe cleaner.

4. The Easter Bunny Bonnet
If you have some felt lying around then this is the bonnet for you. Simply cut out a selection of different-coloured bunnies from your felt using a stencil and then glue them around the crown and the brim of the hat. You can also write an Easter message in felt letters if you wish.

Photo credit: www.netmums.com



KIDS



PUZZLES & TRIVIA

PUZZLES

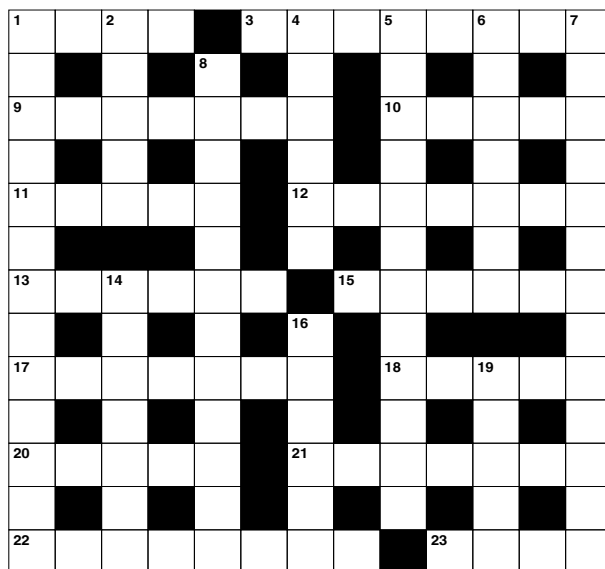
Answers can be found on the Contents Page 4

ACROSS

1. Unwell (4)
3. Coming out of (8)
9. Freezing (3,4)
10. Italian cathedral (5)
11. Herb (5)
12. Mode (7)
13. Make tidier (6)
15. Adjust in advance of its use (6)
17. Sharp tooth (7)
18. Shady spot under trees (5)
20. Ornamental stone (5)
21. Chanted (7)
22. Overabundances (8)
23. Dairy product (4)

DOWN

1. Perfect likeness or double (8,5)
2. Requiring much mastication (5)
4. Change (6)
5. Reallocate (12)
6. Traditional piano keys (7)
7. Amiably (4,9)
8. Despair (12)
14. Antiquated (7)



16. Reach a destination (6)
19. Lifting device (5)

DID YOU KNOW?

- ▶ Hong Kong has more skyscrapers than any other city in the world
- ▶ Australia is the only country that covers an entire continent
- ▶ Canada's lakes and waters contain about 20 per cent of all fresh water on Earth
- ▶ There are more than 60 languages spoken in Kenya
- ▶ The United States of America is made up of 50 states and the District of Columbia
- ▶ Brazil has won the most World Cup titles
- ▶ Queen Elizabeth II is the Head of State of St Lucia
- ▶ Papua New Guinea speaks the most languages in the world, with more than 851 individual languages listed

SUDOKU

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Hot off

THE RUNWAY

OUR FAVOURITE AUTUMN/WINTER TRENDS FROM FASHION MONTH

Fashion Month is over, which means that the Autumn/Winter 2020 trends have officially been unveiled. Here are some of our favourites, along with ways in which you can sport the trends instantly...

EMBELLISHMENTS

Good news for magpies, as embellishment is one of the biggest trends of the AW20 season. Embellished accents are a great way to liven up existing autumn/winter pieces, especially since colour palettes tend to be more muted and understated. Adding some embellishments in the form of a sequinned belt, a decadent brooch, or even a glittery strap à la Self-Portrait is an AW20-approved remedy for a dull autumn/winter wardrobe.

PRINTS

Another great way to add some punch to your autumnal wardrobe is to pile on the print. Leopard print isn't going anywhere, as it stormed the world's runways in all forms; our favourite being a stunning floor-length coat by Tom Ford. Tailored suits – which

also dominated the catwalks – were given an AW20 makeover thanks to subtle and not-so-subtle print detailing, meaning you can rock two trends in one if you so dare.

90S STYLE

Don't get rid of your 90s wardrobe just yet. Victoria Beckham resurrected Spice Girls era platform boots, while *Clueless* style tartan skirts and slip dresses reigned supreme throughout Fashion Month. And thankfully, these are all available to buy right now. Wear tartan skirts with warm polos, tights and knee-high boots while there's still a chill in the air, and save the slip dress for your next girls' night out.

PONCHOS

The poncho is back, but did it ever really leave? Rag & Bone, Longchamp, Carolina Herrera, and a host of other designers debuted their reimagined ponchos on the runway, proving that the poncho is here to stay for another season. Dress it up or dress it down – the styling options are virtually endless.

Photo credit: ASOS.com, chcarolinaherrera.com

LET'S
GET

Messy

Why is it that the simplest things in life often turn out to be the most complicated?

The messy topknot bun, for example. This should be an effortlessly easy and chic updo that can take you from day to night in a matter of moments; however, this seemingly simple do can be tricky to get right.

HOW TO ACHIEVE THIS LOOK:

STEP 1: Do not wash your hair – this updo works best on hair that has not been recently washed.

STEP 2: Brush your hair thoroughly to get rid of any knots or tangles.

STEP 3: If you are prone to flat hair, spray a volumising spray or dry shampoo to your roots.

STEP 4: Create a high ponytail, right on the top at the back of your head.

STEP 5: If you have long hair, tip your head upside down to ensure that you get the ponytail right up to the crown of the head.

STEP 6: Once secure, divide your hair into two sections.

STEP 7: Twist your hair around into a bun shape and secure with pins.

STEP 8: You should now have a bun that looks similar to a ballerina's. Now for the messy part.

STEP 9: Slowly pull a few strands out from the bun to frame your face – not too many.

STEP 10: Slightly loosen the bun to add more volume.

STEP 11: Optional – alter the shape of your bun using pins to secure in place.

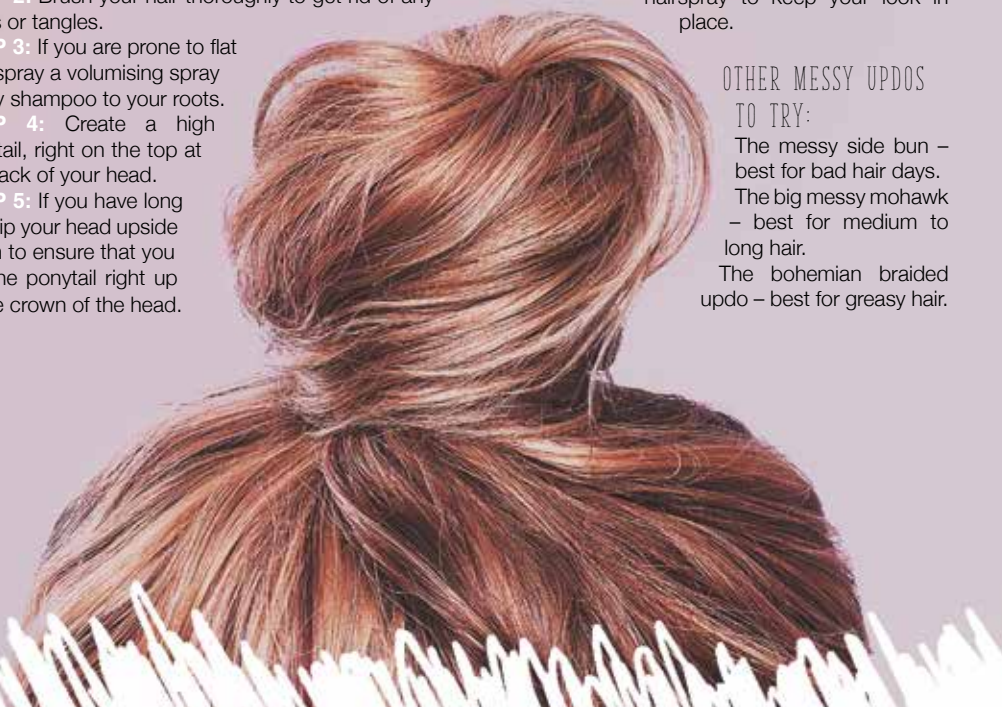
STEP 12: Finish with a light- to medium-hold hairspray to keep your look in place.

OTHER MESSY UPDOS
TO TRY:

The messy side bun – best for bad hair days.

The big messy mohawk – best for medium to long hair.

The bohemian braided updo – best for greasy hair.





make-up GET SET, GO

Make-up setting sprays are the perfect product for ensuring that your make-up stays put and perfect for long days, or nights, on the go. However, they can be expensive and all too often you end up resorting to using hairspray instead – a definite skincare no-no.

So why not make your own instead?

ROSE WATER & WITCH HAZEL SETTING SPRAY – *Best for oily, mature and acne-prone skin*

YOU WILL NEED: 1 tablespoon rose water | 1 tablespoon witch hazel | 1½ cups water | 1 spray bottle

Rose water is known for its anti-inflammatory properties and can help calm down red or irritated skin, as well as being able to reduce oiliness. Witch hazel will work hard to keep your make-up in place and fight any breakouts.

ALOE VERA & LAVENDER SETTING SPRAY – *Best for dry or dull-looking skin*

YOU WILL NEED: 2 tablespoons aloe vera gel | 2–3 drops lavender oil | 1½ cups water | 1 spray bottle

Aloe vera has the clever ability to reduce oil and moisturise your skin at the same time, meaning it is the ideal ingredient for creating a setting spray for those with dry skin. Lavender is great for reducing redness and improving the overall appearance of your skin, plus it will help you to feel calm and relaxed.

HOW TO MAKE EITHER SPRAY

Sterilise your spray bottle | Mix together all your liquid ingredients and add to the bottle | Shake vigorously | Store in the fridge for 2–3 weeks, using when needed

HOW TO USE YOUR DIY SETTING SPRAY

Shake your bottle to ensure all the ingredients are mixed together | Hold the spray 6–8 inches away from your face | Spray a few times to ensure full coverage | Let the spray dry naturally – do not be tempted to rub your face or try to blend it in | Reapply as and when needed


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HEALTH & FITNESS

EAU MY GOD

HOW MUCH WATER SHOULD WE ACTUALLY BE DRINKING EVERY DAY?

It has become the 'cure all' catchphrase, hasn't it? Feeling tired? Lacking energy? Got dull skin? A little peckish? Then have a glass of water. So accustomed have we become to this information that it's easy to believe a tall, cool glass of H₂O can fix all of the world's ills.

Why is it, then, that so few of us actually manage to drink what we should? The Natural Source Waters Association believes that 89 per cent of us Brits aren't reaching optimum hydration, leading to fatigue, headaches, mental foggiess and a general feeling of 'meh'.

It is a well-known fact that a human can survive up to three weeks without food, but only three to four days without fluids. This is because our bodies are made up of 60 per cent water, meaning that even a 2 per cent drop in the total fluid levels prevents cells in our bodies operating at full efficiency. At this point, you are technically dehydrated, and it is not uncommon to feel emotional, weary and unable to concentrate.

Your goal, then, should be to aim for eight glasses (250ml each) of water per day, which is around two litres. At first this may feel excessive, but like all good habits it will soon become second nature. Handily, there are many tools designed to help us drink more, from fitness apps which encourage us to log our water consumption, free water fountains and even drinking bottles with in-built counters to help us keep track.

Another burning question is whether other beverages help us stay hydrated as effectively as water, and the answer, sadly, is no. Sure, coffee, tea, soft drinks and even alcohol will improve our fluid levels to an extent, but nothing quite hits the spot like good old-fashioned H₂O. So if you want to be the best version of you this year, get drinking.

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MUSCLE

mania

Did you know that muscle burns more than twice the amount of calories as fat? Plus, it continues to burn energy even after you have stopped working out.

Men and women alike can incorporate the following muscle-building techniques into their workout routine.

SQUATS



Squats, either with a barbell or without, are a great exercise for building muscle throughout your entire body, although their primary focus is on the quadriceps, hamstrings and calves.

DEAD LIFTS

Dead lifts should be a staple part of your muscle-building routine, working your hamstrings, quadriceps, glutes, back muscles and entire core.



DIPS



If you are looking to build up your chest, triceps and shoulders, then dips are the ideal muscle-building exercise for you. Unlike press-ups, parallel bar dips force you to lift your entire body weight, resulting in a more effective workout.

PULL-UPS

The back is a muscle that is often forgotten; however, it is vital that you build strength in your back if you want your core to be strong. Pull-ups are the perfect exercise for building up your back and biceps.



BENCH PRESS



The bench press is a vital exercise for increasing upper body strength. Focusing primarily on the chest, shoulders and triceps, this popular exercise should not be limited to men; women can also enjoy the benefits of bench press.

OVERHEAD PRESS

Incorporating your whole body, the overhead press is particularly beneficial for your shoulders and your arms. Depending on your weight and fitness levels, men can expect to lift anywhere between 55 and 200 pounds, whereas as women can lift between 15 and 100 pounds.



ROWS



If you want to work your upper back, both barbell and dumbbell rows are a good idea. Barbell rows focus on your back muscles and lats; however, if you want to work your shoulder blades more, then dumbbell rows should be your go-to exercise.

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Do you need physiotherapy for 'down there'?

If you've hurt your shoulder or have experienced knee pain, you'd probably seek the advice of a physiotherapist; post-baby or transitioning into menopause, that shouldn't be any different.

What is pelvic health physiotherapy?

This is more commonly known as women's health physiotherapy. Women's health physiotherapy is a growing field of physiotherapy and one that all women need to know about.

The facts:

Despite the high incidence of leakage, muscle separation or vaginal discomfort, it's shocking that women aren't seeking help or being assessed for these conditions. Many women accept that 'oops' moment, because having a baby or going through the menopause is 'natural' and therefore we just have to put up with it, but we don't.

What is a pelvic floor?

One in three women will experience urinary incontinence in their lifetime. That's an incredible number of women experiencing pelvic floor dysfunction and relying on pads, avoiding exercise, restricting their fluids or not having sex through fear of leakage. Our pelvic floor is designed to lift and support our bladder, bowel and uterus and 'seal the pipes shut' when we move, sneeze or jump.

The good news is many of these issues can be improved and in many instances resolved through treatment, advice, management and return to exercise that is core and pelvic floor safe.

Should you seek help from a women's health physiotherapist?

Evidence suggests that women often report their symptoms years later (with the average of seven years before most women look for help). But our physical health is as important as our mental

Aishling Burke is a Chartered Physiotherapist and a specialist working in the field of men and women's health with a clinic at Spire Hartwood Hospital. She carries out post-natal reviews on mums at any stage of their life, while hosting regular workshops on pelvic health.



health. Once a parent, we are always post-natal, so going to a women's health physiotherapist can occur at whatever stage in life you are in. We talk, ask questions and with your consent, assess your posture, how you breathe, check for tummy muscle separation and perform a vaginal (internal) examination that checks your pelvic floor muscles' strength and endurance. It proves to be a really good way of women getting the best understanding of their pelvic floor and how to engage their muscles properly.

If pelvic floor dysfunction is holding you back, please seek the advice of a women's health physiotherapist. Many NHS Trusts now have dedicated women's health physiotherapy clinics so ask your healthcare provider to refer you. Alternatively, seek the help of a private therapist who can help you back on the road to pelvic floor health.



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22 Apr	Snoring , from 7pm Mr P Chatrath, Consultant ENT Surgeon
12 May	Upper limb , from 7pm Mr A Al-Sabti, Consultant Orthopaedic Surgeon

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*Mini consultations are an opportunity to ask any questions you have and are not a formal outpatient consultation. If you wish to proceed to surgery or your consultant suggests that further treatment may be necessary, a full outpatient appointment will be required to assess your suitability for surgery/treatment.

Aishling has a free information evening in May.
For more information search



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Prediabetes

Everything you need to know

In England, one in three adults has prediabetes, an astonishing 50 per cent of us.

Prediabetes is a condition where blood glucose levels are higher than normal. Left untreated, the glucose levels will only increase further. This is when prediabetes develops into type 2 diabetes. But the good news? It's both preventable and reversible.

Most people with prediabetes don't know they have it. This is because many people will not experience symptoms. Those who do may find themselves being thirstier than normal, needing to go to the toilet more frequently, feeling tired, having blurry vision or having skin tags.

So there's no warning. It's only when the condition develops into type 2 diabetes that symptoms begin. If you or your doctor suspects you have prediabetes, you will most likely be given a blood test.

The good news is that prediabetes is reversible with the correct changes to your diet and lifestyle, including avoiding sugar and processed food, taking regular exercise, reducing your alcohol intake, losing weight and stopping smoking.

Preventing type 2 diabetes has to be better than living with type 2 diabetes. Even if the condition is properly managed, anyone with type 2 diabetes can expect a significant impact on their health, including dying up to 10 years earlier.

If you are overweight and over 40 years of age, you're very likely to already have prediabetes. The only way to be sure is to have a blood test.

Other simple ways to help naturally prevent or treat prediabetes include eating a low-carb or low GI diet, avoiding processed foods, giving yourself a 12-hour eating break between dinner and breakfast and drinking plenty of water.

In terms of healthy diet, one size does NOT fit all. By understanding what foods affect you most, you can improve your health by making informed food choices. No diets, no hunger and no calorie counting – just a healthier you. This is where www.prolongevity.co.uk can help.

DIAGNOSTIC CRITERIA FOR DIABETES AND PREDIABETES		
NORMAL	PREDIABETES	DIABETES
FPG: <5.5	FPG: 5.5-7.0	FPG: >7.0
OGTT: <7.8	OGTT: 7.8-11.1	OGTT: >11.1
HBA1C: <42	HBA1C: 42-47	HBA1C: >47
HBA1C: <6.0	HBA1C: 6.0-6.4	HBA1C: >6.4

Diabetes.co.uk

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Clare 01268 478479

Brentwood Cathedral
Ingrave Rd
5.30 & 7.30pm

Natasha 07545 810037

Tuesday

Evangelical Free Church
Doddinghurst Rd (In
Brentwood)
5.30 & 7.30pm
Tracy 07584 676670

St Margarets Catholic
Church Hall
Doddinghurst Rd
5.30 & 7.30pm
Karen 07825 446912

Wednesday

Bentley Village Hall
Ongar Rd (Pilgrims Hatch)
5.30 & 7.30pm
Jo 07976 770921

Maple Hall
Maple Close
(off Ingrave Rd)
6.00pm
Jo 07976 770921

Thursday

Bentley Village Hall
Ongar Rd
(Pilgrims Hatch)
9.00am & 11.00am
Jo 07976 770921

The Budworth Hall
High Street Ongar
5.30 & 7.30pm

Tracy 07584 676670

Saturday

Holy Cross & All Saints
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Karen 07825 446912

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Fine Foodies

We have ten of the finest foods to keep you looking young and healthy on both the inside and outside. Here are the first five and; see next month for the next five.

Olive oil

A staple of the life-enhancing Mediterranean diet, olive oil has long been touted as a superfood. In fact, it was four decades ago when researchers discovered that the monounsaturated fats in olive oil were a major factor in the low rates of heart disease and cancer on the Greek island of Crete, so get drizzling.

Natural yoghurt

High in protein and packed with calcium, yoghurt heals you from the inside out. The high calcium content helps ward off osteoporosis while the abundance of live bacteria is great for your gut.

Berries

An easy way to get one of your five a day is to put

a handful of berries into your morning smoothie. Both raspberries and strawberries contain ellagic acid, which protects against UV rays and can help thwart wrinkles, while blueberries are rich in vitamin C – aiding blood circulation – along with potassium to beat puffiness.

Broccoli

Not only is broccoli loaded with vitamin C and fibre, it also contains a natural compound called nicotinamide mononucleotide (NMN). Also found in cabbage, cucumber and avocado, this compound may slow down the ageing process by reducing the inflammation that causes ageing and by protecting cells.

Sweet potatoes

Like most vegetables that are red, orange or yellow in hue, sweet potatoes contain disease-fighting carotenoids. In fact, just half of a medium-sized sweet potato with the skin on provides twice your daily recommended intake. A super spud indeed...

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FOOD & DRINK

YOUR DEFINITIVE GUIDE TO Chocolate

DIFFERENT CHOCOLATE VARIETIES EXPLAINED, AND HOW TO MAKE IT YOURSELF

The cocoa bean – one of life's great pleasures. Having originated in the Amazonian rainforest, it found its way north where culinary experts evolved it into a solid treat, a sweet-tasting drink and even a powder that can be mixed with protein for nutritious accomplishment.

There are many different types of chocolate, from unsweetened (usually baking chocolate) to dark and white, many mixed and mangled with all manner of accompaniments.

Milk chocolate is by far the most popular, of course. It contains between 10 and 40 per cent cacao and has sugar and milk solids worked in with it, plus lecithin for smoothness and occasionally vanilla for taste.

Conjecture surrounds whether white chocolate is even chocolate at all, as it contains no cacao and is made from sugar and cocoa butter.

Next up is semi-sweet (60/40 in favour of cacao

over sugar), dark (70/30), and hardline unsweetened chocolate, a bitter variety containing 100 per cent cacao and no sugar, and often only used in cooking.

MAKE YOUR OWN CHOCOLATE

To make your own raw chocolate, use ½ cup of cocoa butter, ½ cup of virgin coconut oil, ½ cup of raw organic cocoa powder, plus ¼ to ½ cup of agave syrup for sweetening.

Grate the cocoa butter into a heat-safe bowl and add the coconut oil.

Place that in a shallow pan of warm – not boiling – water. Stir both until smooth.

Pour in the cocoa powder and stir, then add the agave syrup if you want to sweeten, before checking the flavour and making any necessary adjustments.

Pour the melted chocolate onto a plate or into an ice cube tray and put in the freezer for half an hour (or an hour in the fridge), then eat.



SOLE TRADER VS LIMITED COMPANY

SETTING YOU UP TO

FLOURISH IN BUSINESS

So, you've got an idea, you've honed in on a potential market, and you possess all the enthusiasm and endeavour that's going to make you the next Richard Branson. But what sort of legal entity is best for your fledgling enterprise?

The decision of whether to set up as a sole trader or limited company really depends on the sort of business you're running and your aspirations behind it. Many starting out want to feel their way into the business world, and operating as a sole trader enables just that. In essence, you are your business. It's simple and quick to set up, and affords you the chance to start earning immediately, perhaps even alongside a full- or part-time job. At the end of each tax year you or an accountant will crunch the numbers and you can keep whatever profits you make. There are also a variety of deductions available, such as benefits for use of home and car, provision of electricity and other elements that contribute towards the running of your business.

The appeal of starting a limited company is slightly different. In the first instance, that 'limited' refers strongly to the liability – namely that you and the company are two separate entities. If the worst should happen and the business accumulates debt or runs into operational issues, the culpability is purely with the organisation and doesn't fall on your shoulders.

Limited companies also benefit from better tax breaks, but payroll is more structured and formal. There are set wage terms, and beyond that comes a whole raft of admin and filing tasks to HMRC and Companies House.

Finally, in terms of customer perception, the idea of operating as a limited company is seen to be of loftier status than a sole trader, while bringing in other directors and stakeholders and applying for commercial resources (such as business credit) is easier too.



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UNIVERSITY CHALLENGE OF DIGS AND TUITION

Recently it has become more widely accepted that university isn't the only route to satisfying and rewarding employment. Apprenticeships and vocational training are among the other paths available; and there are many instances of success in business by those who entered a workplace direct from school and worked their way to the top.

Equality of opportunity may still have some way to go but increasing numbers of able youngsters from what are classified as deprived areas of the UK are now applying for university places. The 2019 figures from the Universities and Colleges Admissions Service state that: "In England, the number of young people applying from the most deprived areas has increased six per cent to 38,770. In Scotland, young applicants from the most deprived areas have grown by three per cent. In Wales, applicants from the most deprived areas remained at 1,390".

As for the situation across the spectrum, it was revealed that 39.5 per cent of 18-year-olds in England made a UCAS application, a new record. In Northern Ireland the rate was 46.9 per cent, Scotland 32.7 per cent (not including Scottish further education college undergraduate applications) and Wales 32.9 per cent.

HELPING OUT WITH COSTS

With accommodation costs and tuition fees to be met by most students (assistance may be granted in some cases UK-wide and for eligible students from Scotland), planning ahead for university costs makes sense and can be more effective if it involves parents and wider family such as grandparents.

The sooner saving for university begins the better. Investing in a Junior ISA (JISA) every year (2019–20 annual limit £4,368 per child) can produce a useful sum, accessible on reaching 18. We can advise on JISAs and other savings and investment products to enable family members to help with university and life beyond, whilst also providing for their own future needs.

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 Karyn Vogel on 01277 654153.

¹ UCAS, July 2019

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Release the PRESSURE

EQUITY RELEASE – WHAT IS IT AND WHAT ARE YOUR OPTIONS?

Equity release, on the face of it, sounds like a great idea. You've worked hard, invested in a home that you own, and are of an age where you'd like to start monetising some of what's contained in those bricks and mortar.

In the simplest terms, it's the action of taking out a cash loan on your house. You don't pay anything back until your property is sold, usually when you die.

THERE ARE TWO TYPES OF EQUITY RELEASE:

Home Reversion Scheme

This is where a company buys a slice of your property (say, 25 per cent). It makes its money on the profit made from that investment when the property is sold, with an (expected) uplift in value. For the investor this is obviously a long-term investment, so the price offered for that quarter of your property will be well below market value.

Looked at the other way round, to monetise 25 per cent of the value of a £1million home might mean giving up 65 or 70 per cent of it.

Lifetime Mortgages

A much more popular option is a Lifetime Mortgage. The loan comes with a fixed interest rate, and while there are no payments to make, the interest charged is 'rolled up' and deducted from the final sale price of your home.

That means a £50,000 loan will see the repayment amount increase every year. You'll not only pay interest on the initial loan, but on the interest itself. These lenders do protect against negative equity – where the size of the debt is actually greater than the value of the home – but it could well be the case that very little of the asset is left to pass on to loved ones by the time the house is sold.

Summing up, equity release is often viewed as an expensive way of liquidating your biggest asset, and is typically only available to those aged 55 and above.





TOKYO 2020

THE NEW SPORTS

3. KARATE

In the latest instalment showcasing sports set to debut or return at the Olympics in Tokyo later this year, we take a look at karate.

During the Ryukyu Dynasty, martial arts were banned by King Sho Shin, but they continued to be practised in secret. By the 20th century, Japanese universities had karate clubs, and in the 1960s and 1970s, martial arts movies were bringing this unique form of combat to popular culture.

It's perhaps surprising, then, that it's taken until 2020 for karate to make its Olympic debut, and even now is being presented as a non-permanent addition.

The sparring discipline of Kumite will feature three weight classes for male (67kg, 75kg and +75kg) and female (55kg, 61kg and +61kg) competitors, and there will be no mixed-gender contest. There will be 10 entrants in each category.

Rules in Kumite state that opponents face each other on an 8x8m mat, for three minutes or until one has an eight-point lead over the other.

Three points are awarded for ippon (a technique with clean connection and good form), two points for waza-ari (throwing opponent with control and accuracy, but not to extent of ippon) and one point for Yuko (a throw that places the opponent on their side).

There will also be a Kata discipline, in which judges will award points for technical (techniques, focus, correct breathing, stances, timing, transitional movements and conformance) and athletic (speed, strength and balance) performance. A total of 10 female and 10 male athletes will compete for gold, silver and bronze medals.

Karate has previously been an event at four leading athletic competitions – the 2018 Asian Games, and the 2019 African, European and Pan American Games.

It is apt, then, that the sport will be making its Olympic debut in its homeland.



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HOW, EVEN AT 35, CRISTIANO RONALDO REMAINS A CONSTANTLY EVOLVING MODERN-DAY SPORTING ICON

The enigma that is Cristiano Ronaldo continues to enchant, endear and entertain at every turn.

A seemingly ageless talent whose presence in the sporting arena is as strong as his appeal is ubiquitous, the Portuguese has always made the almost insurmountable task of remaining impactful appear largely effortless.

The secret to staying relevant occupies a strand picked up by so many great stars... of sport, the big screen, music, fashion and more: don't outstay your welcome.

"I have always been of the mind where I know when it is time to go," he says. "We can all do things for too long and that is when the gloss begins to fade a little."

Ronaldo's perception of when to stick and when to twist can be measured with the same exemplary precision as his leaps, salmon-like, that end with a header being powered past the flailing dive of an opposition keeper. Growing up as a kid in the system at Sporting Lisbon, he was only 18 when he switched to Manchester United, but as a career progression the time was right to step up.

Arguably, he did the same thing again when, in 2009, and at the peak of his powers in the Premier League, he left to join Real Madrid for a then world record fee of £80million.

And just as it appeared he would see out a glittering career in the Spanish

capital, a surprise switch to Juventus in the summer of 2018 flawed any notions that the player capped 164 by his country didn't still have within himself the passion and desire to freshen things up again.

Ronaldo, the man, is both effortlessly simple and hopelessly complicated. He is a brash, brazen, power-driven personality who, by the same token, will frequently be reduced to tears in interviews.

He is a man who has put a barrier between himself and the mother of his first son Cristiano Jr, yet whose dedication to all four of his children – Eva, Mateo and Alana all followed in 2017 – is unrelenting.

He is a man demerited and scorned on social media as much as he is admired and praised... someone who thrives on the spirit of competition and never backs away from bestowing his personal image on anyone who will listen; and yet, in almost the next breath, he offers humility, charity, compassion, the like of which some will tell you is apparently absent from the modern game.

Ronaldo's defining impact will always have to be that made on the pitch, of course. The legacy of a sportsman should be centred precisely in sport itself, but it is indisputable that he has played a defining role in enriching our perception, understanding and appreciation of modern entertainment culture, and for that, no matter what our sporting allegiances, we have to applaud him.

RONALDO IN STATS

(FIFA) Ballon d'Or: winner in 2008, 2013, 2014, 2016, 2017

FIFA World Player of the Year: 2008

Holds the record for the most goals in... Champions League (129), European Championships (nine), FIFA World Cup (seven), Nations League Finals (three)

League title wins: 6 (in 3 different countries: England, Spain, Italy)

Champions League wins: 5

European Championships wins: 1 (Portugal, 2016)

Total number of goals scored for club and country: 724

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TO THE RESCUE

The rise of dashcams, and why more motorists are installing them

If you're familiar with the phrase 'where there's blame, there's a claim', you'll know we're living in an era when most people in most areas of society are being held accountable for their actions.

And on the roads, that's certainly the case, with £1.2billion of car insurance claims paid out in just the first quarter of last year.

Many of us have found ourselves in a position where an event on the road becomes the subject of dispute, and more and more now motorists are protecting their side of the story with dashcams. From just £20, and available front and back, footage can prove invaluable in the event of a claim needing to be made.

Typically, dashcams have been plugged into car cigarette lighters, but increasingly now, compatible cams can be wired into the

battery, meaning that even when parked and with keys out of the ignition, the camera will start recording whenever it detects movement.

More expensive models can offer immediate playback, increased file storage and GPS, but whether investing heavily or just setting something up to get you covered when zipping in and around town, protecting yourself – and your story – could end up saving you thousands.

And who knows, if you catch something really remarkable, your subsequent YouTube upload could go viral, landing you enough to drive something new off the forecourt... dashcam pre-fitted.

The ultimate question behind dashcams ends up being this; rather than asking, can you afford to install one, can you actually afford not to?

00:02:38:05

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WHAT'S ON

in your area

Brentwood Wine Society

Shenfield Parish Hall, 60 Hutton Road,
Shenfield, Brentwood, CM15 8LB

**Second Tuesday of the month,
8pm – 10pm**

Invited wine experts present samples of wines from a country or region of the winemaking world.

To attend in the first instance for a free tasting, email enquiries@brentwoodwinesociety.co.uk

Brentwood Vegan Market

High Street, Brentwood, CM14 4AP
March 7, 10.30am – 4pm



The market will feature up to 40 stalls selling a huge variety of vegan fast food, healthy eats, artisan savouries, sweet bakes, craft cheeses, handmade cosmetics, ethical clothing, locally made arts and crafts and charity stalls.

Respite Weekend

Zinc, Great Stony, High Street,
Chipping Ongar, CM5 0AD
March 13, 3pm – March 15, 6pm

Zinc's respite weekend provides a relaxed and friendly environment in which participants will develop their self-confidence and social skills.

The Respite Weekend is for individuals who are 18+, with mild to moderate disabilities.

£350 per person, includes all activities, food and accommodation.

For more information, visit zincarts.org.uk/event/respite-weekend-january-2020/2020-03-13

Lost in Music

The Brentwood Centre, Doddington Road,
Brentwood, CM15 9NN
March 21, 8pm

Relive some of the greatest songs of all time in this tribute show, with songs from artists such as Donna

Summer, Gloria Gaynor and Chic.

Visit www.brentwood-live.co.uk/lost-in-music for more information and tickets.

Celebrate with Nancy May

Blake Hall Barn, Stony Lane, Chipping Ongar,
CM5 0DG

March 26, 7.30pm – 11.30pm

Join Nancy for an evening of song accompanied by a trio of fantastic musicians.

Tickets are £17.50 each. To book, call 07938 629087, email nancy@nancy-may.co.uk or visit nancy-may.co.uk

The Link Programme

Holiday Inn Brentwood M25 (J28),
Brook Street, Brentwood, CM14 5NF

March 27, 9am – 4pm

This free workshop will bring education and mental health professionals together from across Brentwood to ensure children and young people get the mental health support they need.

The workshops will include an introduction to the CASCADE framework, group work and action planning, information about children and young people's mental health and outcome measures.

Visit www.eventbrite.co.uk/e/the-link-programme-brentwood-registration-85644048655 for more information.



Education Easter Workshops

Kip McGrath, 70 Hutton Road, Brentwood,
CM15 8NB

April 6 – April 9

11+, Phonics, SATs, French and Spanish, KS1 and KS2 writing and maths.

To book, visit www.tutoringbrentwood.co.uk

Welcome to Nuffield Health Brentwood Hospital

If you need to see a consultant or have medical treatment, there's no need to wait. Choose Nuffield Health Brentwood Hospital and be seen in as little as 24 hours and treated in just 2 weeks.* Pay for yourself, take an interest-free loan or use your private medical insurance and get the treatment you need – fast. No waiting lists... just award-winning healthcare.

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Completely free and open to all, our events are your opportunity to listen, learn and talk to our highly qualified team of experts. For our full list of hospital events, visit nuffieldhealth.com/book

Cosmetic Surgery

Thursday 19 March 2020

From 6:30pm with Ms Kallirroi Tzafetta,
Consultant Plastic Surgeon.

Ear pinning and Nose reshaping

Thursday 19 March 2020

From 6:30pm with Mr Paul Chatrath,
Consultant ENT Surgeon.

Cataract Surgery

Tuesday 24 March 2020

At 6:30pm with Mr Niaz Islam,
Consultant Ophthalmic Surgeon.

Haemorrhoids

Thursday 26 March 2020

From 6:30pm with Mr Veerana Shatkar,
Consultant General Surgeon.

Weight Loss Surgery

Thursday 26 March 2020

At 6:30pm with Mr Sanjay Agrawal,
Consultant Bariatric Surgeon.

Knee Surgery

Wednesday 1 April 2020

At 6:30pm with Prof Kevin Cheah,
Consultant Orthopaedic Surgeon and
Mr Jesse Holloway, Physiotherapist.

Children's Ear, Nose and Throat Disorders

Monday 20 April 2020

At 6:30pm with Mr Anurag Jain,
Consultant ENT Surgeon.

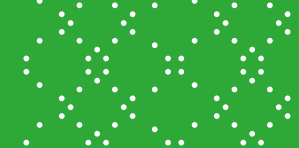
Women's Health – Menopause and HRT

Wednesday 22 April 2020

At 6:30pm with Miss Seema Bagtharia,
Consultant Gynaecologist and Mrs Linda Griffin,
Men's and Women's Health Physiotherapist.

To book your place or find out more, go to
nuffieldhealth.com/book or call **01277 554181**

*Time frames indicated may vary depending on choice of consultant, type of diagnostic investigation, and procedure package. A referral may be required before a consultation or diagnostics. ^Interest-free loans are subject to status and provided by our medical finance partner.





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