



Daisy

Birth flower
of the month

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FRUIT OF
THE MONTH**
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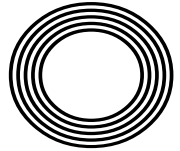
Highlighting LGBTQ+ in sport

Stacey Saloman

From TV personality to organising queen

Dame
JUDI DENCH

The actress showing no signs of slowing down



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Editor's notes...

APRIL 2021



Nik Allen, Editor

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

What a difference a year makes. It was 12 months ago that we found ourselves right at the beginning of a national lockdown.

It was, for all of us, a step into the unknown. It would be fair to say there was an intriguing novelty about the early days of social distancing and the need to stay at home, but that quickly changed when all around us the concerns for health, jobs and our loved ones grew.

Speaking personally, the early days of the pandemic saw my dad in hospital for more than a week. He eventually won his considerable battle

with COVID-19, while at home my wife and I were bracing ourselves for the imminent

arrival of our baby daughter. Now, a year on, I feel better equipped to take a view on those dark days.

Things were to get much worse before the corner could be turned.

No matter what our thoughts are on Prime Minister Boris Johnson, the economy or the COVID-19 response, one thing most people I speak to agree on is the speed and effectiveness of the vaccine roll-out so far.

It has given the nation the biggest lift possible. Sure, we will be living with COVID-19 and its variants perhaps indefinitely, but getting the job is ultimately the way we can all get our lives back on track.

Nik Allen

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At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines

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Stacey Solomon SPOTLESS IN THE SPOTLIGHT

FOUR BOYS... AND POTENTIALLY MORE ON THE WAY – HOW THE STACEY SOLOMON/JOE SWASH LOVE STORY IS A REALITY TV STORY WE ALL LOVE

Stacey Solomon isn't too worried about the airs and graces of celebrity life. Sure, she has grown up in the lens since being catapulted into the scene in 2010 with a stellar display on *The X Factor*. While she ended up falling short – coming third, behind Joe McElderry and Olly Murs – the dye was cast as far as a career on screen was concerned. It was her casual, considered, girl-about-town image that viewers admired; the fact she was never afraid to speak up, to share her emotions and to bridge the gap between viewer and star.

“Throughout my TV career I've always just tried to be myself,” she says. “It's strange when you receive criticism for that – perhaps I don't round my consonants as well as I should, perhaps I act a bit loud at times, but that's just me. I think the era of the manufactured presenter is over and we're all allowed to be a bit more ourselves, and that's something I love.”

.....
‘I think the era of the manufactured presenter is over and we're all allowed to be a bit more ourselves, and that's something I love’
.....

The 31-year-old Dagenham-born star's TV career has ultimately been the 'x factor' that has led her to love, having fallen for the charms of chipper, funny man Joe Swash, also a near-veteran of the reality TV industry. The pair got together five years ago, drawn together by a shared passion for... well, everything.

“We connect on such a perfect level,” says Stacey, “and we're always making each other laugh.”

The pair, who got engaged just before Christmas, now also have a little reality star of their own to share – baby Rex, who arrived in 2019.

“I have two sons from a previous relationship and Joe has one, so bringing everyone together in our home has been perfect.”

The Essex-based couple have recently moved into their new home - aptly named Pickle Cottage. Stacey admitted it would need some work, but what's certain is that she will get it looking spick and span – after all, Stacey has just released her latest book, entitled *Tap to Tidy*. It's a smorgasbord of houseproud hints that also details crafting and design, as well as cleaning and keeping shipshape.

Stacey, who has appeared on and won *I'm a Celebrity...Get Me Out of Here*, and has presented shows such as *The Love Machine*, *The Jump* and *Loose Women*, also has a new BBC series, *Sort Your Life Out*, arriving later in the year; while Joe's work ranges from *EastEnders* to *Dancing on Ice* – he is also a previous winner in ‘the jungle’, which is where the likeable pair first met.

“TV was always an industry I admired, and although it has been a strange year, I think so many people have been able to keep their spirits up by escaping for a few hours in the evening to watch something,” Stacey says.

“The pandemic has really brought us back to the basics, where spending time around our family now feels like the most important thing in the world, whereas before we were perhaps more side-tracked by work and careers and more selfish things in our lives.

“That said, I want to get back to normality – it's what we all need, and I've got a wedding to plan, after all!”

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STYLISH

SPIKES

V
HOME & DIY

Acactus can make a great addition to any home thanks to its striking shape and often unusual flowers on some varieties. However, this spikey houseplant offers many other benefits.

CACTI ARE SELF-SUSTAINING PLANTS

If you want to inject some greenery into your home but you simply don't have the time to care for plants, then a cactus is the plant for you as it requires little to no maintenance. Native to the desert, cacti store moisture in their roots, leaves and stems and regulate their own food intake so you barely need to water them at all.

CACTI IMPROVE THE AIR QUALITY IN YOUR HOME

Green plants such as cacti actively absorb carbon dioxide from the air and release oxygen, which helps to improve the air quality in your home. Other health benefits of cacti include an ability to reduce stress levels, provide companionship and even enhance your memory.

CACTI CAN MAKE YOU MORE PRODUCTIVE

If you are currently working from home but are being driven to distraction by family life, a well-placed cactus plant can boost your productivity levels. In fact, controlled tests have shown that having a cactus in your office can improve your performance by more than 12 per cent.

CACTI OFFER SUBTLE BEAUTY

For those who follow feng shui in their home, a cactus is the perfect plant for adding an elegant visual experience while at the same time banishing any negative energy. Cacti love the sun, so choose to add one to your windowsill or near the entrance to your home. Avoid placing in the living room or your kitchen, unless you want to be on the receiving end of an unexpected spike.

BEST CACTUS VARIETIES TO GROW INDOORS:

Angel wings cactus | Rat tail cactus | Old lady cactus | Christmas cactus





FAWNING OVER flora

The floral effect, and how to achieve it

Although floral interiors are nothing new, they've certainly become on trend over the last few years. Flowery bedspreads, botanical cushions, jungle-print curtains and all manner of foliage frolics have been brought into the home, with our front rooms, kitchens, bedrooms and even bathrooms better places for it.

Vivacious ideas and vivid colours have become the order of the day, with ambitious, elegant results, all crafted in the knowledge that floral interiors never go out of fashion.

If you've kept your walls clear and fresh, it means that you can just add in colour with floral-print additions to your furniture, with vibrant cushions, rugs and throws in your living room. For perhaps the smallest of makeovers, your inside space can represent all the bounty of an outside garden.

If, however, your current styles mean a drastic design change, a mural or flowered wallpaper may be more in demand. If this is your route, supplement a complicated background with plain cushions and simple, flat, easy-to-digest whites and greys.

In addition, adding real or fake flowers will bring walls into the 3D realm, enhancing your look and creating energy, interest and talking points.

As for the palette you have at your disposal, floral colours offer all manner of outdoor shades, as we know. From pinks to purples, yellows, whites and reds, there are few colours out of bounds.

And once you've remastered a room with a full-on floral theme, you can progress the idea by making small, subtle changes that complement the look, such as adding small garden-themed pictures, or perhaps even candles with floral scents.

Very soon, you can find yourself bringing the outside inside, where opening a window and allowing a breeze to blow through the space completes what is an invigorating and inspirational design effect.



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HOME & DIY

Lusting for LUSTRE



Modern glass showers and marble counters may look great, but they need care to maintain their lustre – bring forward the Great British Baking Soda solution.

You may not think glass shower doors and cubicles have much to do with those huge slabs of marble that comprise the worksurfaces in your kitchen, but think again. Both undergo daily use, both are largely mistreated – consider limescale and heat in the bathroom and all manner of spillages in the kitchen – and yet both can be kept in A1 shape with the required care and attention... and a bit of baking soda.

GLASS SHOWERS

Tending to a bit of cleaning is the last thing on our minds when we wander out of the shower in the morning, still half-asleep from the night before. Yet daily spraying – with a limescale-fighting premix – and wiping can preserve the lifetime of glass so it stays shiny for longer.

However, if you're the type who would rather do a one-off clean every couple of weeks, use washing-up liquid on a course brush and scrub the areas that contain the tell-tale white, bumpy marks.

Rinse with cool water, then use baking soda to break down some more of the mass, spraying vinegar over the top before rinsing away with warm water.



MARBLE COUNTERS

Baking soda is again your best friend when it comes to returning marble counters to the way they were before soups, sauces, pasta and pancetta took a rather appealing shine away.

Simply mix three tablespoons of baking soda into a litre of water. Apply the mixture to your worktops and leave in place for several hours.

When you return, wash the pasted solution off with warm water, then apply a shop-bought marble sealer.

As ever, regular cleaning, and ensuring you don't leave spillages to set, is the best way to keep your marble at a constantly high level.

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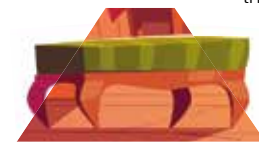
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NO HIDEY HOLEY LOSSES



In theory, the loft is the perfect storage place for old mementos, cherished gifts and all manner of items you will sort at some point down the line. What unites all of them is we don't want these books, records, paintings, clothes and pieces of furniture around us in our living spaces – fair enough. And yet, when it comes to retrieving them from the most ideal of home hidey-holes, will they actually return to the light in the same condition we left them?



All told, the evidence appears to be 'no'. Part of the reason for this is because your attic is a hotbed (literally) for wildly fluctuating temperatures. We all know heat rises, so at certain times of the day, and the year, all manner of warmth will spread upwards into your loft space. Conversely, during times of extreme cold, it will be the only place in the house neither insulated nor heated.



Consider as well the creeps and critters that reside in the dark, sometimes damp, sometimes blissfully dry conditions.

You should pay particular attention to:

WOODEN FURNITURE... Wood can expand and crack with frequent changes in temperature, so beware of leaving it in storage for long spells.

FABRICS... Mice, dust mites, beetles and even birds will quickly find a second use for clothes, carpets, toys and rugs.

LEATHER... While the appearance of an old leather jacket will tarnish and fade, a bigger problem may be trying to rid it of a dank, musty odour.



CANDLES, VINYL AND CASSETTE TAPE... Extreme heat will quickly compromise the quality of items that you have cherished, be it that wedding photo album or your Canned Heat LP.

The best way to avoid items deteriorating over time is to wrap them well, store them in boxes and ensure proper ventilation through your loft space.



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JET PROPELLED



HOME & DIY

SEVEN HANDY HINTS FOR MAKING THE MOST OF YOUR JET WASH HIRE

You're about to embark on a bit of high-pressure jet washing – perhaps you're getting that grubbiness off the walls, maybe your patio needs bringing back to its original sheen, or it could be your windows that want rid of all that winter grime.

Whatever the case, here are some tips that mean when hiring a pressure washer you'll clean up... literally and financially.

ONE: The price is right

It sounds obvious, but it pays to shop around. Kärcher leads the market with consumer pressure washers, but they all work in the same way, so don't necessarily be swayed by a big name or a fancy trim.

TWO: Time is of the essence

Be realistic over how long you want to hire a pressure washer for. Most hire companies will let you extend, but it's cheaper and easier to plan out your workload first; and of course, don't ever waste money by hiring one that you're not going to use straight away.

THREE: Failing to prepare...

With the last point in mind, prepare the areas you're going to use the jet wash for before picking it up. Not only will it help with space and efficiency, but your hire time won't be wasted moving items around so you can get started.

FOUR: Safety first

While great fun, pressure washers pack a huge amount of power, and even a lower-grade machine has enough punch to break through human skin.

FIVE: Pre-wash

Pre-washing any area makes jet spraying so much easier when you come back to it a few minutes later.

SIX: Nozzle knowledge

The pressure washer comes with a variety of nozzles, so ensure you select the right one for the job.

SEVEN: "I need proof (waterproofs)"

Spray will quickly consume you and people in neighbouring counties, so ensure you have waterproof gear, and prepare for a huge amount of dirt while you're at it.

You can use a jet wash for cleaning windows, patios, driveways and even your car.





TECHNOLOGY

handy apps



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GBoard: This keyboard, made by Google, integrates seamlessly into your phone or tablet, across text messages, WhatsApp and email functions. The app runs in the background and you'll notice little difference, except perhaps for a choice of keyboard colours, gradients and backgrounds. But coolest of all, you can 'swipe' words to type – in other words, no need to lift your finger as you enter each letter... simply let it glide to each new letter and the app works out the word you're writing. Useful and infinitely satisfying.

AppDetox: We've all got a fair quantity of apps on our devices that we would group as 'a bit of fun', while knowing that their very presence is making us less efficient, less engaged and most definitely less sociable. As the saying goes, admitting you have a problem is the first stage towards solving it; the second stage being to download AppDetox, which enables you to block your own access to functions and downloads on your phone, thus keeping temptation at arm's length... or is that finger's length?

Pen to Print: Why do we still carry around scraps of paper when the idea was that our phones could do the job of storing shopping lists, addresses, reminders and more? Perhaps it's because the year to scribble remains strong in all of us – and with Pen to Print, you can still do that, with a screen that will convert your rugged scrawl into digital text. That means you can even send notes to someone without them ever getting wind of your lazy handwriting style!

CamScanner: We've all tried signing and scanning documents using our phone or tablet cameras. CamScanner solves the problem, with editable uploaded or photographed documents that can be signed and scanned through the app. Removing the need for printouts or shadows on documents, the resulting PDF or JPEG can then be sent direct to your contact, as well as being stored in your phone.



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS BRENTWOOD

Photo credit: Ruby Ward @theartoflondonn



Bouncer trial collapses after jury unable to return verdict

A bouncer charged with manslaughter after punching a man outside a bar in Brentwood will face a new trial after the jury was unable to reach a verdict.

Leslie Wiseman, 31, from Leigh-on-Sea, will face a new trial after the 11-person jury was unable to decide whether he was responsible for the manslaughter of Paul Wallington on Christmas Eve, 2018. The jury was later discharged.

Wiseman, 31, who was a bouncer at The Vine bar on Brentwood High Street, denied manslaughter and said he acted in self-defence when he hit Mr Wallington outside the bar.

After hitting his head when he fell to the ground, Mr Wallington was taken to Queen's Hospital in Romford. He died from serious head injuries five days later, on December 29, 2018. Floral tributes to Mr Wallington were left outside the bar.

During the trial, Wiseman told Basildon Crown

Court Mr Wallington had been aggressive towards his girlfriend. When another bouncer attempted to separate the pair, the aggressive behaviour continued.

After punching him, Wiseman checked if Mr Wallington was breathing and left him with another bouncer. Wiseman then left the bar, the court was told.

When he learned Mr Wallington had died, Wiseman told the court he was absolutely devastated.

The trial concluded early last month. The jury spent more than 12 hours trying to reach a verdict but told the judge it was unable to come to a decision.

Christopher Paxton QC, prosecuting, asked Judge Ian Graham for seven days to allow discussions for a retrial date.

Wiseman was released on bail until the retrial takes place.

He will face trial at Basildon Crown Court the week commencing September 27.



Photo credit: Ruby Ward @hearofordom

Farm shop is cream of the crop after award win

A farm shop in Brentwood has been named one of the best in the country after winning a prestigious award last month.

Calcott Hall Farm Shop on Ongar Road was named Large Farm Shop of the Year at the Farm Retail Association Awards 2021.

Judges said the shop demonstrated a fantastic range of products, as well as extremely high levels of customer service.

They added: "With a focus on teamwork and in-house development, this is a farm shop with a solid structure and a fabulous future."

Peter McTurk, owner, said he was delighted with the win and paid tribute to his staff.

He added: "To be mentioned in the same breath as

the other finalists for this category is very pleasing, especially after the year we've had. We did not close but carried on. We're hoping to celebrate properly as soon as possible."

Peter said he believes there are a number of reasons for Calcott Hall's success.

He explained: "We've been doing this for 45 years so we know what we are doing. We know what the customers want and we can cater for it.

"The team we have is fantastic and the fact that we have stayed open, serving our customers with a smile on our faces, is a real achievement. The team here have been fantastic and they'd give anyone a run for their money. I'm very proud of them and this award is as much for them as anybody."

Music therapist hits the right note for charity

A music therapist has raised more than £12,500 after completing a 24-hour kitchen disco challenge in aid of a Brentwood charity.

Emily Grimes' musical marathon was held in aid of Special Needs and Parents (SNAP), a charity for parents and young people who have special needs or disabilities. She was supported by SNAP's director of family services, Karen Boath, and family support adviser, Dale Kerr.

She said: "I never imagined we would raise such a phenomenal amount of money. A huge thank you to Karen, Dale, the SNAP team, the various performers who joined me throughout the duration, those who switched on at various stages and those who stayed up with us for the whole 24 hours, as well as everyone who donated."

To donate, visit justgiving.com/fundraising/emilys-24-hour-kitchen-disco-for-snap-charity



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Alex Burghart MP for Brentwood and Ongar



LOCAL NEWS BRENTWOOD

There's something very special – and very British – about a good plate of fish and chips, be it freshly unwrapped from the local takeaway or served up with peas and lemon with a pint in a pub.

It's a difficult dish to replicate at home, unless you have a deep fat fryer (I do), and can get the fish steamed just right in a casing of crispy batter (I sometimes can).

Across the UK, we eat about 382 million meals from fish and chip shops every year, including 167 million portions of fish and chips, according to the Federation of Fish Friers. We are blessed with some fine fish and chip shops in Brentwood and Ongar, not least the Ongar Road Fish Bar, The Fish House, Fish 'n' Chick'n in Hutton, Chris' Fish, Chicken and Ribs, the Flying Fish in Warley, Anchor Fish and Chips in Ongar, and The Only Way is Fish. And, of course, for fresh fish there's Starfishmongers at Calcott Hall Farm, Hutton Road Fisheries in Shenfield, and the Smith's fish stall in Ongar too.

Despite clearly having a taste for properly prepared fish, as a nation we eat very little of the fish and seafood we catch. It is estimated that between 60 and 80 per cent of UK domestic landings are exported. Meanwhile, five species (cod, haddock, tuna, salmon and prawns) account for 60 and 80 per cent of all fish consumption in the UK, and these species represent a significant proportion of the UK's fish imports.

Defra and Seafish, the public body that supports



the UK seafood industry, are hoping to persuade more of us to eat more UK fish and shellfish, including langoustines, crab, lobster, scallops, oysters, clams, mussels, squid, cuttlefish, turbot, plaice, sole and monkfish. Keep an eye out on the Love Seafood website (www.loveseafood.co.uk) and social media for some fabulous recipes aimed at helping us reconnect with enjoying all types of seafood. And if you're already great with fish, or have a recommendation on where you buy your fish locally, share your knowledge online using #LoveSeafood.

Inspirational Alex recognised by PM

A former British decathlete who was diagnosed with motor neurone disease (MND) and set up a charity to support people with the condition has been honoured by the Prime Minister.

Alex Gibson has raised more than £170,000 through a number of endurance challenges, including navigating the River Thames in a pedalo.

Prime Minister Boris Johnson recently presented Alex with a Points of Light Award. The awards honour people who help make a change in their community.

Alex said he was honoured to be recognised and receive the award.

He added: "I would like to dedicate this award to anyone who has been diagnosed with the debilitating neurological disease MND. At the same time, to all the unsung heroes and supporters who are instrumental in helping them to manage the inevitable tough times ahead."





Hopes high for Halcyon homes after name approved

People living in a new road in Brentwood should have a peaceful future after the town's Liberal Democrat councillors approved a name for their homes.

Halcyon Place is the new name for the street off London Road that formerly contained Brentwood Police Station. Halcyon typically means peace, calm and tranquillity. Councillor Karen Chilvers came up with the name when on holiday.

Cllr Chilvers said: "So many road names have links

to the military or people long forgotten. Perhaps I felt particularly relaxed the day officers asked ward councillors to approve a road name, but I decided to resist some spurious suggestions that had been made about medieval customs and look forward to, hopefully, a better future.

"After fighting to save our police station and a disruptive few months as a building site, I hope that the future of this road is as a calm oasis off the busy main road."

Trees to take root after £15k boost from charity

Thousands of new trees are to be planted in Brentwood after the borough council received nearly £15,000 in funding from environmental charity Thames Chase Trust.

The initiative is part of a nationwide plan to create a community forest and help tackle carbon emissions.

The trees will be planted at St Faith's, Childerditch, Hatch Road and Magpie Lane and cover a total of nearly three hectares.

Maria Pearson, chairman of the council's environment, enforcement and housing committee, said she was grateful for the support of Thames Chase Trust.

She added: "Some 6,000 trees will be planted and a community orchard planted at St Faith's Country Park. Not only will this be a great environmental project, but it will also provide more areas for people to enjoy in the coming years."

Councillor Simon Walsh, Essex County Council's cabinet member for environment and climate change action, said: "The planting is a clear demonstration of our desire to continue to address the negative effects of climate change across the county."




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LOCAL NEWS

from your neighbourhood



LOCAL NEWS ONGAR



Carla's preparing warm welcome as pub finally reopens

The landlady of a pub in Moreton said she is looking forward to welcoming the community back later this month.

Across the country, landlords have been counting the days until April 12, when beer gardens will be permitted to reopen and groups of up to six family and friends will be able to meet to eat outside. Indoor seating is set to reopen from May 17.

Carla Ince, of The White Hart, admitted to some trepidation because the situation is weather dependent.

She said: "We're quite fortunate because we have an undercover terrace and a stretch tent installed, and there is also decking and heaters. We are in a good position and in a network of pubs, but I do feel the pain of other establishments that don't have the same level of investment.

"Even though we are under cover, I do feel unstable. I know there's a lot of excitement but you can only

make it so comfortable for people. I'm looking forward to it, but I am praying for good weather."

Carla said substantial work has already taken place at The White Hart ahead of reopening.

She revealed: "We've rejigged our whole outside area and changed our uniforms as we'll be working outside. We've brought in plants and flowers to make the whole place look more attractive. We've got a good outdoor space and put in an outdoor bar to make service easier, quicker and more convenient for staff.

"We've adhered to every restriction that's come in so we'll stick to this one and make it a success as well. We have a restaurant, not a takeaway kitchen, but we've run a successful takeaway for the last three months."

Carla said she can't wait to welcome back old and new customers. A sliding of the bolt ceremony is set to take place on April 12.



Rugby club keeps on moving for charity



Players, members, supporters and parents at Ongar Rugby Football Club came together last month to raise more than £2,000 for charity.

Around 25 participants signed up for a 24-hour challenge, with activities including cycling, running, sit-ups and burpees, to raise money for Head for Change, a charity supporting ex-rugby and football players who have neurological injuries sustained while playing the game.

Chairman John Berry said: "We've not been able to train or have social activities so we wanted to put together some form of challenge that everybody at the club could get engaged with. Having a purpose drives you to get things done and we took the opportunity to raise a bit of a cash at the same time."

As VISIONBrentwoodOngar went to press, £2,270 had been raised for the charity.

John explained: "My son cycled two miles on a unicycle. All we were asking was for people to commit to doing an activity for a defined period of time. Everyone was really motivated and there was a real buzz around the place. We're pleased with what we achieved on multiple levels."

You can still donate to the challenge by going to www.justgiving.com/fundraising/ongarrfc24

Grant helps organisation be the gift that keeps on giving

Young women and girls in Ongar, Harlow and West Essex are being given the chance to unlock their potential and secure a brighter future.

A special initiative by The Gifted Organisation to provide online sessions giving girls and young women

support and inspiration has received a grant of £4,690 from the Essex Community Foundation (ECF).

The grant has given The Gifted Organisation a vital boost. The pandemic meant that support sessions could no longer be held face to face but, thanks to the funding, the organisation can now offer online support as well as life and work skills sessions.

Tori Pearson, partnerships and progressions manager of The Gifted Organisation, said: "We have been hearing of the crippling isolation and anxiety young women and girls have been experiencing. We are determined to get our online project going as it gives a chance for them to learn skills that they can go on to use in real life."

The sessions and workshops range from yoga to inspirational talks from high-achieving female mentors.

Dog walkers urged to stay calm after dog theft reports

Police in Essex have urged dog walkers not to panic after concerns were raised on social media about dog thefts in the county.

They spoke out after a Facebook post claiming three men in Ongar had tried to steal a dog went viral. The post said the men were seen acting suspiciously in a van on Toot Hill Road by a dog walker at lunchtime on February 17. The dog walker left the area and the dog was not stolen.

Though recent national reports have suggested dog thefts are on the rise, reports across Essex have fallen. In 2019, the police received 65 reports of thefts, and this fell to 60 in 2020. So far this year they have received five reports of dog thefts.

Essex Police have a Dog Watch scheme which encourages owners and walkers to act as extra eyes and ears within the community. For more, go to essex.police.uk/advice/advice-and-information/wsi/watch-schemes-initiatives/essex/dog-watch/



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Remembering the BRIXTON RIOTS

APRIL 10 MARKS FOUR DECADES SINCE THE START OF THE BRIXTON RIOTS

The Brixton riots were a terrifying, culturally defining 48 hours in which the black population of south London rose up to confront what they determined to be an unfair and illegal era of police brutality and wider social exclusion.

In a foretaste of some of the issues raised by the recent Black Lives Matter movement – albeit in referencing situations Stateside rather than events and actions in our own country – the 1981 Brixton riots, or ‘Brixton uprising’, were seen as a major turning point in the UK.

The background was a country in recession, and growing unease between police in areas such as Brixton and Lambeth. All it took was a spark of racial tension to ignite matters, and that duly arrived on April 10 when a black youth named Michael Bailey ran towards a policeman, bleeding from a four-inch stab wound. In attempting to get the injured man help, a crowd descended and supposed the police to be arresting him.

By the following day, rumours had spread that Bailey had been unlawfully killed by police, kicking off a spate of riots, looting and arson attacks on shops, cars and property.

Inadequately protected police struggled to stem trouble, with 299 being injured in scuffles. A further 65 members of the public were injured.

Tensions were brought under control in the early hours of April 12, by which time more than 2,500 officers from the home counties had been deployed.

So-called ‘copycat’ riots broke out in a number of UK towns and cities, and in the aftermath, the Scarman Report concluded that “complex political, social and economic factors [created a] disposition towards violent protest”, while also blaming overzealous ‘stop and search’ tactics.

Four decades on there is undoubtedly greater unity in the UK, though recent events have brought racial tensions to the fore again, with Brixton forever serving as a reminder of the potential fallout from an unfair society.



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Big fish, small pond

If you have just added a pond to your garden, you may be thinking about what types of fish you want to buy. However, before you dash to your nearest pond supplier and simply pick the prettiest specimens on offer, you need to find out what fish are suitable for the pond you have picked.

How big is your pond?

Most fish need at least 50cm in depth to thrive, although some varieties such as koi and large carp need at least double that amount. As a general rule, for a new water feature, the total length of the fish you add should not be more than around 25cm for every square metre of surface area.

What types of fish can your pond accommodate?

GOLDFISH: One of the most popular choices for garden ponds. If you want your chosen goldfish to go the distance, you are best off picking either comets or Shubunkins, both of which are attractive and hardy fish.

KOI AND CARP: Although beautiful fish, both koi and carp can grow to more than 75cm in length and are therefore only suited to larger, well-filtered ponds. You can find forms of koi that cost thousands of pounds, so if you choose a more expensive variety you also need to consider the security of your pond.

ORFE & RUDD: Orfe love the surface of the water, which makes them a favoured choice for many pond owners who love to spot their fish. That being said, this means they need to be protected from cats and any passing herons. Orfe prefer to swim in shoals so you need to purchase at least six, and as they grow to 30cm or more, you need a large pond to successfully host them. Rudd are similar in their routine to orfe but only grow to half the size, making them ideal for smaller ponds.

JUDI DENCH

THE LIFE OF THE BUSY DAME

Why Dame Judi Dench is perhaps the most unique acting talent of them all

In a professional career on stage and in front of the camera, it's notable that Dame Judi Dench has, more often than not, played characters who are assertive, strong and definite. From Q in the James Bond films to Ophelia, Juliet or Lady Macbeth on stage; from Evelyn in the *Marigold Hotel* movies, right through to 13 years playing Jean, the comedic mainstay of classic BBC comedy *As Time Goes By*, there has always been a strength present.

And so it follows, then, that the 86-year-old embodies very much those same qualities in real life. How else do you explain the fact that, despite lockdown, the York-born doyenne remains ensconced in one of the busiest periods of her acting career?

"I think the intention was that when I stepped away from Bond I'd be calming things down a bit," she begins. "What actually ended up happening was I found more roles coming my way, as would, I guess, any actor breaking free of a big character."

And therein lies the problem. The determined and decorated cornerstone of British drama simply can't say no. During 2020, while the world's acting fraternity were sitting back doing very little as the entire industry fell into a state of dormancy, Dench was still busy promoting four projects – films *Artemis Fowl*, *Blithe Spirit* and *Six Minutes to Midnight*, as well as an appearance on *Staged*, the widely acclaimed lockdown-themed TV series starring David Tennant and Michael Sheen.

She was also filming parts of what 2021 presents as two major feature films. First up is *Off the Rails*, a drama about a group of friends recreating an interrail journey across Europe, in which she appears alongside Kelly Preston, Ben Miller and Sally Phillips. Then, in *Belfast*, Jamie Dornan co-stars in a drama about a working-class family in Northern Ireland in the late 1960s.

Indeed, since bidding goodbye to 007 in that dramatic, windswept Highlands setting in *Skyfall* in 2012, Dench has appeared in 24 big- and small-screen projects.

"I think, for me, it's about picking and choosing things that make me content and happy," she says. "If I'm being asked to fly halfway around the world for a few minutes on camera, or the brief means being away from home for weeks on end in some inhospitable backwater, I'll say no. The truth, though, is I'm as enchanted as much by acting now as I was when I first performed *Hamlet*, or first stepped in front of a television camera at the end of the 1950s.

"I won't deny the slower parts of lockdown were frustrating, but if you want to keep busy and you want to find yourself things to do, then those things are out there, no matter where you are in the world or in your life," says Dench, who has now been two decades without husband Michael Williams, who died of lung cancer aged 65.

"I know Michael will be looking down, proud of the fact I'm still a workaholic," she smiles. "The truth is it's the only way I know to live."



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I think we can all agree that the sooner we see the back of 2020 and this dreadful corona virus the better. That said, there are also some heart warming positives that we can take out of this situation. It has often been said that we can only really get to know one another and realise what is truly important in times of crisis. I think few would argue that in this case what has proven to be important is local community spirit.

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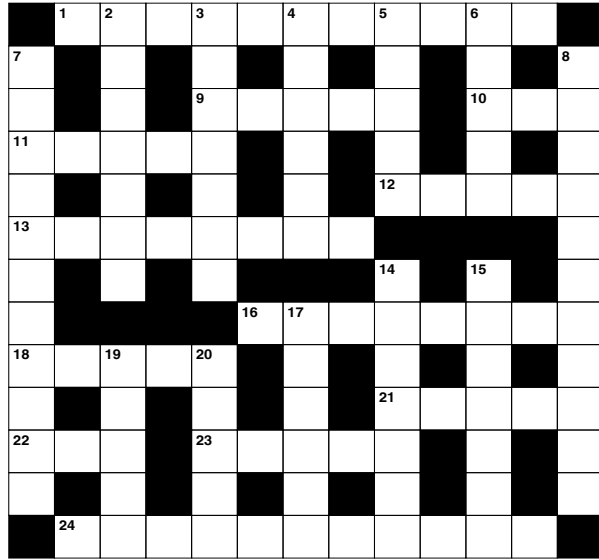
Answers: see end of The VISION Listings

ACROSS

- 1. Dishonestly (11)
- 9. Ape (abbrev.) (5)
- 10. Fish eggs (3)
- 11. Hackneyed (5)
- 12. Giraffes have long ones (5)
- 13. Mad rush (8)
- 16. Eye condition (8)
- 18. Spring flower (5)
- 21. Boredom (5)
- 22. Female chicken (3)
- 23. Island in the Mediterranean Sea (5)
- 24. Study of lawbreaking (11)

DOWN

- 2. Morally right (7)
- 3. Extract (7)
- 4. Wound together (6)
- 5. Unfasten a garment (5)
- 6. Expressing emotions (of poetry) (5)
- 7. Calamity or great loss (11)
- 8. Celebrity (11)
- 14. Panacea (4-3)



- 15. Linking (7)
- 17. Cosmetic cream (6)
- 19. Of the moon (5)
- 20. Device that splits light (5)

DID YOU KNOW?

- ▶ Saudi Arabia is one of the only countries in the world that doesn't have any permanent rivers
- ▶ In the Falkland Islands, sheep outnumber people
- ▶ Napoleon ordered the construction of the Arc de Triomphe in Paris
- ▶ It's thought that in the future, the Maldives may become completely covered by water
- ▶ In Norway, around 98 per cent of the electricity production comes from renewable energy sources
- ▶ The Great Wall of China is 21,196km long
- ▶ Reykjavik is the most northern capital city
- ▶ Indonesia is the world's largest island nation, but no one knows exactly how many islands it contains

SUDOKU

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4	3					2		
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1		8			4			

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Rambutan

The rambutan is a tropical fruit that closely resembles a lychee. Grown in countries such as Thailand, Malaysia and Indonesia, the name rambutan means hairy, which refers to the fleshy spikes on the skin of the fruit.

WHAT DOES RAMBUTAN TASTE LIKE?

The flavour of rambutan is similar to a grape but with a bit of a strawberry quality. Slightly acidic and sweet in equal measures, this fruit has a pleasant fragrance that makes it ideal for using in cooked dishes.

WHAT ARE THE HEALTH BENEFITS OF RAMBUTAN?

Rambutans are high in vitamin C as well as containing lots of fibre that is good for your digestive health. They also contain vitamin E, which is known for helping to prevent both acne and premature ageing.

WHERE CAN I BUY RAMBUTAN?

You can find rambutans in most Asian markets and food shops. Look for bright red skin that indicates the rambutan is at its freshest. Green rambutans are not ready to be eaten, whereas black ones are over-ripe.

HOW TO PREPARE RAMBUTAN

You should not peel a rambutan until you are ready to eat or cook with it. To open, carefully cut the skin with a sharp knife or simply twist open with your hands if the fruit is ripe enough to do so. Then peel away the skin to reveal the egg-shaped fruit. Don't forget to cut open the fruit to remove the nut-like seed in the centre.

HOW TO STORE RAMBUTAN

Wrap them whole in a paper towel and put them in a perforated plastic bag before placing in the fridge. Your rambutans should last for up to two weeks.

HOW TO EAT RAMBUTAN

Enjoy rambutans as a healthy snack or as part of a tropical fresh fruit dessert bowl. Alternatively, add to cooked dishes such as curries and soups.





A load of hot air

AIR FRYERS CLAIM TO REINVENT DEEP FRYING, BUT ARE THEY WORTH IT?

When the doyenne of baking, Mary Berry, said that no British home “should own a deep fat fryer”, it caused quite a stir. After all, among the staples of British cuisine are fish and chips, battered scampi and, in Scotland, the infamous deep-fried Mars bar.

However, as much as we love bubbly batter slick with oil, there is no denying that deep frying at home is a messy, greasy and unhealthy endeavour, which is why air fryers are gaining popularity in our kitchens. Using a heating mechanism and a fan, the food is held in a basket while hot air briskly encircles it, giving the speed and crunchy texture of a fat fryer, with far less oil.

Sitting neatly on your worktop, these relatively new inventions really are an excellent way to cook food quickly and efficiently. Chips can be sprayed with oil to create a crunch and flavour that is truly authentic, and because the air fryer works in much the same way as a convection cooker, you can cook almost anything you would in your normal oven, without having to wait for it to heat up (which makes it cheaper, too).

Unfortunately, you can't cook anything that has a wet batter – unless you want a dreadful mess – and while the process is quick, you do need to manually move the food halfway through for even cooking. They also aren't generally that large, so catering for a big family becomes tricky.

The bottom line is that while the design isn't perfect, this is one gadget that is unlikely to gather dust. From cooking chicken nuggets for the kids' dinner to baking frozen croissants or crisping up chips, the air fryer enables you to have your (fish)cake, and eat it.



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BREAKING NEWS:

PEAS OUT!



FOOD & DRINK

According to Harvard University scientists, peas are not as healthy as we have been led to believe and may not even count towards one of your five a day.

Find out more about this shocking revelation below. Plus, great alternatives to peas that pack a punch when it comes to improving your health.

WHAT DOES THE SCIENCE SAY?

Harvard University believes that it has found the key to leading a longer life, and it lies with consuming the right combination of fruit and vegetables. Its research shows that by eating two portions of fruit a day and three servings of vegetables, you are much less likely to die from conditions such as heart disease, cancer and/or respiratory diseases. However, not all vegetables offer the same longevity-boosting properties, with a higher intake of peas having no link to lower mortality rates.

WHY YOU SHOULDN'T CONSIDER PEAS AS ONE OF YOUR FIVE A DAY

Strictly speaking, green peas are not vegetables, as they are part of the legume family which consists of plants that produce pods with seeds inside.

Furthermore, peas have a high glycaemic index which can cause a spike in your blood sugar levels, and they contain phytates that prevent key nutrients from being absorbed by the body.

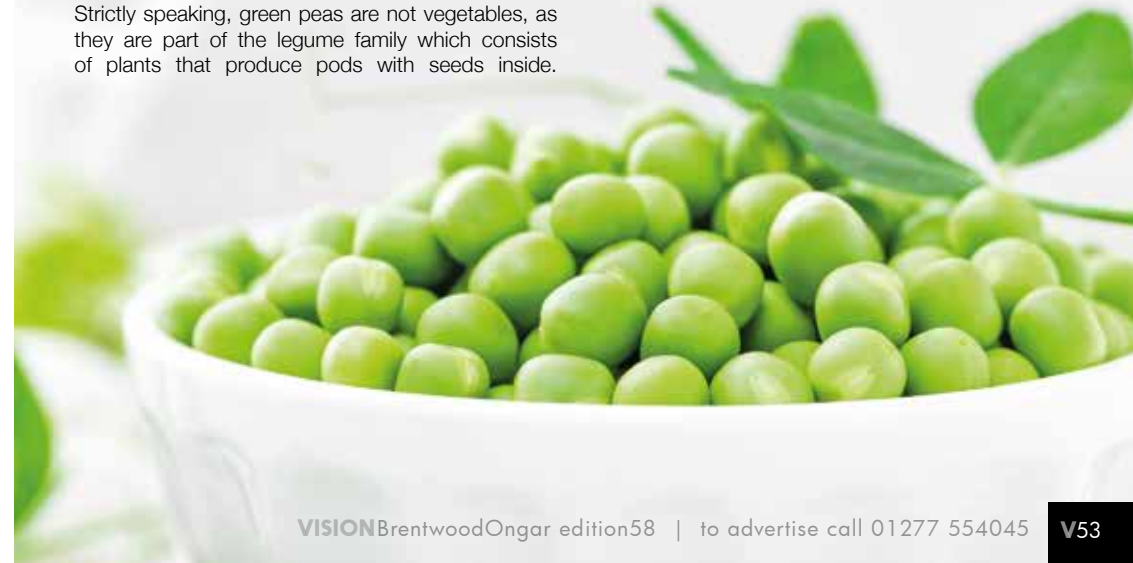
WHAT OTHER FRUIT AND VEGETABLES DO NOT AID LONGEVITY?

During the extensive study, the scientists at Harvard also found no link between a higher intake of starchy vegetables, such as corn and potatoes, and enhanced longevity, as well as drinking fruit or vegetable juices.

WHAT CAN YOU EAT INSTEAD OF PEAS?

If you like to add a bit of greenery to your own and your family's meals, there are still lots of alternatives to peas that most definitely do count towards your five a day:

- Broccoli
- Asparagus
- Spinach
- Kale
- Courgette
- Cooked greens
- Lettuce



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GARDEN OF LIFE

THE BIRDS *and the bees*

In the third of a four-part series that shows how even the most urban garden can be a haven for the wonders of wildlife and the nurturing of nature, we consider how birds and bees are so pivotal to everything outside our windows.

While they appear to be fluttering and buzzing about our gardens in blissful relaxation, the roles of our birds and bees is actually a vital one.

Let's take the humble bee, for instance. Forget a spoonful of tasty honey, the value of these buzzing beauties goes much deeper, with pollination the name of the game. In the first instance, bees as pollinators are responsible for more than one-third of the world's food. Add in the fact that more than 90 per cent of plants rely on bees' cross-pollination skills, and you can see why the move to halt the recent decline in global numbers has been taken so seriously.

Bees also

provide habitats for a huge quantity of insects and animals. Their complex, interconnected ecosystems allow a vast number of diverse species to co-exist. Put another way, a garden without bees would be bare, as would your plate.

A smaller role for bees is as a food source for birds, but go easy on our feathered airborne acrobats – while they have their own pollination qualities and act as pest controllers, they themselves, most crucially, act as a source of food for animals.

There's also something truly cerebral about birds, who predate our own time on the planet by some 150 million years. Sure, they're not cuddly or kinaesthetic, but through birdsong, breathless beauty, their solid commitment to building homes and raising families, and with a level of ingenuity and intelligence that many mammals can't even get close to, birds are a truly cerebral addition to nature's nest.



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APRIL BIRTH FLOWER OF THE MONTH:

Daisy

GARDENING

If you were born this month, your flower is the delightful daisy, a bloom that often doesn't get the appreciation it deserves. Incredibly versatile and easy to grow, daisies can make a cheerful addition to any garden, however big or small.

What does the daisy represent?

A quintessential symbol of both purity and chastity, the daisy can also be used to convey secrecy. In fact, daisies were once called "day's eyes", as they close their petals at night and only reveal their bright yellow centre in the day. This flower can also be used to symbolise true love.

What does this birth flower say about your personality?

If your birth flower is the daisy, you are said to be a happy-go-lucky kind of person who tends to brighten up everyone's day just by being you. You are also adventurous, cheerful and optimistic, all of which means you are often the person whom others choose to confide in.

Why grow daisies in your garden?

Sadly, in the UK, we have lost nearly all of our traditional meadow land, meaning that meadow wildlife is under strain. By planting natural and local meadow plants such as daisies in your garden, you will be giving a much-needed helping hand to meadow insects and other wildlife.

How can I ensure my daisies thrive?

Daisies are the perfect choice for those who are looking for garden plants that do not require much care and attention. English daisies thrive in well-drained and evenly moist soil so be sure to water them during droughts. For the best display of daisies, plant them in full sun.

Best types of daisies for a vibrant show:

English daisy | African daisy | Gloriosa daisy | Blue Marguerite daisy | Shasta daisy | Cape daisy





NOT berry GOOD

THE BERRIES AND BUDS IN YOUR GARDEN YOU NEED TO KEEP YOUR KIDS AWAY FROM

They are colourful, attractive and plentiful – they bring visual decoration to what might otherwise be swathes of uniform greenery, and their presence can lift even the dullest of overcast days. And yet, as far as berries are concerned, keeping them away from curious kids (not to mention inquisitive animals) could be a smart move.

Holly berries

They are some of the most beautiful and easily recognised berries in our UK woodlands, yet the bright red, shiny, leathery holly berries that add such colour and interest are highly toxic and will most likely bring on vomiting or a trip to the bathroom.

Jerusalem cherries

The berries of this plant resemble cherry tomatoes, but they come with none of the niceness, and will bring about vomiting and stomach problems even in small quantities. And if evidence were ever needed as to how something so small can be so destructive, even horses can have serious ill effects from consuming Jerusalem cherries.

Black bryony

This plant decorates heart-shaped leaves with clusters of berries that can be anything from bright yellow to dark red; yet all that beauty is a foil for a terrifying range of effects – from skin irritation to swelling, welts to rashes, this is another one you'll definitely want to avoid.

Deadly nightshade

An old favourite, these sculpted flowers look like something you'd find in the cupboard under the stairs at your nan's house; yet there's no warm hug on offer if you ingest these. The consequences can be anything from blurred vision, loss of balance and headache, through to convulsions, confusion and urinary retention... all of which are best avoided.

Mistletoe

And finally, while mistletoe is a plant associated with affection, it's actually a romance turned rather sour, as the entire plant is poisonous. Ingesting it may lead to blurred vision, stomach cramps and diarrhoea. Love can wait.



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SELF-EMPLOYED? BE PENSION PROUD

Last year was challenging, with job losses and pay cuts causing many to tighten their budgets. It was particularly difficult for the self-employed, with many freelancers losing income as companies cut costs and stopped using contractors. Despite government grants being available, many self-employed workers have found they are not eligible.

Almost five million people in the UK are self-employed; or 15 per cent of the workforce. This number is up from 3.2 million in 2000. Although there are many advantages to working for yourself, there are downsides too. Self-employed people do not enjoy the same benefits as employed workers, such as holiday and sick pay; they are also unable to access the benefits of pension auto-enrolment.

PENSION SAVINGS SUFFER

On the back of this, there are concerns that self-employed workers are not saving enough for retirement, with figures¹ showing that 85 per cent of self-employed people do not pay into a pension, up from 73 per cent in 2008/2009. Meanwhile, those who do have a pension have 77 per cent

of the pension wealth of the average population. This can partly be attributed to lower than average incomes and the need for financial liquidity, made worse due to the pandemic. However, it is also down to attitudinal changes and other barriers as, even among the highest paid self-employed workers, only 19 per cent save into a pension.

MAKE 2021 THE YEAR YOU GET YOUR PENSION ON TRACK

If you are self-employed, it is important not to neglect your pension and to make sure you get it back on track by increasing contributions where you can. If you are concerned about your pension and retirement plans, do not hesitate to get in touch.

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¹NOW Pensions, Pensions Policy Institute, 2020

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Coming up ROSIE

How Rosie Huntington-Whiteley went from supermodel to businesswoman

For years, Rosie Huntington-Whiteley has been perfecting the art of spreading her talents across a wide spectrum.

This is the supermodel who leapt into our consciousness at the age of 16 when she appeared in *Teen Vogue*, then quickly ascended to adult fashion with projects for Victoria's Secret, Burberry, Pirelli and others.

Embracing motherhood – she has a three-year-old son, Jack, with actor Jason Statham – as well as embarking on film projects (*Transformers: Dark of the Moon* and *Mad Max: Fury Road*), you would imagine the now 33-year-old has enough on her plate. Yet burgeoning business ideas have created another angle with which the Plymouth-born model can utilise, maximise and monetise a polished brand.

Sure enough, in November, she announced the launch of her Clean Beauty Collaborative brand. Working with cosmetics firm Amyris, Rosie is building a digital platform for all things beauty, undertaken with an eye on great-performing products that are manufactured sustainably without harm to the planet.

The project follows on from her Rose Inc launch in 2018, which focuses on carbon-neutral eco-friendly initiatives.

She said: "I am passionate about responsible beauty products that are healthy for people and the planet."

Rosie has in the past admitted the maze of looks, styles and messages emanating from social media can be particularly off-putting.

"I want us to get back to the basic thrill of uniting people with access and knowledge and secrets of the industry," she says. "If we can all look as good as we can, while uniting to make the places where we live more sustainable, surely that's a route towards a happier future, because even I find myself getting negatively affected when I'm scrolling through feed after feed. I think we need to celebrate diversity and different kinds of beauty."



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Q Why Should You Use Coversure Brentwood?

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Q How Can You Save Money On Your Insurance?

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Compassion!

Whatever industry you work in, taking the time to understand and empathise with your employees is vital if you want to provide exceptional leadership. Discover how to become a more compassionate leader below. Plus, find out why compassion is crucial in the workplace.

HOW TO BECOME A COMPASSIONATE LEADER IN FIVE SIMPLE STEPS:

Listen: Think about how often you really listen to your team. Successful leaders seek to understand the perspectives, motivations and challenges of their employees. Make sure you actively listen without judgement for optimal effect.

Empathise: If you don't think that your team members feel able to open up to you, then empathy can help resolve this. Take the time to sit down with your employees and talk to them about non-work-related topics.

Share: If you aren't authentic with your staff, how can you expect them to be with you? Don't be afraid to show your weaknesses; as a leader

you do not have to be better than everyone else.

Respond: Employees need feedback from their leaders, in terms of both their successes and areas in which they still have room to grow. Ensure you explain to your team that you are there to help them improve, and offer any resources they might need.

Change: Compassion is all about commitment, and even simple changes to the way you lead can work wonders for improving employee morale. Challenge yourself to make at least one change a month and build up from there.

WHY COMPASSION IS SO IMPORTANT:

- ♥ Creates enhanced employee engagement
- ♥ Decreases employee turnover
- ♥ Inspires collaboration
- ♥ Increases employee commitment
- ♥ Raises levels of trust
- ♥ Empowers you as a leader

TAKEAWAY TIP: Compassionate leadership is not about giving people what they want; it is about giving people what they need.

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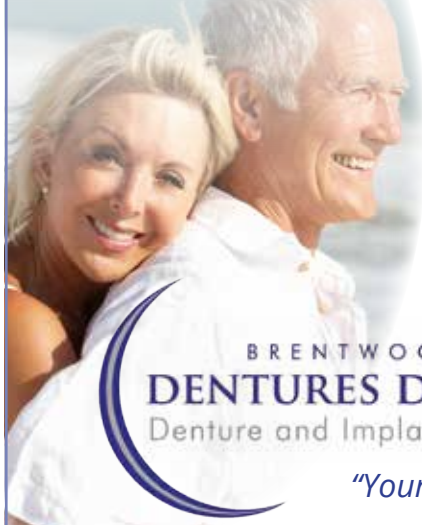
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Do you have chronic fatigue?

The mechanics that make all of us individuals mean no two people will endure the same medical condition in the same manner, but where chronic fatigue syndrome (also known as CFS or ME) is concerned, the overriding sense of physical and emotional emptiness is one that hits all sufferers.

The health condition, which shouldn't be confused with sleepiness and general lethargy resulting from working too hard or resting for too short a period of time, can be caused by a number of factors – from stress and anxiety to depression, eating disorders and the gradual debilitating impact of life events on the mind.

There can also be medical problems at play, such as thyroid problems, diabetes, vitamin deficiencies, irritable bowel syndrome, high blood pressure and even kidney disease.

A proper diagnosis is essential and should be sought as soon as you feel you are slipping into a

phase where you simply don't have the ability to perform very basic daily functions, such as rising out of bed, conversing with people or leaving the house.

A doctor will use various tests and techniques in attempting to reach a diagnosis; only when this is done will a medical professional set you on a path of therapy to get you back on track.

While medication is a recognised route to this, it could be that making positive changes to diet, routine and physical health will make a profound difference. There might also be moves to improve surroundings, practise mindfulness and build mental positivity in putting you on the road to feeling revived and restored.

Mental health services are of prime focus to the NHS in light of the COVID-19 pandemic, so don't delay in contacting your doctor if you need help – there will be brighter days ahead.



HONE & TONE

cleaning your home



Become a lean, mean cleaning machine with the below common household tasks that are guaranteed to help you burn calories and shift those unwanted pounds.

GENERAL CLEANING: Picking clothes off the floor, wiping surfaces and dusting can all help you to work different muscle groups, making general cleaning one of the most effective household chores for burning calories.

Total calories burnt = 3,976 (based on 280 minutes per week)



VACUUMING: This daily chore that is hated by many has the ability to provide a full body workout. Forcing you to use your entire core muscle groups, the simple act of pushing your Hoover back and forth will target your abs and put both your back and legs to work.

Total calories burnt = 1,248 (based on 132 minutes per week)



IRONING: Another household task that few relish, but you may be surprised to learn that ironing burns a lot of calories. Not only does this task require you to stand up for long periods of time, but it also works your core as you move the appliance about.

Total calories burnt = 1,360 (based on 144 minutes per week)

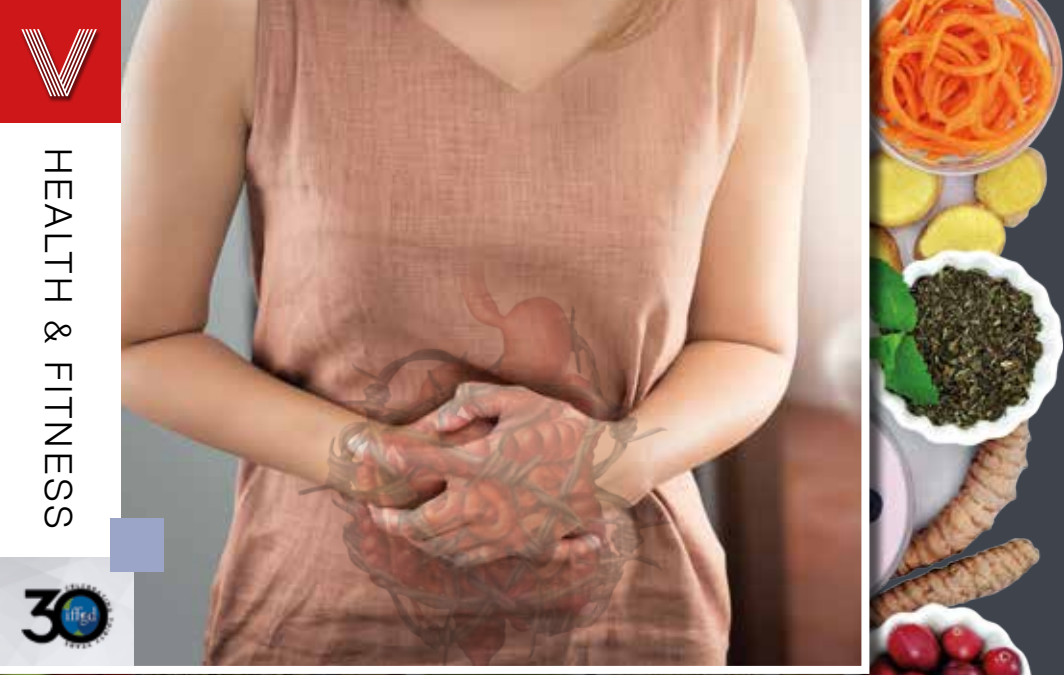


DOING LAUNDRY: If you have a big family, you may find yourself doing laundry multiple times a day. Although not the most engaging task, you will be pleased to hear it can help you lose weight. The act of washing, folding and lifting all helps to contribute to a full cardio workout.

Total calories burnt = 1,588 (based on 168 minutes per week)

OTHER CALORIE-BURNING CHORES: Cooking = **2,856** (based on 301.7 minutes per week) | Mopping = **2,724** (based on 138 minutes per week) | Making beds = **1,316** (based on 144.2 minutes per week) | Sweeping floors = **1,304** (based on 138 minutes per week)

NB: Calories burnt is based on one month's worth of each activity and is based on the average weight of a person being 156 pounds.



ARE YOU IBS AWARE?

IBS, irritable bowel syndrome, affects two in 10 people in the UK, with common symptoms including abdominal pain, cramping, bloating and a combination of diarrhoea and constipation.

If you suffer with IBS, you may have noticed that certain foods trigger your condition.

Find out below which foods you should be eating, plus which ones to avoid.

LEAN MEATS: Lean meats such as white meat chicken and turkey, pork and cuts of beef including sirloin are all easily digestible sources of protein, making them an ideal choice for IBS sufferers.

EGGS: As a general rule, eggs are a safe choice for people with IBS. However, some people struggle with the higher fat content of yolks and others experience a sensitivity to egg whites, so it may be a case of trial and error to see what works best for you.

OILY FISH: Fish that is high in omega-3, such as salmon, mackerel and trout, contains anti-

inflammatory properties that can help reduce the symptoms of IBS.

COOKED VEGETABLES: Although IBS sufferers tend to avoid vegetables as they appear to make their condition worse, the right vegetables are very good for your gut flora and can be tolerated by those with IBS. These include carrots, aubergine, parsnips, butternut squash and corn on the cob.

NUTS AND SEEDS: Nuts and seeds are healthy sources of fats that are good for your gut and therefore good for your IBS. Nuts you may want to try include almonds, brazil nuts and walnuts, with super seeds such as pumpkin and sunflower.

FOODS TO AVOID: Insoluble fibre such as wholewheat and bran products | Fried foods | Beans and legumes | Caffeinated drinks | Processed foods | Sugar-free sweeteners | Chocolate | Alcohol | Garlic and onions | Broccoli and cauliflower | Some people also experience issues with both dairy and gluten.



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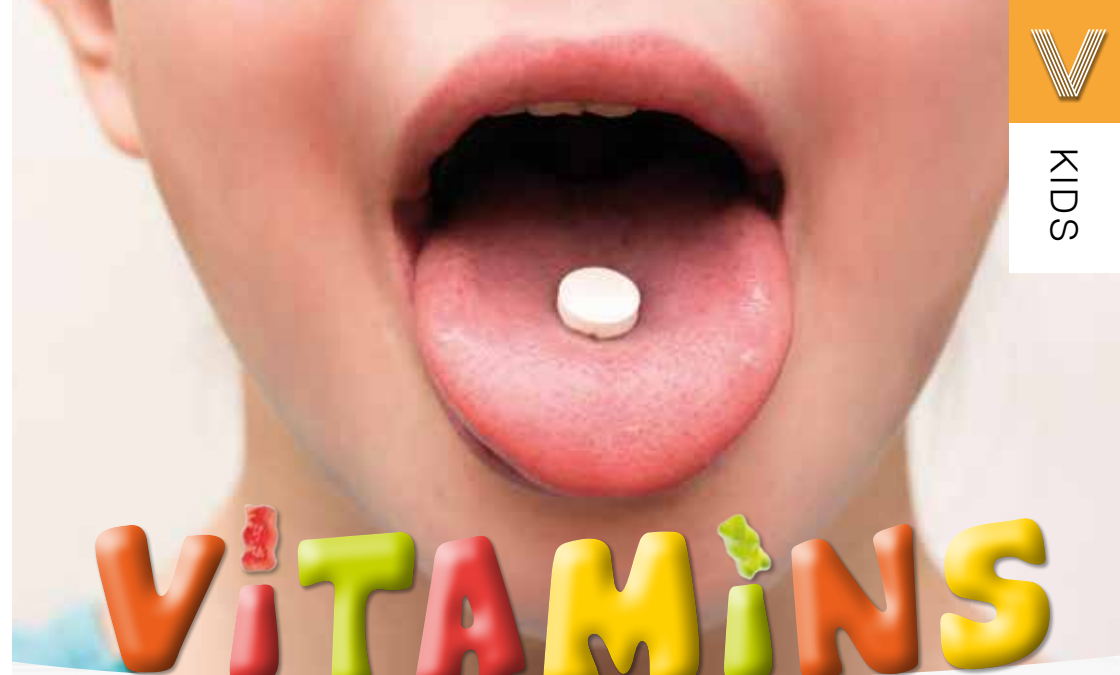
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KIDS



VITAMINS

FOR CHILDREN EXPLAINED

Do you currently give your children daily vitamins but are not sure if they are worth the expense? Or are you thinking about buying vitamins for your kids but don't know which ones they need?

may be tempted to take more than they need, which could be harmful to their health.

WHAT DOES A HEALTHY DIET INCLUDE?

If you are not sure whether your child is already getting all the vitamins and minerals they need from their diet, this guide should help you. A well-balanced diet should include:

- > Milk and dairy products or vegan alternatives
- > Plenty of fruit and vegetables
- > Protein
- > Whole grains

WHAT VITAMINS DO CHILDREN NEED?

The Department of Health recommends that all children aged six months to five years are given daily vitamin supplements that contain vitamins A, C and D. They also advise breastfed babies to be given a daily vitamin D supplement from birth. Some experts recommend that the following groups of children should take a daily multivitamin:

- > Those who do not have access to regular, nutritionally balanced meals
- > Picky eaters who are not getting sufficient vitamins and minerals
- > Children who eat a lot of processed or fast food
- > Vegetarians or vegans, who may need an iron and/or calcium supplement

ADVICE FOR GIVING YOUR CHILD VITAMINS:

- > Keep them out of reach so that children do not have more than one a day
- > Do not treat them like sweets
- > Try a chewable vitamin if your child won't take a pill or liquid supplement
- > Consult your doctor first if your child is taking any other medication

ARE GUMMY VITAMINS A GOOD CHOICE?

Becoming increasingly popular in recent years, gummy vitamins seem to be the perfect solution for kids who lack certain nutrients. However, these are usually higher in sugar than other vitamins, plus they look and taste like sweets, meaning your child



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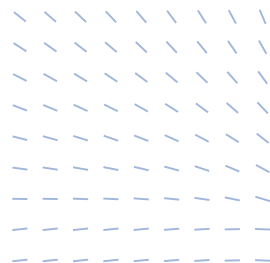
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Making plans for NIGEL

How Welsh referee Nigel Owens MBE is the latest to bring LGBT issues to the front line of sport

On the face of it, it's perhaps the manliest sport of them all – where the fire and ferocity of competition demands brutish, testosterone-driven combat.

Like it or not, the past hasn't always been kind in associating homosexuality with those characteristics. And yet it's a credit to our progressiveness as a society that those attitudes are changing; and across Gareth Thomas, other male stars, both retired and still playing, plus a whole host of women who have proudly declared their sexuality, rugby is the sport that seems to be pioneering inclusion and diversity above any other.

The rise to prominence of Nigel Owens MBE as an ambassador for such inclusion is, alongside Thomas, perhaps the best example of someone emerging from the shadows. Having previously battled bulimia and suicidal thoughts as side effects to the hiding of his sexuality, the experienced referee came out in 2007.

"It's such a big taboo to be gay in my line of work," he says. "I had to think very hard about it because I didn't want to jeopardise my career. Coming out was very difficult and I tried to live with who I really was for years. I knew I was 'different' from my late teens, but I was just living a lie."

In reality, coming out only enhanced Owens' reputation in the game. He went on to claim the record for most test matches refereed, and in the Queen's 2016 Birthday Honours was awarded an MBE for services to sport. He retired in December 2000 after 17 years at the top.

And yet his work doesn't stop – in a long-term relationship with a teacher, Barrie Jones-Davies, Owens is a pioneer for LGBT issues in both sport and wider society. He works with charitable organisations in raising awareness and acceptance of gay people, using his story as a bridge to greater understanding of the issues involved.

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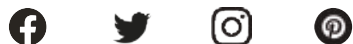
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BEAUTY

Do you choose a conditioner based on your individual hair type? If not, you could be doing your hair more harm than good. Discover the right conditioner to transform your locks from limp to luscious.

Oily hair

If your hair is naturally oily, you may find that conditioners make your mane look and feel even worse. That being said, rather than skip conditioner altogether, look for a treatment that actively helps to reduce oil.

Choose conditioners that are:

Light • Volumising • Balancing

Avoid products that claim to be:

Hydrating • Smoothing • Moisturising

Dry or damaged hair

When hair is dry, damaged or brittle, you need a conditioner that will help prevent future breakages and protect against heat damage.

Choose conditioners that:

Moisturise • Hydrate • Offer frizz control • Promote repair

Avoid products that claim to be:

Fortifying • Volumising • Strengthening

If your hair is severely damaged, you may also want to use a coconut oil treatment or deep-conditioning cream once a week for intense damage repair.

Fine or flat hair

Straight hair that does not suffer with frizz, but can appear flat, suits conditioners that add some much-needed texture.

Choose conditioners that are:

Volumising • Lightweight

Avoid products that claim to be:

Heavy • Moisturising • Smoothing

Coloured hair

Coloured hair has very specific needs, especially if you want to retain your colour for as long as possible. In terms of a conditioner, you need one that will seal hair cuticles.

Choose conditioners that are:

Colour-safe • Colour-depositing • Hydrating

Avoid:

Any conditioner that is not for coloured hair

Afro hair

Afro hair tends to be described as kinky owing to the intensity of its curl. However, with the right conditioner, it can look both healthy and shiny.

Choose conditioners that are:

Deeply hydrating • Oil-based • Protein-based

Avoid products that claim to be:

Volumising • Lightweight

Conditioner
Confusion



ALL CHANGE: HEDI SLIMANE

We look at the creative directors who have transformed some of the world's most famous fashion houses. In this issue, it's Hedi Slimane.

Looking at Hedi Slimane, we see someone who appears to represent the very essence of French style. A creative director of exemplary reputation and influence, he has revived the fortunes of ailing fashion houses at problematic times in their history, allowing them to emerge on the other side with a renewed take on flair, panache and relevance.

And yet the 52-year-old has genetics that originate some distance from his native Paris. Born to a Tunisian father and an Italian mother, Slimane's cultural influences are well mixed. Sure enough, he discovered photography at the age of 11, and by the age of 16 was designing and making clothes.

Perhaps it is the exuberance of Italy and fabric-adorning reputation of north Africa that combined in inspiring Slimane to creative brilliance. If it was, then Yves Saint Laurent was the grateful beneficiary. After serving his apprenticeship at Louis Vuitton, Slimane moved to YSL in 1996, and by the year 2000 was on the move again, installed as creative director at Dior Homme (the menswear line of Christian Dior).

He switched back to YSL for two years from 2016, and is now creative, artistic and image director at Celine, a move that coincided with him topping *Vanity Fair's* list of the 50 most influential French people in the world.

Slimane's edge has always been in combining art, photography, fashion and music. For someone who has operated at the very top table of some of the world's leading fashion houses, he still manages to work in influences of punk, pop, tabloid chat and broadsheet formality.

His collections are never afraid to move brands forward into brave new quarters, and that has only ever reinforced his reputation as a game changer in the fast world of fashion.

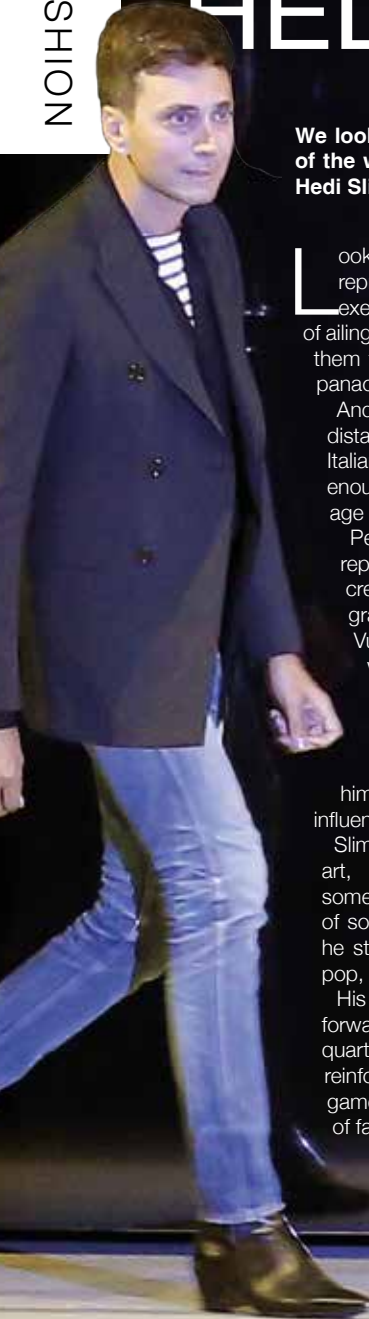


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DRIVER DANGER

THE PENALTIES AND REPERCUSSIONS FOR OUT-OF-DATE MOTS, INSURANCE AND TAX

The responsibility of making sure a car is being driven legally, and that all the proper checks are up to date, is one not just to ourselves and our passengers but also to everyone else both on and off the road. From motorists to cyclists and even pedestrians, it's vital our cars are roadworthy – in fact, it's so important that the government will impose strict sanctions on anyone not toeing the line.

MOT

A huge number of people drive on our roads unaware that their MOT has expired; and yet with the DVLA's reminder system, setting up a simple text message alert would prevent this happening.

The only time you're allowed to travel on the road with an expired MOT certificate is if you're en route to the test centre to get the service done, otherwise you could be looking at a fine of £1,000.

In 2020, during the COVID-19 outbreak and

subsequent lockdown, MOT dates were extended, though this is not the case in 2021.

TAX

Road tax is a necessity for any car, and you can expect a hefty fine in the post (of up to £1,000), if you're driving around in an untaxed vehicle. That may be a better scenario for some than the alternative – your car is clamped, and if the fine isn't paid quickly it is impounded, incurring a daily fee of £21.

INSURANCE

The big one – driving without insurance is the biggest threat to yourself, your passengers and other road users. It is looked upon dimly, and if you are stopped by the police, your keys will be confiscated immediately. A £300 fine and six points on your licence is the minimum, but greater penalties, including disqualification, are possible.

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