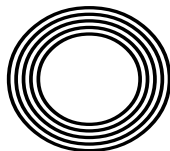


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Remembering
20 years since 9/11

JEREMY CLARKSON
Swapping super cars for tractors



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Photo credit: BBC & Nick Eagle

ALEX SCOTT

The sport pundit rising through the ranks



HOUSEKEEPING TEAM LEADER

We are currently looking for an experienced Housekeeping Team Leader/Supervisor to join our busy Housekeeping department.

If you are a Housekeeping professional with supervisory experience or maybe a very strong and focused Room Attendant looking for your first supervisory position, we would love to hear from you.

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- Ensuring all front of house areas are cleaned on a daily basis.
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- Ordering Linen as required
- Ordering cleaning & room supplies as required
- Training and mentoring staff
- Preparing staff rotas that reflect business demands
- Rota & Holiday planning
- Cleaning guest rooms as and when required
- Making sure the linen room is kept in a clean and orderly fashion.

Desired Skills & Experiences

- Previous experience within a hotel housekeeping environment preferred
- Supervisory experience in a similar role would be preferred but training will be given if we feel you have the drive to succeed in this role.
- Friendly, approachable manner with outstanding customer service skills.
- The ability to train and coach junior members of staff, using a patient and nurturing approach

- The ability to accurately process information with a good standard of written English & numeracy, demonstrating accuracy and attention to detail
- The ability to work efficiently as part of a team
- Must be eligible to live & work in the UK.

You will be working five days out of seven on a rota basis, usually between 7:30am - 4:30pm.

20 days holiday per annum plus Bank Holidays

Ready to apply...

Please provide a CV and a short cover letter briefly outlining why you believe you are a good candidate for this role to: housekeeping@marygreenmanor.co.uk. Applications without a cover letter will not be considered.

We have a responsibility to ensure that all employees are eligible to live and work in the UK. In accordance with the UK Government's immigration points-based system, this post does not meet the characteristics of a skilled job including salary criteria to be eligible for sponsorship under the Skilled Worker Route.

Please note we are unable to respond to all applicants. Candidates will be contacted within one week if we wish to progress your application.

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Main Duties & Responsibilities

- Ensuring your areas of responsibility are prepared and ready for service
- Escorting customers to their tables
- Presenting menus to customers and informing them of daily specials.
- Explain how various menu items are prepared, describing ingredients and cooking methods
- Serving food and/or beverages to patrons; prepare and serve specialty dishes at tables as required
- Checking with customers to ensure that they are enjoying their meals and take action to correct any problems
- Removing dishes and glasses from tables or counters, and taking them to kitchen for cleaning.

Desired Skills & Experiences

- Previous experience in a catering hospitality, fine dining & banqueting environment
- Friendly, approachable manner with outstanding customer service skills
- The ability to train and coach junior members of staff, using a patient and nurturing approach
- The ability to accurately process information with a good standard of written English & numeracy, demonstrating accuracy and attention to detail

- The ability to work efficiently as part of a team
- An up to date hygiene qualification
- Must be eligible to live & work in the UK.

You will be working a variety of shifts including evenings and weekends. There will be some late finishes so having access to your own transport may prove advantageous. 20 days holiday per annum plus Bank Holidays

Ready to apply...

Please provide a CV and a short cover letter briefly outlining why you believe you are a good candidate for this role to: sales@marygreenmanor.co.uk. Applications without a cover letter will not be considered.

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Editor's notes...

SEPTEMBER 2021



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** BrentwoodOngar. As we approach the final few months of the year (I won't mention the C word, don't worry!), it has been fantastic to see the high street bouncing back over the past few weeks.

I have been out and about visiting some of our advertisers and speaking to new businesses which opened during the COVID-19 pandemic. I've been really impressed with them - in particular, the ones who have opened businesses recently during these tough times. It really shows entrepreneurial spirit at its finest, in my opinion.

We can always give ourselves excuses and try to convince ourselves, due to things out of our control, to delay plans or put them off to another day, but I think we need to all take our hat off to those who are expanding during these times. COVID-19 isn't going away, so we need to learn to live with it. Be cautious, but live life the best you can.

Having friends and family myself who had COVID-19, some who beat it and some who were less fortunate, I can say this has taught most people I meet to take every day as if it were your last. Stay positive! Hope you enjoy this month's edition.

Nik Allen

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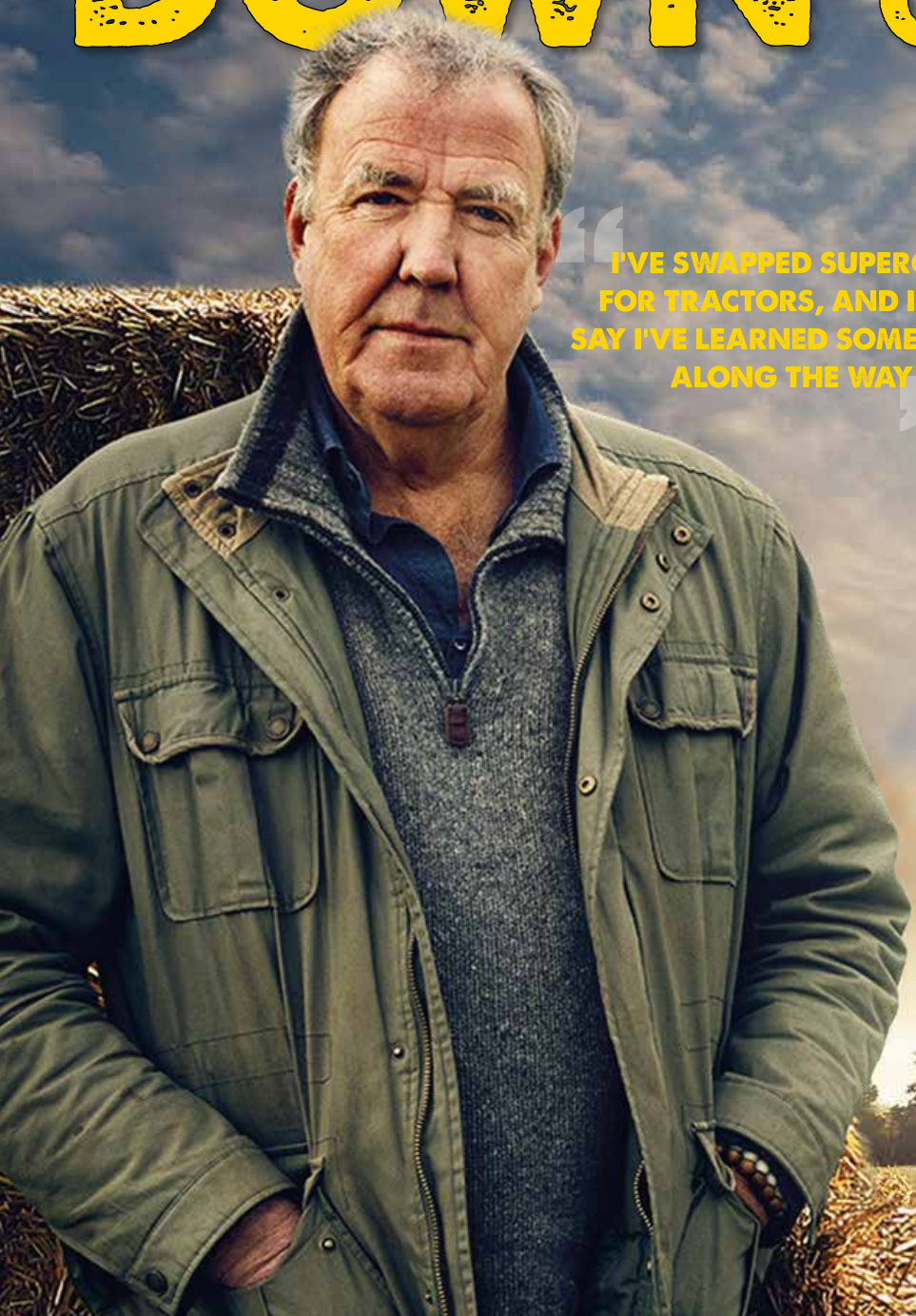
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DOWN ON THE FARM



“I’VE SWAPPED SUPERCARS FOR TRACTORS, AND I DARE SAY I’VE LEARNED SOMETHING ALONG THE WAY.”

FROM MASERATIS TO MASSEY FERGUSONS, JEREMY CLARKSON’S NEW LIFE IN RURAL COTSWOLDS IS PROVING A RATINGS WINNER

Consider the image of the traditional British farmer – working the land, toiling with crops, taking care of animals. He would be loud, brash, rugged, stubborn and most probably confrontational (certainly if you were to stray onto his land).

It’s quite fitting, then, that all those adjectives have been used to describe former *Top Gear* host, Jeremy Clarkson, at various points in the past.

The popular presenter, who has excelled as Chris Tarrant’s successor as host of *Who Wants to be a Millionaire?*, is in the second phase of a new existence, tending to his meadows in the scenic idylls of the Cotswolds. His TV show, *Clarkson’s Farm*, has proved to be one of Amazon Prime’s most successful original series following its launch in June.

The concept is a simple one – a city boy, Clarkson, decides to take up farming when a local villager gives up existing rights to farmland in 2019. Whilst embarking on a life in the country, a film crew follows Clarkson’s every move, documenting a layman’s painfully slow elevation into the farming fraternity.

Naturally, any series that showcases ‘Jezza’s’ calming charisma should find itself onto a winner, and reviews have been good. One journalist described the presenter as “a grown man playing *Farming Simulator* in real life”, and that pretty much captures what’s going on.

The fields Clarkson tends to have been rotated between barley, rapeseed and wheat, although getting to the point of making money from the land has proved a huge undertaking – it was revealed that at the end of series one, Clarkson had made a total profit for the year of just £144.

“Some people will say it’s about the money; for others, it’s the experience,” says the 61-year-old. “This has certainly been an interesting experience where I’ve stepped out of my comfort zone. I’ve swapped supercars for tractors, and I dare say I’ve learned something along the way.”

Such has been the success of the experiment – in TV terms, if not financially for the forlorn farmer – that Amazon Prime is backing a second series.

Clarkson hopes to have sorted a few teething problems that arose during his first year in charge – not least the opening of his farm shop in Chadlington, which created a three-mile queue and necessitated police intervention to disperse the crowds.

He added: “Farming, from the outside, seems to be such a gentle, serene existence; but it’s safe to say it’s anything but.”

And while Clarkson’s foray into agriculture has more than enough to do with making good TV, he has gleaned unexpected praise from the farming world, in the way the series lifts the lid on the tough realities of the industry.

“It’s worth remembering, if we didn’t have farming and agriculture in this country, we’d have nothing. It is the staple of everything around us. I always respected what those men and women do out in the field, but now my admiration is even greater.”



REMEMBERING

20

YEARS OF 9/11

September 11 marks two decades since the largest modern-day assault on the Western world



Many people will be able to recall the events of 9/11 – a day in September 2001 when the world changed forever. It was at 8.45am that the first flight, hijacked by terrorists working for Islamic group, al Qaeda, struck the side of the north World Trade Center in New York City.

As the eyes of the world focussed in on the event, supposing a freak accident had caused the first plane to smash into the 80th floor of the 110-storey skyscraper, a second plane hit the south tower 18 minutes later. A plume of fire engulfed the area, as the aircraft's 20,000 gallons of fuel ignited.

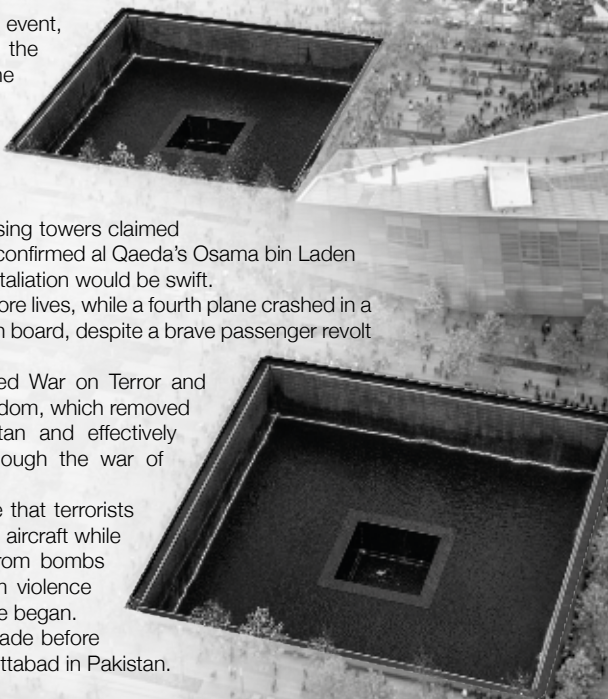
It suddenly became clear that this was no accident. As the hours went by and the collapsing towers claimed almost 3,000 lives, President George W. Bush confirmed al Qaeda's Osama bin Laden as the organiser of the attacks. He promised retaliation would be swift.

A separate attack on the Pentagon claimed more lives, while a fourth plane crashed in a field in Shanksville, Pennsylvania, killing all 44 on board, despite a brave passenger revolt that attempted to overpower the hijackers.

In the aftermath, the US began the so-called War on Terror and immediately launched Operation Enduring Freedom, which removed the Taliban regime from power in Afghanistan and effectively destroyed bin Laden's terrorist network; although the war of fundamentalists continues to this day.

Air travel was transformed globally to ensure that terrorists should never again be able to gain power of an aircraft while in the air – previously, the threat had been from bombs smuggled onto flights. Meanwhile, anti-Muslim violence increased globally, and a new era of surveillance began.

Bin Laden remained at large for another decade before finally being tracked down to a hideout in Abbottabad in Pakistan. He was killed by US Navy SEALs in 2011.



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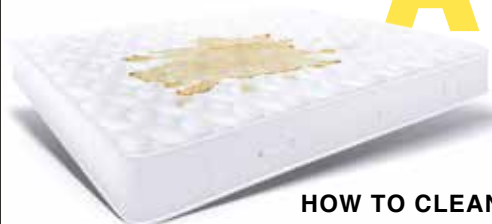
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A CLEAN night's sleep?



HOW TO CLEAN A MATTRESS IN FIVE SIMPLE STEPS

From dust mites to dead skin, dirt to dog hair, your mattress could be harbouring a whole host of unpleasant debris, especially if you fail to clean it once every six months as recommended by cleaning experts.

Fortunately, cleaning a mattress is much easier than you might think...

STEP 1: GATHER YOUR CLEANING SUPPLIES

To deep clean your mattress, you will need:

- > A vacuum cleaner with an upholstery attachment
- > An enzyme-based cleaner
- > Baking soda
- > Cloths
- > Cold water

STEP 2: VACUUM THE MATTRESS

Go over the entire surface of your mattress using the upholstery attachment on your vacuum cleaner. Don't forget to do the sides, and pay special attention to the seams.

STEP 3: SPOT CLEAN THE MATTRESS

You should never soak your mattress or apply water directly to it, especially if you have a memory foam

one, so you need to spot clean any stains instead using an enzyme-based cleaner. Spray the cleaner on to a cloth and blot the affected area. Then apply cold water to a different cloth and blot again.

STEP 4: SPRINKLE BAKING SODA

If you can't put your mattress outside for some fresh air, baking soda is the next best thing. Simply sprinkle a layer over your whole mattress, leave for several hours, or ideally overnight, and the baking soda will break down any acid and absorb any remaining moisture or odours. Vacuum again.

STEP 5: FLIP THE MATTRESS

Now that one side is spotless, flip your mattress over and repeat all of the above steps on the other side.

HOW TO PROTECT YOUR MATTRESS

- > Invest in a mattress protector
- > Use fitted sheets that are washed regularly
- > Give your pets their own designated beds
- > Rotate every two to six months
- > Strip your mattress, open the windows and let your mattress air once a month



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Boujee BOUCLÉ



If there's one home trend that Instagram can't get enough of, it's bouclé. Cozy, cute and classy all at once, it's taking over interiors all across the internet.

But what is bouclé, and why do you need it in your home? The word bouclé comes from the French 'boucler', meaning 'to curl'. A type of wool fabric, it's made from looped yarn and has a heavy texture that not only looks stylish, but also has a soft, comforting feel.

Bouclé is proving to be the fabric of the year thanks to some inspiring upcycling projects and an influx of bouclé home accessories that add style to your home space, without compromising on comfort.

There are plenty of great ways to bring bouclé into your interior, ready to welcome the autumn season. Some of the main ways of introducing bouclé include:

THE OCCASIONAL CHAIR: A bouclé occasional chair makes a great addition to any space. Ideal for your bedroom or for additional seating in your living room, your new chair will make the perfect addition to your home. It can also fill a hallway or landing space to add an extra cosy touch.

THE STATEMENT BENCH: If you want to add a statement to your home, then a bouclé bench is a simple and affordable way to do it. Perfect for the hallway or your kitchen, a bouclé bench will add a country chic look to your home.

THE STYLISH ACCESSORY: If you want to do bouclé on a budget, then choosing some woollen accessories is one of the easiest ways to embrace the trend. Bouclé cushions and throws can create a softer look, and the neutral colours will blend in easily with your existing decor. As one of the top trends for the winter months, you can be sure of finding bouclé accessories all over the high street.

THE FURNITURE MAKEOVER: If you've got a tired old armchair or sofa in need of a facelift, then a bouclé makeover could be just what you need. You could also source a second-hand item to reupholster for an affordable and fun upcycling project. Check out #boucle on Instagram to get some inspiration.

Bouclé adds a stylish Scandinavian touch that adds the perfect amount of texture to your home. Will you be embracing the bouclé trend this season?

Photo credit: nookandfind.co.uk, apacherstore.com, Heals via housebeautiful.com

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HOME & DIY

LOVE CHIC LIVING...

...inspiring home style with Jen Stanbrook



With so much home design inspiration out there, it's easy to get lost in a sea of ideas. But when you're looking for classic ideas, or you need some style advice, there's only one place to go – Jen Stanbrook.

Jen is the friendly face behind Love Chic Living, a lifestyle blog that aims to "inspire with achievable home decor ideas, tips and makeovers". The blog is a great place to find home inspiration, as well as all kinds of tutorials and guides.

Want to style your home the Love Chic Living way? Learn more about Jen's incredible home style.

WHO IS JEN?

Jen is the first person to admit she's an interiors addict. Her love for all things interiors led to the creation of her blog, where she showcases "inspirational yet achievable home interiors". Jen also works as a freelance blogger, writing blogs for other clients. Jen is a mum-of-two and lives in a gorgeous Victorian terrace, which goes to show that family

homes don't have to be boring.



EMBRACE LOVE CHIC LIVING IN YOUR HOME

Jen's style makes the most of classic details, but also uses a lot of colour and quirky details that make her home stand out. There are some great colour blocks to enjoy in Jen's home, which show that even traditional homes can sparkle with some bold choices.

What's great about Jen's style is that it is very accessible and easy to recreate yourself. Jen uses prints and wallpaper to brighten living room spaces or to create details such as fake panelling, something that can easily be done to transform a room without much effort.

Even more classically styled areas, like the kitchen, bring in some subtle details that draw the eye, such as hexagon tiles and pops of yellow. Taking small risks with your styling can create a look that's unique to you, which is why Jen's home style is so adored.

If you want to embrace the Love Chic Living look in your home, the following tips can help you create some standout looks:

- > Don't be afraid to use patterns in your home to add some interest. Jen layers contrasting rugs to create some unique and vibrant looks.
- > Mix up your colour scheme by using muted wall colours against bold accessories. to create a look that's modern and on trend.
- > Look to your high street, local independant shops or boutiques to find some amazing items.

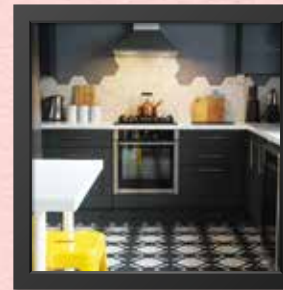


Photo credit: lovechicliving.co.uk



HOME & DIY

SHAPE YOUR DAY WITH

fragrance zoning

Fragrance zoning, also known as scent-scaping, is the process of differentiating spaces in your home using the power of fragrance.

Allowing you to create zones for productivity, relaxation and invigoration, scent-scaping is one wellness trend we can definitely get on board with.

KITCHEN

You want this pivotal room in your home to smell fresh and bright, but you also need to consider scents that neutralise unsavoury odours. Opt for citrus-based aromas, such as lemon, lime, tangerine and grapefruit, and avoid spicy or overly sweet scents that will clash with food smells.

LIVING ROOM

A place to relax and unwind after a hard day, your living room should be your sanctuary for downtime. Choose scents that evoke feelings of calm, such as jasmine, cinnamon, rosemary and ambergris. Alternatively, if you are looking to create a lively, social atmosphere, herbs such as basil and sage and fruits including green apple and pomegranate are best.

BEDROOM

As you would expect, lavender is the perfect aroma for inducing sleep, so is ideal for using in the bedroom. However, a bedroom is not just a place to rest; you may also want to feel invigorated in the morning, which citrus, mint and eucalyptus can help with. Alternatively, set the scene for romance with amber, vanilla, sandalwood and cedarwood.

OFFICE SPACE

If you are working from home, you need to be able to create a clear boundary between your work space and other areas of your home. Opt for uplifting aromas that will keep your motivation levels high, such as sweet mandarin, white grapefruit and aromatic herbs such as basil and mint.



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Fix up your FRONT DOOR

As they say, first impressions are everything, and this is particularly true when it comes to your home. Whether you are looking to sell or you simply want your property to look its best, these front door ideas promise to boost your kerb appeal and make your neighbours green with envy.

WONDERFUL WOOD: If you are looking to invest in a completely new front door, you can't go wrong with good old, reliable wood. Offering warmth and visual appeal, wooden doors can be easily refreshed and updated and, when looked after properly, can last a lifetime.

CLEVER COMPOSITE: A slightly more luxurious option to uPVC, composite doors are made using a variety of different materials, such as timber, reinforced plastic and, occasionally, steel. Offering durability and longevity, composite doors will not warp, rot or crack, so there will never be a need to sand, strip or paint them.

COLOUR CONSIDERATION:

Although white remains the most popular choice for front doors, bold colours, such as vibrant reds and deep blues, are becoming increasingly popular for properties in cities. If you have a brick house, look for shades that sit opposite on the colour wheel. Red bricks suit blue or green tones, whereas sandstone looks great with yellow or red.

DOUBLE UP: If your property boasts a wide entrance, you are in the fortunate position to be able to select a double door. Perfect for homeowners who are looking for the wow factor, double doors come in a range of different styles and colours, with options to suit both traditional and contemporary homes.

ADDED TOUCHES: If you don't want to invest in a new front door, why not update your current one?

- > Add a seasonal wreath
- > Invest in new hardware, such as door handles and a letterbox
- > Upgrade your lighting with lanterns or a hanging door pendant



HOME & DIY



ALTERNATIVE USES FOR

VODKA

Have you got a near-empty bottle of vodka gathering dust in your cupboard? If your answer is yes, you will be pleased to know that there are countless ways to use this odourless spirit around your home.

TO DEODORISE CLOTHES: Fallen behind on your washing? Simply spritz your blazer or suit jacket with vodka and marvel as the spirit eliminates smelly bacteria and leaves your clothes odour-free.

TO CLEAN WINDOWS: Getting your windows streak-free can be a challenge, but not anymore. All you need to do is create your own homemade window cleaner using one cup of water, half a cup of vodka and ¼ teaspoon baking soda. Spray directly onto the glass and wipe with a microfibre cloth.

TO REMOVE GREASE: Both straight vodka and a one-to-one vodka-water mix can be used to degrease range hoods, backsplashes and countertops. You can also add a few tablespoons of vodka to your washing-up bowl to cut through the grease on oily dishes.

TO PROLONG THE LIFE OF RAZORS: Banish dull razors for good by cleaning the blade and then soaking in a glass of vodka for 10–15 minutes. Not only does this completely disinfect your razor, but it also helps to remove rust.

TO REMOVE MOULD: Vodka can be used to quickly and effectively clean mouldy spots around your home. Just pour some vodka directly onto the affected area and then scrub with a sturdy brush.

TO PRESERVE PLANTS: Vodka has the ability to inhibit ethylene production, so add a few drops of undiluted vodka to cut flowers or plants to extend their lifespan.

TO REMOVE VOMIT STAINS: Spray diluted vodka directly on to a vomit stain, scrub and then blot dry. Voila! No more nasty stain.



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Mr and Mrs W had grown weary of their 14 year old kitchen which came with their property when it was built, it was tiny and meant the cook of the house worked in total isolation.

The client had an old Howdens kitchen which they were no longer happy with, they had mentioned that they might want to bring a wall down to open up the space and brick up a doorway to change the layout of the downstairs but wanted advice from architects and designers before making such large scale changes to their home

They had already had some so called 'designers' round to help but nobody seemed to be able to make any better use of the space. Tiring of the process they consulted an architect to draw up plans for an extension, it was whilst they were deliberating on this, that a work colleague suggested they see Regal. Being impressed by the showroom and team they were excited to invite one of their designers around. Within minutes John had a clear vision, which included blocking three doors and a window off, together with taking down two walls, this really created a space to put their new kitchen at the heart of their home



An L shaped kitchen with twin ovens and a larger fridge and freezer at the end, incorporating the flex induction hob creates a large, functional and ergonomic design and the dark blue shaker furniture on the entertaining island really adds warmth to the space. Diamanté handles add a bit of glam into the look.

Overall the clients are delighted with their completed kitchen, and Mrs W has said she is eternally grateful to the friend who recommended Regal Kitchens.

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LOCAL NEWS

from your neighbourhood



LOCAL NEWS BRENTWOOD



Young racer celebrates second victory of the year

A young Brentwood resident claimed a stunning victory at a racing championship last month.

Liam McNeilly won the Ginetta Junior Championship at Oulton Park to surge to the top of the points table for the first time.

The 15-year-old, from Brentwood School, was in sensational form on race day as he stormed through from eighth on the grid to win for the second time in 2021 and take a decisive series lead. His rookie teammate, Maurice Henry, also enjoyed his best result of the year.

Cutting a near two-second deficit from testing to qualify just 0.6s off the pace, Liam made an excellent start, and was up to third by the time the race was

stopped for several minutes after an 'off' for another competitor.

Cunningly making his way to the front as others made mistakes, he then resisted immense pressure from a train of cars behind him for the final two laps.

Liam said: "It feels amazing to win again – even better than I felt after the first win at Snetterton. After not qualifying up where I'd hoped to be, I knew I was going to have to fight for this one."

"As it turned out, I was able to get to the front by taking advantage of some of the other guys making mistakes and moving themselves out of the way, but once I was there, I felt under quite a bit of pressure to defend the lead."

Photo credit: Brentwood School



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Students off to Cambridge as school celebrates exam results

After an extraordinary two years, Sixth Form students at Brentwood School received their A Level and BTEC results last month.

A total of 16 students got straight A* grades, with five of them off to Cambridge, and 85 per cent of the school's students are heading to their first-choice destination.

Among the individual A Level successes are Emma Bowie-Britton, who received A*s in maths, further maths, chemistry and physics, and will be studying chemistry at the University of York.

Deputy head of school, Will Johnson, who has been heavily involved in the school's performing arts programme, was quite taken aback with his straight A*s in English, history and drama, and will be going to the University of Exeter to study English and drama.

Five students will be studying at Cambridge University: Hong Kong boarding student Torres Ng will be studying geography at Homerton College; Sriram Akula will study computer science at Trinity Hall;

Sarah Blockley will study psychological and behavioural sciences at Clare College; and Lucy Hodgkinson and William Jones will both study classics at Gonville and Caius College and Pembroke College respectively.

Headmaster Michael Bond said: "It's been a very challenging couple of years for this cohort of students, but they have worked hard to overcome this adversity and earned their grades through what has been a thorough and robust process.

"The fact that so many of our students have achieved their preferred next step, be it at university or in the workplace, in the UK or further afield, is terrific news.

"I'm confident, not only that the grades they've received are a true reflection of their ability, but also that the experience they have had over the past year has made them even more resilient as they head into a modern and changing world."

To keep up to date with news from the school, visit www.brentwoodschool.co.uk

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Home care company retains outstanding status

A home care company that covers Brentwood, Billericay and Upminster has revealed that it has retained its Outstanding rating from the Care Quality Commission (CQC).

Home Instead's rating was reviewed in July, with the CQC revealing last month that it had found no evidence of a need to reassess the rating or carry out a further inspection.

A spokesperson for the care company said: "I am

delighted to announce that we have retained our Outstanding rating.

"Well done to our fantastic caregivers and wonderful office team, who have been incredible throughout the pandemic."

Based on reviews from clients and their loved ones, the care company was also named as the most recommended home care company in the UK by homecare.co.uk





Work begins on theatre refurbishment

LOCAL NEWS BRENTWOOD



Work is underway at Brentwood Theatre to refurbish the foyer and bar area.

Brentwood Theatre is home to storytelling and rhyme time sessions, family Christmas shows, the Get Into Arts Festival, The Brent Awards, technical theatre training, Brentwood Community Cinema, weekly Tai Chi sessions, more than 40 local musical theatre, drama and dance groups, and much more.

A spokesperson for Brentwood Theatre said: "We have started an exciting new chapter as a full refurbishment got underway. The refurb will see a number of improvements made to the space, including a new bar and café, extra seating areas, new flooring, improved lighting and refurbished toilets.

"The work on the foyer and bar is only phase one of a larger redevelopment project at the theatre as we modernise how we operate and make our spaces more accessible and available.

"We can't wait to share more of these redevelopment plans with you over the coming days and weeks."

Government funding boosts tourism with fun events

Brentwood Borough Council has received £67,382 from the government's Welcome Back Fund to help boost the borough's tourism with improved outdoor seating areas, markets and food pop-ups.

Part of the funding was used to support the Crown Street Festival, which took place in Brentwood on Saturday, July 31.

Owner of the Chicken and Frog Bookshop on Crown Street, Natasha Radford, said: "We have all been looking forward to celebrating summer safely with our

customers and the festival brought some new visitors to Crown Street, too. It's been great working with the council to make the event a really lovely day out."

Brentwood Borough Council worked closely with the independent businesses along Crown Street to organise the fun, family-friendly event, which was filled with free activities.

Visitors were able to take part in various activities, such as creating their own crowns, listening to storytelling, taking part in a macrame workshop, building their own terrarium at The Greenhouse, and sampling food and drink tasters from The Larder.

Chairman of the community and health committee, councillor Cliff Poppy, said: "The Crown Street Festival complemented the council's own Discover Summer catalogue of events, which is aimed at supporting the local economy and encouraging residents to get out and about in a safe way.

"The Welcome Back Fund offered the opportunity to look at initiatives and encourage businesses to innovate and expand what they have to offer."

Housebuilder's donation supports school leavers

Redrow, a local housebuilder, donated £750 to St Peter's School in Brentwood to sponsor a marquee for its Year 6 leavers event.

In support of the outgoing cohort of children, Redrow visited the local primary school in Brentwood to present the cheque at the event.

Mr Gunn, headteacher at St Peter's School, commented: "The Year 6 staff and I are grateful to Redrow for the contribution they have made, which has allowed us to hold this event in a safe way. It was a day which we hope the children will remember."

Kerry McCoubrey, sales director for the Redrow eastern division, commented: "We are delighted to be supporting St Peter's School through our donation after what has been a challenging year for many schools across the UK.

"This is a milestone event for the Year 6 leavers, and we are pleased that they were all still able to celebrate as planned."



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BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar

As this month's **VISION**BrentwoodOngar is published, children will be heading back to school, students will be going to university, and many young people will be starting Sixth Form, apprenticeships and new jobs.

It's been a hugely challenging couple of years for these young people, with their education disrupted by the coronavirus pandemic.

Fortunately, now we have moved to Stage Four of the government's roadmap, the Department for Education announced that COVID-19 restrictions will also be lifted in schools. As such, social distancing will no longer be necessary and schools will not need to stagger start and finish times, though schools can continue their individual existing arrangements if they wish.

School bubbles have also been removed, and it will be necessary only for children with a positive COVID-19 test or symptoms to isolate. Daily contact testing will be used for their classmates in order to ensure they do not miss school unnecessarily.



Young people heading to university are being encouraged to be double vaccinated as soon as possible, especially as the government is planning to make full vaccination a condition of entry to nightclubs and other venues with large crowds.

Wherever the young folk of your family are heading this autumn, be assured the pandemic (and their teachers) has made them resilient, independent learners and that the next stage will be all the sweeter for hard times endured.

Prizes offered as part of fun trail

Residents took part in a summer Safari Trail around Shenfield, Brentwood and Ingatestone to be in with a chance of winning prizes.

The event, which started in July and ran until September 3, offered various prizes, including a trip to Colchester Zoo and Click It Local vouchers. Once participants had found all 12 animals scattered around the area, they were asked to fill in the details on a game sheet and post it into the jungle mail postbox in The Baytree Centre on Brentwood High Street.

Speaking before the trail began, Mayor of Brentwood, councillor Olivia Sanders, said: "My thanks go out to all our local community hubs, volunteers, food banks, NHS key workers and carers. I hope you and your families enjoy finding the 12 animals hidden around Brentwood, Shenfield and Ingatestone over the summer holidays."

"With special thanks to all of our sponsors: Baker Labels, Brentwood Care Centre, Brentwood Business



Partnership, Razzamatatz Theatre Schools, Hallmark Care Homes, Howe Chartered Surveyors, Mullis and Peake LLP Solicitors, Rainer Hughes Solicitors and Schmidt Design."

The winners of the prizes are set to be announced in mid-September.

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LOCAL NEWS

from your neighbourhood



More than 600 people attend first farmers' market

The first Ongar Town Forum Farmers' Market and Craft Market proved to be a huge success.

The market, which was held on Sunday, August 1, in The Pleasance car park on the High Street, attracted more than 600 people.

The event was such a success that the second market, held on Sunday, September 5, was announced a week later.

Speaking before the second event, Ongar Town Forum chairman, Martyn Pattie, said: "It was great to see so many people turn out for our first market, which featured an array of stalls. A big thank you to everyone who came along."

"It was the first time Ongar Town Forum had held such an event, which certainly fulfilled the aim of bringing people - including many who live outside Ongar - into the town."

"Many stallholders will be returning and we are

already receiving enquiries for the September market.

"A special thank you to Epping Ongar Railway, which offered a special discounted ticket for passengers visiting Ongar during the market, and to Chingford Morris Men, who travelled to Ongar to perform."

County councillor Jayme McIvor said: "I was delighted to attend the first Ongar Town Forum Market and to see so many people browsing the stalls and buying gifts as well as plants, cheese and local gins and beers."

"As a local business owner, I was especially pleased to see some of our local small businesses from across Ongar and Rural among the stallholders."

"Everyone's efforts, including the stallholders and those of the Ongar Town Forum, made the event a success."

To keep up to date with upcoming events, search 'Ongar Town Forum' on Facebook.

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Fun events planned at railway this autumn



Regular visitors to the Epping Ongar Railway will be pleased to know that it is now running a full range of services, with a number of exciting upcoming events.

On September 5, the 70 Years of the RF event will feature routes and tours operating to local towns and villages, commemorating 70 years of the iconic single-decker bus.

The Steam Gala on September 11 and 12 will celebrate the railway's history with a showcase of steam railway services, including pannier tank locomotive L94 (pictured).

For something different, children can come and meet wild dinosaurs, including Baxter the T-Rex, on September 18 and 19.

Running as part of the Autumn Diesel Gala, the Real Ale Train will make a number of journeys between North Weald, Ongar and Epping Forest throughout the evening on September 25.

Full details of all these events and more can be found at www.eorailway.co.uk

If you would like to learn more about Epping Ongar Railway, and receive a complimentary copy of its quarterly magazine, *Mixed Traffic*, please send an email with your postal address to mixedtraffic@eorailway.co.uk and mention **VISION**BrentwoodOngar.

Town council considering future of cemetery chapel

The future of a cemetery chapel remains uncertain as it continues to fall into disrepair.

Ongar Town Council is considering the future of the chapel in Ongar Cemetery, with the matter now being discussed again several years after the idea to use the building as a museum was proposed.

The council is to seek the views of Historic England

over the building, part of which is currently being used by the council as a groundsman's store.

Councillor Lawrence Mendoza said: "We've got a building that's falling into disrepair. It was going to cost more than £80,000 to put it right and it's just being used as a store. It doesn't make sense.

"We're in a position where we have this building that people have tried to get grants for, and haven't succeeded. We have to decide what we are going to do with it.

"It doesn't have any use for people visiting the cemetery. We could sell it with conditions that whoever buys it has to make it good."

Locum clerk, Michael Letch, told a council meeting that because of what the building is, where it is, and the fact it is surrounded by consecrated land, the council – or any other owner – would be very limited as to what could be done with it.

It was also suggested that an antique dealer could be approached over the chapel's unique turntable before deciding any next steps.

The council has earmarked a £20,000 budget, which could be spent on maintenance of the building or to undertake repairs.

Fire station manager rescues trapped kitten

A fire crew member was forced to act quickly after receiving a call about a kitten that was trapped in Ongar.

Ongar Fire Station manager, Steve Wintrip, rescued the kitten on Friday, August 13, after it was found trapped under floorboards on Shortlands Avenue.

The curious cat had been exploring when she became trapped.

Steve rescued the kitten and she was left in the care of her owner.

The kitten had yet to be named and her owner asked Steve if he wanted to name her. He called her Millie and left her happily eating her food.



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TECHNOLOGY

Our reliance on the cloud – that is, remote storage of everything from music to personal documents to photos – has transformed our lives, not to mention the speed of our computers and devices.

Gone are the days when our life's memories were held on hard drives or burned onto CDs. Yet there are growing fears that what we are gaining in terms of convenience, we may be losing as far as security goes, following a spate of data breaches.

With that in mind, here are five ways to keep your cloud storage safe:

TWO FACTOR AUTHENTICATION

It's a phrase that's becoming embedded in our subconscious, and plays itself out usually by having to enter a six-digit code when logging into a platform or system. In the moment, it feels like a hassle, but by doubling your protection, you're doubling your security.



CONFLICTED CONNECTIONS

While hackers may not be able to access your cloud storage via the conventional route, it could be that they can gain entry through connected apps or programmes (such as calendar or email), so regular checks and removal of any third-party apps you're not using is a great way of keeping your information secure.

NOTIFICATIONS

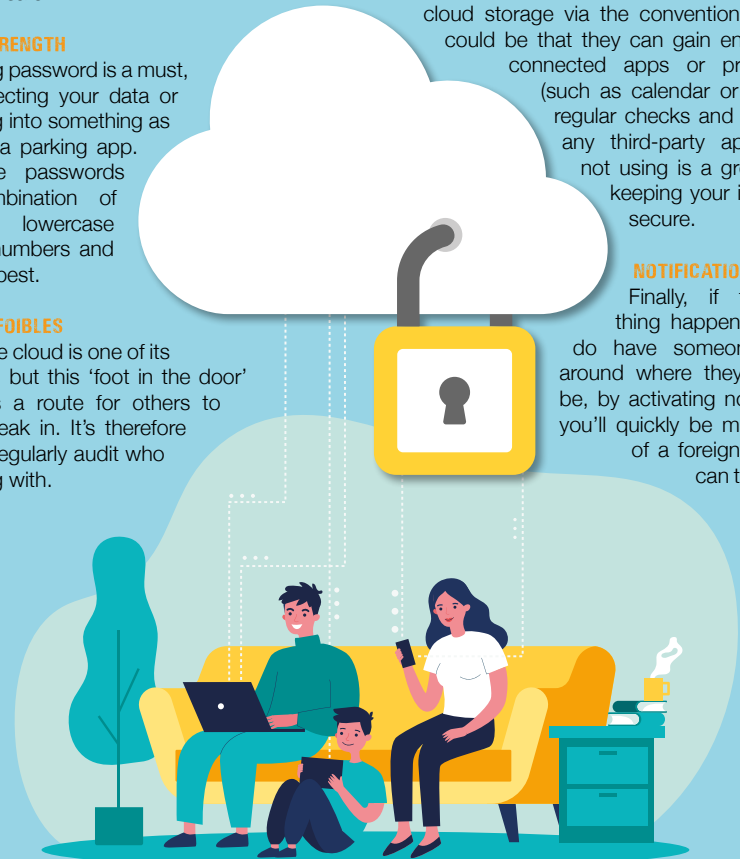
Finally, if the worst thing happens and you do have someone sniffing around where they shouldn't be, by activating notifications, you'll quickly be made aware of a foreign body and can take action.

PASSWORD STRENGTH

Using a strong password is a must, whether protecting your data or simply logging into something as mundane as a parking app. Long, unique passwords with a combination of upper- and lowercase letters, with numbers and symbols, are best.

FILE SHARING FOIBLES

Sharing via the cloud is one of its best features, but this 'foot in the door' also provides a route for others to potentially sneak in. It's therefore advised you regularly audit who you're sharing with.



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SELF-CATERING vs. ALL-INCLUSIVE: *Which one is best?*

Holidaymakers tend to fall into two categories: those who swear by the savings of self-catering breaks and those who love the convenience of all-inclusive. But which one is the all-round winner? Let's take a closer look.

PRICE

Self-catering: You will pay less per head up front, but you will have to budget for food and drinks once you have arrived.

All-inclusive: Costs are higher to book, but you are free to indulge without having to count the pennies.

Winner: All-inclusive

CHOICE

Self-catering: You can enjoy as much authentic cuisine as you want, either in a local restaurant or home-cooked at your accommodation.

All-inclusive: You are restricted to your hotel unless you want to pay extra.

Winner: Self-catering

ACCESSIBILITY

Self-catering: If your chosen accommodation is off the beaten track, you may have to utilise local

public transport to buy provisions.

All-inclusive: With everything on your doorstep – or even on your bed if your hotel has room service – you won't even have to think about venturing out for a drink, snack or three-course meal.

Winner: All-inclusive

FREEDOM

Self-catering: Allowing you to dine where you like, when you like, you could potentially eat at a different restaurant for every meal if you wanted to.

All-inclusive: With most hotels having set dining times, you are restricted as to when and what you can eat. Plus, you may feel less inclined to leave the hotel once you have already paid for all your food and drink up front.

Winner: Self-catering

SO, WHICH IS THE WINNER?

Tied at two apiece, the real answer lies in what you and your family want from a holiday. Do you like to be spontaneous or do you favour convenience? The choice is yours.

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GREAT SCOTT



Whether playing or presenting, the brilliant Alex Scott MBE has always kept the football in focus, and now her biggest challenge has begun.

.....

Conducting a career in the public eye is undoubtedly difficult enough, but doing so always in the sneering shadow of those who diminish women in sport must be doubly challenging. For that reason, Alex Scott – former England defender, BBC Sport matchday host and summariser, and the new face of *Football Focus* – is one of the very best in the game.

The 36-year-old has had to endure her fair share of criticism since she started appearing on our screens a decade ago. In a new era of media personalities who don't subscribe to the stereotype of white middle-aged men, the London-born ex-Arsenal full-back stands out for her purposeful delivery, adept understanding of the tactical and psychological intricacies of the game, and an ability to mix expert comment with light-hearted banter.

Scott's duties as Tokyo Olympics host opposite Clare Balding further proved her versatility – even if the BBC was panned for some of its coverage – and the logical progression has been for her to step into the Saturday lunchtime *Football Focus* hotseat, recently vacated by Dan Walker.

"The show has become a real lunchtime football institution and it's such an honour to be taking over from Dan, who is one of the very best on our screens," she says.

"It's a lot of pressure and I won't pretend I'm not nervous about the opportunity, but I'm discussing my favourite subject in the world, so I'm sure I'll be fine."

Scott first discovered a passion for sport growing up around the busy streets of Poplar, East London. At the age of eight, she signed for Arsenal, playing as a striker and right-winger before being converted into a full-back. After a solitary season at Birmingham City, she moved back to the Gunners in 2005, helping win a Women's Premier League and FA Cup double. Further success followed – including clinching all domestic trophies and the UEFA Women's Cup in the 'quadruple' season – though never one to rest on her laurels, she took the opportunity to explore soccer in the United States in 2009, signing for the Boston Breakers.

She returned for a third spell at Arsenal in 2011, before finally hanging up her boots in 2018. Along the way, she became the second-most capped women's England footballer of all time. She competed for the Three Lions at seven major tournaments, winning a silver at the 2009 Women's Euros and a bronze at the 2015 Women's World Cup.

Her first TV appearances came while still playing – she was a guest on *Soccer AM*, had minor roles with the BBC, BT Sport and Sky Sports, and also appeared in Bear Grylls' ITV show *Mission Survive*, which she won.

By then she had already founded The Alex Scott Academy, in partnership with Kingston College and Puma, designed to help develop female footballers aged 16–19. It was the first such academy to promote the women's game in the UK. Scott was awarded an MBE for services to football in 2017.

As well as hosting *Football Focus*, this year will see Scott present daytime quiz show *The Tournament*.

She says: "In TV work just as in my days playing football, I am one of those people who just wants to go out there and grab as many opportunities as possible, so I'm thrilled to have new challenges in front of me."

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FOR PETS: WHAT YOU NEED TO KNOW



The global CBD pet market size was valued at a whopping £20.2million in 2019 and is expected to grow at a compound annual rate of 40.3 per cent between 2020 and 2027.

From tinctures to topicals to treats, there is a whole host of CBD products that are specifically designed for pets. However, do they work and, most importantly, are they safe?

WHAT IS CBD?

CBD stands for cannabidiol and is the second most prevalent active ingredient of cannabis. Derived from the hemp plant, unlike tetrahydrocannabinol (THC), CBD does not have any psychoactive properties and will therefore not make you or your pet feel 'high'.

WHAT ARE THE BENEFITS OF CBD FOR PETS?

Although research is still ongoing, there are several potential benefits of CBD for pets, including:

- ★ Reducing stress and/or anxiety, including separation anxiety
- ★ Acting as a natural pain reliever, especially for inflammatory conditions such as arthritis

- ★ Enhancing appetite
- ★ Reducing nausea and/or vomiting
- ★ Treating skin conditions
- ★ Helping wounds to heal faster

IS CBD SAFE FOR PETS?

There is no evidence to suggest that CBD is toxic to dogs or cats, as long as it is given in the right doses and is purchased from a trusted manufacturer. In terms of potential side effects, there is currently no scientific data on CBD usage in pets but, based on humans, they could possibly experience:

- ★ Dry mouth
- ★ Lowered blood pressure
- ★ Drowsiness

IS CBD FOR PETS LEGAL IN THE UK?

CBD oil has not yet been approved by the Veterinary Medicines Directorate or the Food Standards Agency (FDA) as an official medicine. If you think that CBD could help your pet, you need to speak to your vet first, as only they can legally prescribe CBD to your animal.



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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.

When talking to the Manager of Cloudy2Clear windows Chris Miller it became clear that these values have been held dear for a number of years. Since starting the business some years ago Cloudy2Clear have remained true to their core values of

supporting the local community by providing a service that saves the public money.

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5 Gardens

TO VISIT THIS AUTUMN

Make the most of the last of the warmer days before winter sets in with a relaxing stroll around some of the finest gardens the country has to offer.

HERGEST CROFT GARDENS – Kington, Herefordshire, HR5 3EG
Covering more than 70 acres in the Welsh Marches and boasting spectacular views of the Black Mountains, this gem of a garden is a tree-lover's paradise. Home to more than 5,000 rare trees, including the National Collections of maples and birches, the more formal gardens include roses, irises and herbaceous borders.

EXBURY GARDENS – Exbury, near Southampton, SO45 1AZ
Famous worldwide for its Rothschild collections of rhododendrons and azaleas, when exploring these 200 acres of woodland gardens, look out for the viburnum and cotoneaster, which are particularly stunning at this time of year.

KNOLL GARDENS – Hampreston, Dorset, BH21 7ND
If you prefer a more intimate garden, Knoll Gardens is the perfect choice. A natural garden that exudes peace and tranquillity, it offers a handsome collection of woody plants and some of the best grasses around. Don't leave without snapping some inspirational photos for your own autumn garden.

THE SAVILL GARDEN – Englefield Green, Surrey, TW20 0UU
At this popular garden, each season brings something new, with autumn signalling the arrival of maples and cherries, as well as breath-taking displays of fungi. A great day out for horticultural enthusiasts and families alike.

SHEFFIELD PARK AND GARDEN – Haywards Heath, East Sussex, TN22 3QX
Although famous for its displays of spring flowers, this park is actually at its best in autumn, when its collection of exotic trees and shrubs comes alive in an abundance of vibrant oranges and rich reds. Ideal for anyone who loves to be surrounded by open water, enjoy the striking reflections in the lake and see all your stresses ebb away.



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GROW YOUR OWN – available for free on iPhone and Android devices

Created by the experts at The Royal Horticultural Society (RHS), this handy app is ideal for people who want to grow their own fruit, vegetables and herbs. Perfect for beginners, you will find a profile provided for each plant, complete with detailed horticultural advice.

PRO LANDSCAPE HOME – available for free on iPhone and Android devices, £14.99 for access to more items

One of the most popular garden design apps available, this easy-to-use app provides all the tools and advice you need to redesign your landscape. To get started, all you need is a picture of your garden. Then you can search for plants, add focal points such as water features, and create your dream space.

GARDEN TAGS – available for free on iPhone and Android devices

If you are worried about keeping your garden in optimal condition once it is complete, this app can help you. Providing instant plant identification, growing advice and plant care instructions, you can log every plant in your garden and enjoy peace of mind that you are looking after them in the best possible way.

LEAFSPAN – available for free on iPhone and Android devices

Have you ever been for a walk and seen a tree or plant that you would love to have in your garden? Leafspan is the ultimate plant identification tool, providing both ease of use and unrivalled accuracy. Create your own collections and use them as inspiration for your next shopping trip.





Photo credit: gingerhorticulture.co.uk

MANOJ MALDE

FROM THE RUNWAY TO ROSES

As far as creative design is concerned, there's a fair amount of crossover between the artistic sensibilities of fashion and home design. After all, dealing with shapes, styles and moods should be pretty ubiquitous, right?

Proving the concept in recent times has been Manoj Malde. These days, the London-based landscape designer is widely admired at the RHS Chelsea Flower Show and recently appeared on our TV screens on BBC2's *Your Garden Made Perfect*.

The craft and creativity he offers now see his eponymous Manoj Malde Garden Design company operating as a renowned entity, engaged by clients with outdoor spaces of all sizes.

Yet for many years, the affable Kenya-born 54-year-old regularly traded outdoor space for the hubbub of retail outlets, the relentless nature of catwalks and the studios of fashion designers. Throughout his two-decade tenure in the fashion

world, he worked in Italy, Germany, the United States, India and Hong Kong, though he was always swayed by flora and fauna. In a spectacular career switch, he began studying garden design at The English Gardening School.

The *Your Garden Made Perfect* host explained: "The thought process behind garden design is not unlike fashion design – the concept still begins with themes, mood boards, colour palettes and textures.

"Designing a planting scheme is like creating a beautiful silk print. I've gone from haute couture to 'hort' couture," he laughs.

As for what we can look forward to in the coming months, Manoj says more rugged, even unkempt gardens are en vogue. He also promotes the idea that creating closer synergy between the home and the garden is vital.

"Gardens are now seen as another room and an extension of our homes. This is really driving garden furniture, and there is such an excellent selection out there, while outdoor kitchens are really on trend."



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PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

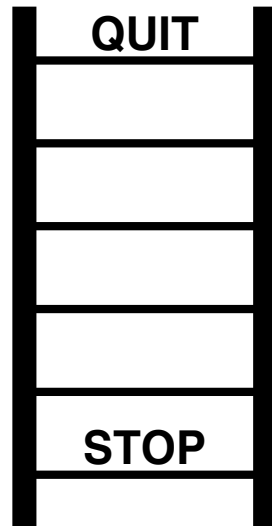
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- ▶ According to *National Geographic*, beaver homes, called lodges, are usually constructed of branches and mud
- ▶ The giant ground pangolin can grow to more than four-feet long. It is the largest species of pangolin alive today
- ▶ The colour and foreheads of beluga whales makes them easy to identify. They are sociable mammals and usually live together in small groups, known as pods
- ▶ Tigers live alone and scent-mark their territories to keep their rivals away. Females raise their young, usually with little or no help from males
- ▶ Flying squirrels are able to make an 18-degree turn in the air to avoid predators
- ▶ Giant pandas have vertical slits for pupils, just like domestic cats

WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

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TIP: There is usually more than one way to solve this puzzle.



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KIDS

HOW TO PERFORM CPR

ON CHILDREN AND BABIES



HOW TO DO CPR ON A CHILD OR A BABY UNDER ONE-YEAR-OLD:

- > Check if the child is responsive. If they do not speak, gesture or open their eyes when you communicate with or gently shake them, they are unresponsive.
- > Check that their airway is open and clear by placing one hand on their forehead to tilt their head back and using two fingers from your other hand to lift their chin.
- > See if the child is breathing normally by listening for sounds of breathing and watching to see if their chest moves.
- > If they are unresponsive and not breathing, ask a helper to call 999/112 for emergency help and start CPR immediately. Do not leave the child or baby to make the call.
- > If you are alone, give one minute of CPR as detailed below before calling 999 on speakerphone.
- > To start CPR, place the child on a firm surface and open their airway as explained above.
- > Take your hand from the forehead and pinch the soft part of the nose closed, allowing the mouth to fall open.
- > Take a breath and put your mouth around the child's to make a seal.
- > Blow gently into the mouth for up to one second until the chest rises.
- > Remove your mouth, watch the chest fall and repeat five times.
- > It is vital that you perform rescue breaths, as cardiac arrest in both babies and children is most likely caused by a respiratory problem.
- > Next, kneel by them and put one hand in the centre of their chest.
- > Push down one-third of the depth of the chest, then release pressure so the chest comes back up.
- > For babies under 12 months, place two fingers in the centre of the baby's chest instead of your whole hand.
- > Repeat this 30 times at a rate of 100-120 compressions per minute.
- > Alternate two breaths and 30 compressions until help arrives, the child starts to breathe normally, or a defibrillator is ready to be used.

TOP TIP:
Use the beat of the song *Nellie the Elephant* to keep the right pace



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UNUSUAL VEG OF THE MONTH:

black radish

If you overindulged during the summer months, then this lesser-known vegetable is exactly what you need to get you feeling fighting fit again. Commonly used to support the liver and aid digestion, the black radish is sharper than other radish varieties and offers a kick of spice that is perfect for winter salads.

What does a black radish taste like?

When raw, black radishes are known for their spicy, bitter and pungent flavour. However, when cooked, their crunchy flesh softens and their flavour mellows and develops sweet, peppery undertones.

What are the health benefits of black radish?

Black radish has high levels of a phytonutrient called glucosinolate, which makes it useful as a healing food that is particularly good at supporting the liver, gall bladder and digestive system. It is also an antioxidant booster.

How to prepare and cook black radish

You do not need to peel a black radish unless it is old and the skin is very tough. Instead, scrub well and carve out any holes or cracks that may harbour dirt. When used fresh, the flesh can be thinly sliced, chopped or shredded and added to salads, stirred into grain bowls or used as a topping for tacos. When cooked, black radishes can be roasted, braised, fried and sautéed. They can also be pickled and added as a spicy element to kimchi.

Black radish perfect pairings

Thyme | Parsley | Chives | Mint | Apples | Pomegranates | Carrots | Roasted meats

How to store black radish

Black radishes can be stored long after harvest by submerging the roots in a box of moist sand and placing them in a cool, dark place. Shop-bought black radishes can last up to two months in a perforated plastic bag in the fridge.



FOOD & DRINK



ORGANIC

September



PROS AND CONS OF CHOOSING ORGANIC

Organic September is a month-long campaign to raise awareness of the benefits of organic food and farming, but is organic food really as good as it's made out to be?

WHAT DOES 'ORGANIC' MEAN?
The term 'organic' refers to the way agricultural products are grown and processed. Standards vary worldwide but, as a general rule, organic produce must be grown without the use of synthetic herbicides, pesticides and fertilisers or bioengineered genes.

PROS FOR BUYING ORGANIC FOOD:

- > Organic farming is friendlier to the environment
- > Organic processed food contains no hydrogenated fat
- > Organic food is often fresher
- > Organic farming ensures that animals are fed a natural diet and kept in free-range conditions
- > Genetically modified (GM) crops are not permitted under organic farming standards
- > Organic food contains lower levels of pesticide residues.

CONS FOR BUYING ORGANIC FOOD:

- > Organic food tends to go off quicker than non-organic food as it does not contain artificial preservatives
- > Organic food is more expensive
- > Organic food production does allow a limited number of chemicals to be used
- > Some research suggests that organic food is no safer or more nutritious than non-organic food.

ORGANIC FOOD BUYING TIPS:

1. Buy in season as this is when fruits and vegetables are freshest and most affordable.
2. Prioritise meat, eggs and dairy if your budget can stretch to this.
3. Know your produce pesticide levels. Some types of conventionally grown produce are higher in pesticides than others.
4. Shop around. You can find organic produce at your local grocer, farmer's market, online and even in the freezer section of your supermarket.
5. Remember that organic food doesn't always mean healthy. Organic baked goods, desserts and snacks can still be high in sugar, salt and fat.



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Know Your Numbers!

Week 2021



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Do you know your blood pressure numbers? High blood pressure usually has no symptoms, but it can cause heart attacks, strokes, kidney disease, dementia and several other serious illnesses.

Know Your Numbers! Week 2021 aims to seek out those with undiagnosed and uncontrolled high blood pressure and promote the importance of home monitoring.

Why you need to Know Your Numbers!

- 1 in 2 strokes and heart attacks are the result of high blood pressure
- 1 in 3 adults in the UK have high blood pressure
- 1 in 2 adults with high blood pressure don't know they have it or aren't receiving treatment
- High blood pressure costs the NHS £2.1 billion every year.

How to check your blood pressure

In previous years, Blood Pressure UK set up free

checks across the country, but owing to social distancing measures, this year it is promoting home monitoring. This allows you to have complete control over your blood pressure and can help put your mind at ease.

How to choose the right blood pressure monitor

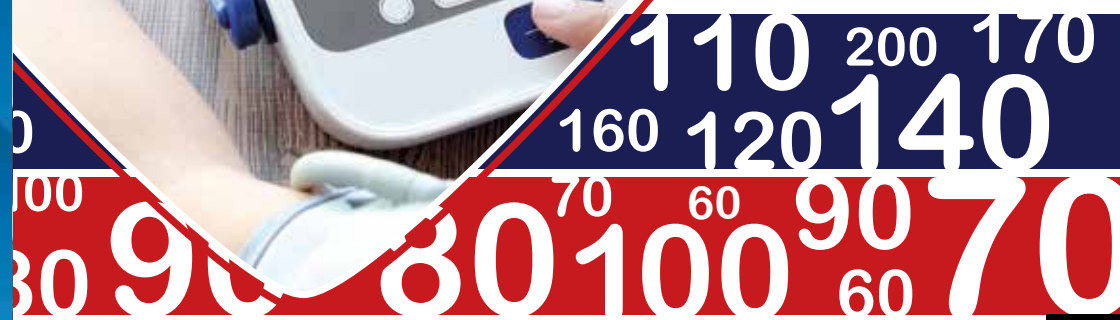
There is a wide range of home blood pressure monitors available and you need to pick one that will deliver accuracy and reliability. Look for a monitor that is:

- Clinically validated. This means that it has been tested and gives results you can trust
- Automatic. A digital monitor with an upper arm cuff is easy to use and offers the most reliability
- Within your budget. You don't need to select the most expensive machine on the market.

you can find a list of clinically validated home blood pressure monitors on the British and Irish Hypertension Society website.

What is the ideal blood pressure?

An ideal blood pressure is under 120/80mmHg. High blood pressure is considered to be 140/90mmHG or higher. Seek immediate medical help if your blood pressure is 180/120mmHG or higher or you are experiencing severe headaches or blurry vision that you think is being caused by your blood pressure.





Wild WORKOUTS

SWAP TRADITIONAL INDOOR GYMS FOR AN OUTDOOR FITNESS EXTRAVAGANZA

Actor and all-round muscle mountain, Jason Momoa, recently admitted to being bored by the same old gym routine, proclaiming that he'd rather embark on some spontaneous rock climbing, surfing and hiking in order to keep himself in shape.

Of course, unlike the star of *Aquaman*, not many of us have made a living from staying in shape, nor do we reside in Los Angeles. Yet there are a number of fitness-enhancing outdoor exercises that use the world around us... Jason would approve.

RUNNING AND CYCLING: The simplest of them all – pounding the pavements or getting on our bikes are the most popular outdoor workouts.


HIKING: Endurance exercise such as hiking is great for both limbs and lungs, with inclines providing the perfect platform for you to hone your physical prowess while inhaling that fresh, replenishing outdoor air.

LOG-LIFTING: Weightlifting using logs? Why not? Not only can you work on your Rambo impression, but getting to and from the forest setting can provide a workout in itself.

WOODCUTTING: How much wood would a woodcutter cut, etc. It's time to find out – take a saw with you on an everyday country walk and build arm and chest muscles by driving that serrated edge into some fallen logs or branches.

WILD SWIMMING: There is no better form of exercise than swimming, and there is nothing more invigorating than being surrounded by nature's wild waters. However, you must always ensure you are taking a dip in a designated and safe spot, preferably as part of a group.

HANGING TIGHT: A forested area will provide ample opportunities to test upper body strength with lifts, pull-ups, chin presses and other hanging practices that enable you to sample the serenity of nature around you... for as long as you can hold on, that is.

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How to RUN SAFELY at night

There is something magical about running at night when the roads are quieter, there are fewer people on the pavements, and the moon is glowing. However, if you are a late-night (or early morning) jogger, you need to make sure you are keeping yourself safe.

TELL SOMEONE WHERE YOU ARE GOING

Before you set off on your evening run, be sure to tell a family member or friend where you are going and how long you are going to be.

RUN WITH SOMEONE ELSE

If you are nervous about running at night, ask a friend to come running with you or join a local running group. Remember, there is safety in numbers.

WEAR HIGH-VIS CLOTHING

You should always wear high-vis clothing when running at night so that both drivers and pedestrians can clearly see you. Make sure you are visible from the front and the back.

CHOOSE A WELL-LIT ROUTE

If possible, pick a well-lit route for your night-time runs, or invest in a running

head torch so that you can see any tripping hazards.

DON'T LISTEN TO LOUD MUSIC

Although your running playlist may help keep you motivated, listening to loud music while running at night is extremely dangerous. Instead, leave your headphones at home or use a low-volume setting and stay alert to what is happening around you.

RUN AGAINST THE TRAFFIC

If you prefer to run on the roads rather than in the park at night, make sure you run against the traffic so that you can see any vehicles heading towards you. Always be careful when crossing the road and wait for vehicles to pass before attempting to cross.

TRUST YOUR INSTINCTS

If you feel unsafe, head for a well-lit area or go home. It is always better to be overly cautious than a little reckless.



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How to repair damaged hair



BEAUTY

Do you know your sprays from your serums? Your oils from your creams? If not, we are here to help. Leave-in conditioners are the ideal haircare products for sun-damaged hair, but which one is best for your hair type?

Why use leave-in conditioner?

Leave-in conditioner is essentially a barrier, protecting your hair from drying out, becoming tangled and getting stripped of its nutrients.

Which type of leave-in conditioner should I use for my sun-damaged hair?

Conditioning hair milk

Conditioner in the form of milk is designed to be extremely lightweight and therefore is best suited to those with fine or flat hair. Hair milk is also good for adding body, shine and silkiness to your hair.

Conditioning hair oil

Oil is ideal for dry and damaged hair. You may be worried that leave-in hair oils will make your hair appear greasy. Fortunately, you can now find some great lightweight hair oils that can be applied to the roots to banish frizz and moisturise each strand of hair.

Conditioning hair serum

If your hair needs a lift, then a volumising leave-in serum is exactly what you need. Unlike other volumising haircare products, a conditioning serum won't dry out your hair, but instead will leave it feeling bouncy, light and hydrated.

Conditioning hair spray

A booster spray is the perfect conditioning product for hair that has been damaged by colouring or heat styling, with the ability to strengthen elasticity and reduce both hair loss and breakage.

Conditioning hair cream

If you have thick, unmanageable hair, a moisturising conditioning cream can add shine and help to tame frizz, as well as make blow-drying less of a chore.

Top tip: Prevention is better than cure, so always make sure you protect your hair from the sun's rays by using a daily UV hair protector.



FASHION

Brighten YOUR whites



Get your whites white again without the need for bleach with these tried and tested whitening techniques, which can be achieved using only a handful of storecupboard staples.

Soak in citrus juices

If your white items have developed a yellowy tinge from sweat, you can restore them to their original glory by boiling them with lemons or lemon juice. Simply add cut lemons or lemon juice to a pan of water with your whites, turn up the heat until bubbles appear and then leave to soak for an hour. Alternatively, add lemon juice to your regular wash cycle.

Add white vinegar

If you want brighter whites that are also super soft against your skin, simply add a small cup of white vinegar to your usual whites cycle and wait for the magic to happen. Don't worry about the smell; it will dissipate after drying. Vinegar can also be sprayed on spot stains and collar/underarm stains.

Use baking soda

If you don't have any white vinegar to hand, baking soda can be just as effective at whitening your whites. Just combine four litres of water with one cup of baking soda and drop in all your white laundry. Leave to soak and then thoroughly rinse.

Soak in dissolved aspirin

Not just for banishing headaches, aspirin is also great at breaking down stains on your whites. To get the chemical process started, dissolve five white (not coloured) aspirin pills in a bucket of water and then add your items. Leave to soak and then wash as usual.

Lay in the sun

After your whites have been washed, rather than put them in the tumble dryer, use the natural lightening properties of the sun to whiten them. Aim to hang them out during the hottest part of the day to enjoy bright whites and fresh-smelling laundry.



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SPORT

BRITAIN'S GREATEST SPORTING MOMENTS...

KEEP ON RUNNING



DETERMINATION AND DRIVE – THE GREATEST RUN OF MANY FOR PAULA RADCLIFFE MBE

She is the runner whose contorted expressions suggested every stride was an exercise in attrition, whose thin yet powerful figure made her look much taller than her five-foot eight-inch frame, and whose competitive potential came despite being diagnosed with asthma at the age of 14.

Yet the record books do not list discomfort, disappointment or struggle – for Britain's Paula Radcliffe, they note the Cheshire-born runner as the most successful we have ever produced.

On April 13, 2003, years of preparation came together to create what remains one of the finest performances of any long-distance runner.

Radcliffe stepped up to the start line of the London Marathon knowing that victory should be hers, having won the previous year's race by a colossal three-and-a-half minutes.

As it materialised, her winning margin was almost exactly the same, yet the time of 2:15:25 was

something superhuman. It took two minutes off the world record that she herself already held, and meant she had run the distance three minutes quicker than anyone else, ever.

The scale of Radcliffe's achievement only really became evident in the years that followed, during which no female athlete could get anywhere near her time. Even her rivals were clamouring to praise her.

American record holder Deena Kastor said: "Fans of this sport will continue viewing her 2:15 performance as iconic, heroic and a stunning sprint of 26.2 miles."

It took 16 years for the record to finally be broken, by Kenyan Brigid Kosgei at the 2019 Chicago Marathon.

Radcliffe, who made two comebacks in the sport after having children, retired in 2015. She was awarded an MBE for services to running, and now works regularly for sports media around the world.



SPORT

TOKYO 2020



TEAM GB'S BRILLIANCE SHINES THROUGH AGAIN

There is perhaps a feeling that we were hard done by where the 2020 Tokyo Olympics were concerned, with a lack of spectators and the fact that the whole event seemed so detached from what is an amazing host city... yet try telling that to our swashbuckling Olympians.

In competitive terms, Team GB exceeded expectations yet again, bringing home a total of 22 gold, 21 silver and 22 bronze medals, to finish an extraordinary fourth in the medal table, behind only the US, China and Japan.

There were incredible successes all across the board, kickstarted with Adam Peaty charging home in the 100m breaststroke. Also in the pool, Tom Daley finally got the reward for his years of dedication, producing the performance of a lifetime alongside Matty Lee on the synchronised 10m platform.

We excelled in cycling across all disciplines, saw triathlon golds in the post-Brownlees era, exerted all our usual excellence in equestrian, and powered to pentathlon, boxing and sailing honours.

And what about Max Whitlock? His Tokyo gold saw him become the most successful gymnast ever on the pommel horse, with two Olympic and three world titles.

And while Skye Brown's medal was bronze, it was arguably the young star who courted the greatest quantity of headlines. At just 13-years-old, she confirmed in Tokyo what we all knew: That at such a tender age, the youngest ever British Olympian has the world at her feet - with her trusty skateboard close by.

Yet it's difficult to look beyond Jason and Laura Kenny. The married track cyclists became our greatest Olympians ever in claiming keirin and madison golds - the literal flagbearers for the sport's sensational ascent in the modern era.



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How CAR-THARTIC!

HOW HEALTH, WELLNESS AND WELLBEING IS BEING INTRODUCED INTO OUR EVERYDAY CAR JOURNEYS

Perhaps it's only right, as we spend significant time stuck behind our steering wheels, that our trusty automobiles should be leading the way in wellbeing ideas that can refresh and enrich the mind, body and soul.

The motoring industry is currently researching secondary health functions in our motors. Indeed, the so-called HWW (health, wellness and wellbeing) initiative is now being accelerated in the wake of COVID-19, which has brought greater awareness to ways to improve our health, as well as the need to protect others, whether indoors or out.

Here are some of the ingenuities that could be introduced and enhanced inside our cars in the near future:

FOR THE MIND:

- > Fatigue and monitoring of stress levels, drink-driving prevention, comfort monitoring, driver workload estimation.

FOR THE BODY:

- > Heart-rate, blood pressure, breathing and glucose-level monitoring; drowsiness detection; pollen/allergen monitoring; palm and facial temperature monitoring; muscle therapy; inside and ambient temperature monitoring.

FOR THE SOUL:

- > Erratic driving pattern recognition.

These initiatives can arrive in one of three ways – built-in, brought-in or beamed-in. So while hardware accounts for two of those, the latter gives tech giants such as Apple a route into a market they've perhaps not been able to access in the past.

And having major brands behind the input may well mean that something seemingly niche in 2021, could become mainstream within five years. Your humble car could, very soon, become a vehicle not just for travel, but for health preservation as well.

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Q How Can You Save Money On Your Insurance?

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Does your home qualify for a green mortgage?

Green mortgages are becoming increasingly popular across the UK, with banks keen to offer sustainable lending and homebuyers embracing more eco-friendly lifestyles.

WHAT IS A GREEN MORTGAGE?

Green mortgages are mortgage deals that are offered specifically to people who are looking to buy an environmentally friendly home or make energy-efficient improvements to a property. Typically, green mortgage deals offer cheaper rates when you buy a home that conforms to a specific energy standard. Green mortgages are more commonly available for new builds, but they can also be offered for older properties that have been renovated to meet high energy-efficiency standards.

HOW DO GREEN MORTGAGES WORK?

There are currently three main types of green mortgage:

- > Lower rates for people who buy energy-efficient properties
- > Standard mortgages that offer cashback to people who buy energy-efficient properties
- > Mortgages that offer cheaper rates or cashback when people make green home improvements.

SHOULD I APPLY FOR A GREEN MORTGAGE?

If you are thinking about making green home improvements and you want to raise funding to do so, a green mortgage could help you. Alternatively, if you are buying a new build or an existing property with an energy rating of A or B, you may be eligible for a green mortgage.

That being said, you should always compare

the whole market before committing to a mortgage to ensure you are getting the best deal to suit your financial situation.

WHICH LENDERS ARE CURRENTLY OFFERING GREEN MORTGAGES?

There are currently 26 lenders offering green mortgage deals, including Barclays, NatWest, Nationwide and Virgin Money, as well as specialist lender, Foundation Home Loans.

CAN LANDLORDS TAKE ADVANTAGE OF GREEN MORTGAGE DEALS?

Yes, landlords are also eligible for cheaper deals if they can show their properties have improved energy efficiency.



RISING INHERITANCES AND DEFICIT MAY HASTEN IHT CHANGE.

In 2018, Chancellor Philip Hammond asked the Office of Tax Simplification (OTS) to review Inheritance Tax (IHT)¹. However, subsequent events have meant that the tax regime for transfers of wealth between generations has not been revised, though Mr Hammond's next-but-one successor, Rishi Sunak, could yet dust-off two OTS reports².

A big deficit caused by the pandemic points to unwelcome tax rises. Some economists see tax on transfers of wealth as a way to generate revenue without stifling the economy, whilst also acting to improve social mobility. One influential think tank recently explored inheritance and inequality.

The Institute for Fiscal Studies' (IFS) April 2021 paper, Inheritance and inequality over the life cycle: What will they mean for younger generations? identifies trends that could influence policymakers' thinking on taxation of wealth transfer, whether during someone's lifetime or after death. One key finding is that inheritances have formed a rising part of national income for the past five decades.

INEQUALITY OF INHERITANCE

The IFS calculates that inheritances for those born in the 1960s will on average equal nine per cent of their other lifetime income, compared with 16 per cent for those

born in the 1980s. If this trend of rising levels of inherited wealth continues, the gap between rich and poor families can only widen; a more stringent version of IHT could mitigate that.

A major impact clearly stems from parental wealth. The IFS projects that people within each of the two age groups having parents in the top one-fifth on the wealth scale will receive average inheritances that deliver a lifetime income boost of 17 per cent or 29 per cent, respectively, but only two per cent or five per cent if their parents are in the bottom one-fifth on the wealth scale.

So, the younger group will receive a greater boost from inheritance than the older one and within both groups those with wealthier parents will benefit far more, heightening inequality. With social levelling-up prominent on a financially-stretched government's agenda, IHT changes could prove costly for the better-off.

It's sensible to prepare for all scenarios, taking expert advice on strategy, and at HCR we take the time to understand our clients' 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 gov.uk, 2018; ² gov.uk, 2019

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Cloud

An estimated 84 per cent of businesses in the UK are taking advantage of the cloud. In its simplest terms, when something is stored in the cloud, it is kept on internet servers rather than a computer's hard drive. If you are not using this technology, here are the advantages your business is missing out on.

COST-EFFECTIVENESS: If you are trying to reduce your operational costs, shifting to cloud computing can help you save a significant amount of money. Running a data centre is expensive, yet cloud providers offer storage options to suit all budgets.

ENHANCED FLEXIBILITY: Allowing your employees to access the information they need wherever they are, cloud computing is ideal for remote working. Plus, you can monitor the operations of your business much more effectively.

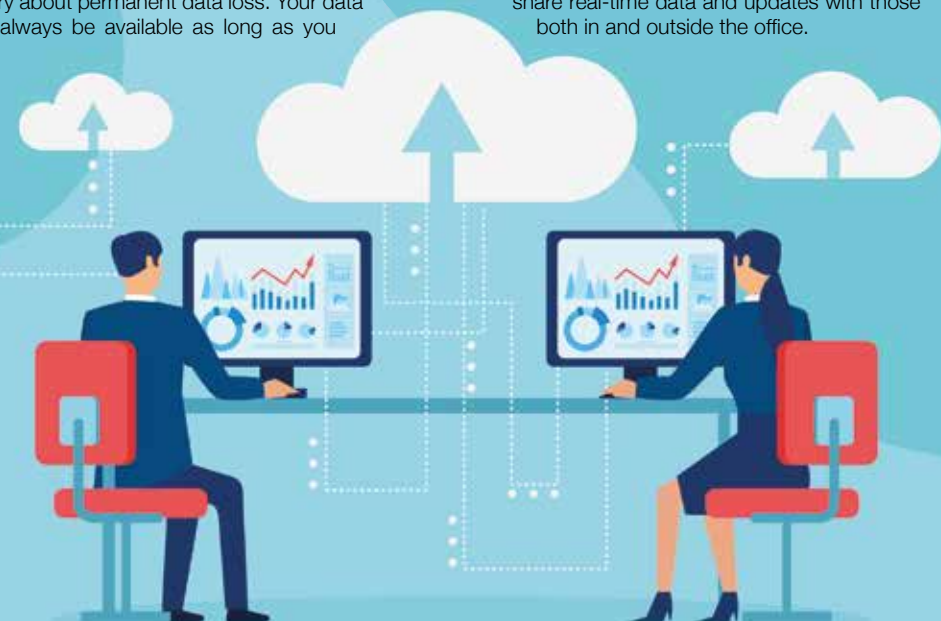
NO NEED FOR A DISASTER RECOVERY PLAN: When you store data in the cloud, you do not need to worry about permanent data loss. Your data will always be available as long as you

have an internet connection.

INCREASED SECURITY: Protecting your data is paramount in this day and age, and cloud computing is far safer than storing your data on a physical server or data centre. Not only can you delete any confidential information remotely, but clouding platforms are also incredibly difficult to hack.

BOOSTED SCALABILITY: Traditionally, if you experience growth, you need to invest in additional servers and storage. However, with the cloud, you can easily increase your storage space or add new features by simply upgrading your package.

IMPROVED COLLABORATION: As already mentioned, cloud computing is perfect for remote workers, as employees can complete projects from different locations. However, it is also great for improving team performance, as staff members can easily share real-time data and updates with those both in and outside the office.



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