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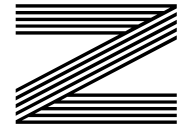
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Editor's notes...

FEBRUARY 2022



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** BrentwoodOngar. I was recently reminded of a quote from 19th century philosopher Carl Jung, who wrote: "At the same moment you're a protagonist in your own life-making choices, you are also the spear-carrier, or the extra, in a much larger drama. You've got to live with these two opposite ideas at the same time."

In other words, while we are all the star in our own performance, with all the people we know just bit-part players in our production, to everyone else it's the same but in reverse; they are the star, and we are the extras.

It led me to consider to what extent I wanted to assume the lead role this year. With everything that's happened in the world over the past couple of years, I am led more than ever to think first, not about myself, but about community, compassion, and humility.

What we can all achieve this month and throughout 2022 is to put people around us first, and perhaps share the limelight a little.

Until next month, take care of yourself and each other.

Nik Allen

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CONTRIBUTORS | Tabatha Fabray, Christina Pantelly, Holly Bullen

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HONOURING *our* COVID-19 HEROES

In the hope that we're moving away from the dark days of COVID-19 for good, let's highlight a few of the iconic figures who have guided this nation through one of its toughest tests outside of wartime.

The battle against COVID-19 has not been a simple one. For every inspired expert, another has been chastised; for every round of applause, there has been a barrage of criticism; for every saint, there has been a sinner.

The Queen's New Year Honours List recognised many who have committed so much over the past two years, going right back to March 2020 when the world began morphing into that dark, terrifying place it became.

Recently praised by the Queen, there were a number of people who, by their own admission, were called upon to help. Here are some of those

who used their experience and expertise to help in this time of crisis:

Sir Chris Whitty: One of the first of the government's advisors, the Chief Medical Officer excelled at breaking down the science, both behind the scenes and in public broadcasts to millions of people.

Sir Jonathan Van-Tam: Professor Whitty's deputy was given a knight bachelor title not only for his services in understanding COVID-19, but also for his extensive life's work researching influenza.

Dame Jenny Harries: The chief executive of the UK Health Security Agency was another who was prepared to stick her head above the parapet, at a time when speculation and misinformation permeated news sources and social media.

Sir Patrick Vallance: The physician, scientist and

clinical pharmacologist served the government as Chief Scientific Advisor, and remains in the position today.

Meanwhile, Scottish Chief Medical Officer, Dr Gregor Smith, and his Welsh counterpart, Dr Frank Atherton, were also knighted for services to public health.

Of course, there were also those who became involved in campaigns and initiatives that were a world away from their everyday lives.

The late, great Sir Captain Tom Moore was one; Marcus Rashford canvassed the government for free school meal vouchers – and won; Kate Garraway played out an incredible personal struggle with COVID-19 in the form of her husband Derek's long battle with the virus; Joe Wicks started a home fitness revolution; while Annemarie Plas was the

brains behind the Clap for Carers initiative which, at a time of intense lockdown, reminded us all that we were only ever a few yards away from those who cared about us.

And yet, in assembling a list of people who have committed knowledge, insight or reputation to the war against COVID-19 and its many variants, it's easy to forget the very folk who are the true heroes, and without whom the death toll would be catastrophically higher – ourselves.

While the informed, powerful and inspirational people listed have given us the knowledge and tools by which we have fought the battle against COVID-19, ultimately it is our own actions, our unwavering compassion and a sense of resilience, that embodies every bit the Dunkirk spirit. For that, we salute you.



DID YOU KNOW ABOUT...

If you embrace everything about Valentine's Day, from the romance to the exchanging of gifts – even the corny love songs – then you will love these fascinating facts about Cupid's big day.

Valentine's Day was founded on rebellion

Although this popular day is synonymous with love, it actually started as the result of Emperor Claudius II not wanting Roman men to marry during war.

The x symbol originated in medieval times

While many modern lovers end their text messages with an x or two, this tradition first came about in medieval times as not many people were able to write.

Valentine's pairings used to be random

Nowadays, people tend to send Valentine's Day cards to their current partner or to someone they have a crush on. However, in the Middle Ages, the selection process was random, with single men drawing the names of unattached women from a bowl.

Juliet still receives love letters on Valentine's Day

Despite the fact that she is a fictional character – and a deceased one at that – the city of Verona, where *Romeo and Juliet* is set, still receives around 1,000 letters addressed to this leading lady each year.

Henry VIII chose February 14

Although most of his marriages ended badly, there is no denying that this infamous king was a fan of love. In fact, he was the one who declared Valentine's Day a public holiday way back in 1537.

The majority of Valentine's gifts are bought by women

Somewhat unsurprisingly, a whopping 85 per cent of all gifts purchased for Valentine's Day are bought by women. Is it because the fairer sex is more romantic? Or maybe it's because women just like to treat their loved ones at this time of year?

...Valentine's Day?



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Your simple guide to WALL PANELLING



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The German Kitchen

Wall panelling has been one of the biggest interior design trends in recent years. It's a simple way to add character to any property and it's easy to do yourself.
As a way to create an interesting feature, you can instantly add some style and luxury to your space with wall panelling. Find out how it's done in our simple guide to DIY wall panelling.

FIND THE IDEAL SPACE: Wall panelling can work in most spaces, but a full wall is by far the easiest. You can panel walls with doorways, corners and other spaces, but you'll need to plan your design out carefully.

CHOOSE YOUR TYPE OF PANELLING: There are a lot of different types of wall panelling, and each one will provide something different for your space. Popular panelling styles include:
> Grid or geometric panelling
> Flat plank wall panelling
> Dado-style wall panelling

GET YOUR MEASUREMENTS RIGHT: There are lots of ways to panel a wall, and you'll need to measure your space and plan according to your chosen design. Measure the height and width of your wall, working out your preferred gap between each panel. It will help to draw it on paper proportionally

for you to plan it out correctly, or you can draw it on the wall to check your measurements.

BUY YOUR SUPPLIES: To panel a wall, you will need:
> MDF panels, cut to size
> A spirit level
> Strong adhesive
> Decorators caulk
> Sandpaper or a sander
> Paint

TIP: You can get your MDF cut to size at your local hardware store.

ATTACH YOUR PANELLING: A strong adhesive is all you need to attach wooden panelling to your wall. Use your spirit level to keep everything level, and give the adhesive time to dry.

FILL IN THE GAPS: Once secured, you'll need to fill in the gaps between the wooden panels using decorators caulk. When this has dried, you can sand the caulk down to a smooth and seamless finish.

PAINT YOUR PERFECT FINISH: With your panelling finished, you can paint it in your desired colour. You may wish to use a primer first before applying a couple of coats of your chosen shade to ensure an even application.



AN EASY GUIDE TO

distressing

FURNITURE

There are a lot of great reasons to distress furniture. It adds character and charm and can be a simple way of making your pieces look more unique and expensive.

Distressing furniture is part of the upcycling trend that is seeing people ditch the flatpicks and pick up quality items that last. And the good news is, it's simple to do yourself. Check out this easy guide.

USE CHALK PAINT

Chalk paint is one of the most popular methods of distressing furniture. Simply apply two coats of chalk paint – either in the same shade or in a combination of two different shades – and allow it to fully dry. Take some furniture wax and a cloth to buff away at the paint to create a distressed look. It's ideal for furniture with edging, moulding, or other raised details.

SAND AWAY

An alternative method to distress furniture with chalk

paint is to use some furniture wax and sandpaper to buff the furniture to the desired finish. A final coat of wax will give added protection to your furniture.

GO LUXE WITH GOLD LEAF

With some sheets of gold leaf, you can give furniture a luxurious, distressed look that's perfect for adding a little glamour. The leaf is brushed onto the furniture and buffed to the desired finish with furniture wax.

APPLY A COLOUR WASH

A subtle wash of colour can add a distressed look to furniture without covering the original grain. Apply a coat of diluted paint to the furniture to create the desired look. The colour can then be sealed using wax or varnish.

Distressing furniture can be a lot of fun and is an easy way to give a new look to your items. Which technique will you try first?

Photo credit: bhg.com, amnesian.com, dododsondesigns.com, ninetired.blogspot.com



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HOME & DIY

AWESOME HOME STYLING WITH Sarah Akwisombe





Sarah Akwisombe is someone you wish you could be friends with – the ultimate cool girl with impeccable style. Sarah's interior style is bright, colourful and a little rebellious compared to typical décor styles. There are no rules in Sarah's décor – they all go out the window – but the results are awesome.

She describes herself as a founder, influencer, mum and wife. Her background ranges from music to tech startups and, of course, interior design. She launched her own business, the No Bull Business School, to help other women learn more about making money and enjoying success. Her book, *The Money is Coming*, also became a *Sunday Times* bestseller last year.

Sarah's interior design portfolio is edgy, interesting and full of colour. Showing you don't have to stick to traditional looks and colour schemes, she's the perfect inspiration if you want to be a little bolder with your decor. Some tips for invoking Sarah's looks in your own home include:

Go back in time: A lot of Sarah's influences come from different decades. Her 1930s-inspired bathroom uses pastel tiles in vintage shades, with contrasting black details to create this throwback look. Upgrade your own bathroom with some black accessories and perhaps a little touch of gold to throw in some glamour.

Make it fun: Sarah recently styled a rental apartment, and the result is fun, quirky and anything but dull. Your home should reflect your personality, and if you enjoy letting your hair down, why not let it show? Invest in some neon signs to brighten up any room, and check out novelty cushions and cartoon prints to spice things up.

Don't be afraid of colour: Sarah's home is bursting with colour, so why not be bold and bring colour into your own home? Sarah recently created her dream kitchen space using a classic and very popular terrazzo, but added in vibrant cabinets and a zesty yellow tap.

Will Sarah's bold choices inspire you to inject colour into your interiors?

Photo credits: SarahAkwisombe.com



SINK selection



LOOKING TO REPLACE YOUR KITCHEN SINK? HERE WE COMPARE THE DIFFERENT TYPES AND MATERIALS YOU CAN CHOOSE FROM

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CERAMIC SINKS: Very common in country-style homes, ceramic sinks offer that farmhouse feel which is highly sought-after in kitchen design. High quality and aesthetically appealing, a ceramic sink is also very easy to care for.

Benefits: Will not dent | Seamless sealed fitting | Heat and stain resistant | Available in a wide selection of colours



BELFAST SINKS: Another popular sink style for traditional homes, Belfast sinks, also known as butler sinks, are deeper than your average sink so offer more space to clean larger items. In terms of visual appeal, these sinks tend to be made of fireclay or glazed white porcelain, which provides a smooth and luxe finish.

Benefits: Resistant to hot temperatures | Choice of one or two bowl styles | Will not dent



COMPOSITE SINKS: As the name indicates, composite kitchen sinks are made from a variety of different materials and are designed to have the appearance of a granite sink without the hefty price tag. With hundreds of different styles and finishes to pick from, these are a great choice for those on a budget.

Benefits: Heat, stain, scratch and chip-resistant | Uniform in colour | Great value for money

UNDERMOUNT SINKS: Mounted underneath your kitchen worktop, undermount sinks are perfect for kitchens where space is an issue. Offering a minimalist and modern design, this type of sink is easy to clean but can be tricky to install.

Benefits: Highly attractive in design | Often deep for more space | Ideal for contemporary-style homes

Photo credit: www.tapwarehouse.com

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EASY PEASY Lemon Squeezy

Did you buy a few too many lemons to go with your pancakes? Don't let them go to waste; instead, use them to freshen up your home. As lemons are naturally astringent, they are the perfect chemical-free cleaning aid.

MAKE YOUR TAPS SHINE: Remove any hard water build-up or mineral deposits from your taps by spraying lemon juice on the affected area. Wait 10-15 minutes and then wipe off with a clean cloth. This can also work to clean a dirty showerhead.

DESCALE THE KETTLE: When was the last time you looked inside your kettle? If it's been a while, you may be shocked at what you see. Fortunately, to remove all that nasty limescale, all you need to do is cut a lemon in half, place both halves in a full kettle, and then boil. Leave overnight and simply empty in the morning.

CLEAN THE MICROWAVE: If your microwave is looking more crusty than clean, then a leftover lemon is just what you need. Simply fill a bowl with water and the juice of one lemon and then microwave for 3-5 minutes. Wait a further five minutes to allow the lemony steam to work its magic, and then carefully remove the bowl and wipe clean.

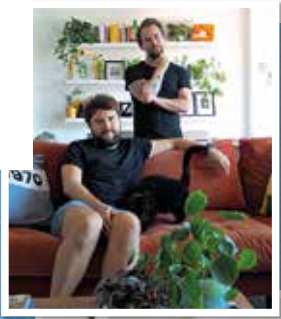
CLEAN A CHEESE GRATER: Stop shredding your sponges and instead cut a lemon in half and run the pulp over the holes of your cheese grater. Once any leftover food has been successfully removed, rinse your grater under hot water.

REMOVE STAINS ON LINEN: To eliminate stubborn stains on linen, mix 1/3 cup of lemon juice and 2/3 cup of water. Apply to the affected area and gently rub. Once the stain starts to fade, wash your clothing and bedding as normal.





The Renting Rules



Tips and tricks from Forward Features on how to make your rented house a home

If you haven't heard of the Forward Features bloggers, it's time to check them out. A fun and insightful look at urban living, it's your go-to for incredible interior design that looks great in any home.

Written by blogging duo David and Mark, Forward Features started as "the journey of two interior geeks trying to find a flat", and now covers everything from design and art to events. But it's their Renting Rules section – full of cool design tips to help renters make their house a home – that's got us hooked right now.

So what are the renting rules you need to know?

Make a rented space more homely

Rentals tend to favour white or magnolia walls, which can make the space feel cold and impersonal. So David and Mark recommend to add an accent colour. Choose one or two colours to liven things up and create a little depth, using curtains, cushions, coloured vases, or even flower arrangements. You can also add colour and comfort to your sofas with some cosy throws, to help give your home a more personal touch.



Nail the WFH setup

If working from home has become a long-term arrangement, then you'll need to set up the perfect home office space. In a small house or apartment, this can be difficult, but not impossible. Forward Features recommends keeping things small and compact with multi uses.

Add some decorative touches like vases, photo frames and candles to blend the space with the rest of your decor.

Personalise your space with art

Art is a simple and affordable way to personalise your space when your options are limited. Use a combination of standing frames and wall art to help bring a touch of colour and style to your home.

Worried about putting things on the wall? David and Mark recommend Command Strips to combat the 'all holes barred' clause that appears in most rental contracts. Now that gallery wall can finally become a possibility.

Making the most of your rental can be difficult, but thanks to Renting Rules, you can get all the inspiration you need to add some personal touches to your space. Check out the blog at ForwardFeatures.net

Photo credit: forwardfeatures.net, Lisa Dawson via forwardfeatures.net



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70 YEARS

THE ACCESSION TO THE THRONE
FOR QUEEN ELIZABETH II



The Queen's accession to the throne, which occurred on February 2, 1952, and of which the 70th anniversary is being celebrated this year, is perceived to be one of the happiest points of Elizabeth's life.

Sure enough, in the seven decades since, her dedication to her title, her responsibilities and her people has never once been called into question; and while members of the royal family all around her have been losing their heads, the now 95 year old oversees this great nation with every bit of the same level of finesse and fortitude that she did in those early post-war years.

And yet the events that led her to take the throne were, ultimately, very sad, not least because it was her father King George VI's death that triggered her accession to the throne in the first place.

The Queen was staying in Kenya with her

husband, Prince Philip, when news broke that George had died at the age of 56. Elizabeth was only 25, and returned home immediately to be given the title of Queen at an Accession Council, held at St James's Palace.

It would be a full nine months before Elizabeth attended her first State Opening of Parliament, in November 1952, when the final formalities of her assuming the throne were complete. Sure enough, by the time she made her first speech to Parliament, you may suppose she had been afforded ample time to come to terms with the death of her father. Yet, as the celebration and fanfare of a new, young, beautiful, fashionable Queen filled airwaves and column inches the world over, inside she was still mourning her loss.

Fittingly, then, the die was cast for a life in which personal disappointments would always have to be put to one side in favour of the greater good.



HISTORY

Photo credit: Classhouse Images/Shutterstock



LOCAL NEWS

from your neighbourhood



Nursery apologises for inadequate Ofsted rating

A Brentwood nursery has apologised after being rated inadequate in its latest Ofsted inspection.

Clever Clogs Nursery was previously rated good by Ofsted in April 2019, but it was moved to Ofsted's lowest rating after its most recent inspection.

The Ofsted report reads: "Children are put at risk of harm and their needs are not met. At times, children receive no attention from staff who are too busy to notice them."

"Children wander around sobbing and staff do not make attempts to reassure them or offer them comfort for a considerable period of time."

Responding to the Ofsted rating, a spokesperson for the nursery said: "Despite our efforts to take stock of these deeply unsatisfying judgements, we recognise that at the time of these judgements, the company-wide performance was unacceptable, and we wholeheartedly apologise for such significant failures."

"Irrespective of contributing circumstances, we take no hesitation in declaring that these adverse judgements from Ofsted are wholly unacceptable and have been a catalyst for a company-wide process of

self-reflection, ownership and accountability.

"We would like to assure our families and the public that all welfare notifications received in relation to the safeguarding of our children and premises have now been achieved and received sign-off in December 2021 by the auditing bodies, which now enables us to concentrate on the journey from inadequate to good."

"We will continue to be transparent with our families and stakeholders as we begin the recovery journey."

"We would like to take this opportunity to pay tribute to our parent/family partners who have demonstrated such understanding, patience and unswerving loyalty."

"We are able to confirm that after careful consideration, appraisal and selection, we have appointed a new highly qualified and experienced director with a management team to strategically, logistically and operationally drive us forward to a standard of performance that we can all be proud of."

"The Local Authority has been incredibly supportive and is an integral part of our improvement planning, providing training and monitoring in specific areas throughout the phased action plan of 2022."

BRENTWOOD PROPERTY NEWS



The Brentwood Realtor

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Hello, I am Peter Garland-Collins and I am delighted to bring to you my monthly, local property column, focussing mainly on Brentwood and the surrounding areas.

January saw the property market locally and across the U.K. kick straight into gear, with property website Rightmove reporting that early-bird sellers have benefited from the busiest ever start to a New Year! I can vouch for this personally as a real estate agent in Brentwood, with over 50 viewing requests for one of the properties I listed in January.

Undoubtedly, I am seeing more properties coming to the market now, so hopefully the imbalance of buyers to sellers will level out slightly, but the demand in the area is very strong, so if you do have any plans to move this year please feel free to get in touch.

On a personal note, January also saw the introduction of the Peter Garland-Collins Real Estate Team in to Brentwood, which I am absolutely delighted about, so there will be a little more info on that next month.

Best Wishes

Peter Garland-Collins

Local Property Statistics

| | |
|---|---------|
| Current number of homes for sale in CM14. | 190 |
| Current avg.price per Sq.Ft. | £486 |
| Highest sale price 2021 The Chase, Brentwood. | £1.45m |
| Avg. price of 3 bed home (HM Land Reg). | £544k |
| Avg. number of homes sold per month in 2021. | 25 |
| Number of homes sold in CM14 2021. | 298 |
| Planning applications last month. | 23 |
| Planning application success last month. | 80% |
| Crime rate-160 cases per 1000 residents. | Average |

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Residents invited to support charity at Race for Life event



Photo credit: Cancer Research UK

Residents are being invited to sign up to Cancer Research UK's Race for Life in Brentwood.

This year, the Race for Life will take place at Weald Country Park, Weald Road, Brentwood, on Saturday, May 21, with courses of 3k, 5k and 10k available for runners of all ages and abilities.

Money raised at Race for Life events, which take place at various locations across the country, enables scientists to find new ways to prevent, diagnose and treat cancer.

Michael Jarvis, Cancer Research UK's spokesperson in the East of England, said: "By signing up to Race for Life, there's the chance to raise money for life-saving research. Sadly, cancer affects all of us in some way. Whether people are living with cancer, taking part in honour of or in memory of a loved one with cancer, or signing up to protect their own children's future, everyone has a reason to Race for Life."

Race for Life will follow current government guidance to protect against COVID-19.

To enter and find out more, visit raceforlife.org

Man accused of murdering two boys to appear in court

A trial date has been set for a man accused of the murder of two 16-year-old boys in Brentwood.

Frankie Watson, 20, of Baker Street, Orsett, is accused of murdering Charlie Preston and Frankie Gater in the early hours of October 24, 2021.

He is also accused of attempting to murder a third boy, who cannot be identified owing to reporting restrictions.

Watson is charged with two counts of murder, one count of attempted murder and one count of having an offensive weapon.

When Watson appeared before Basildon Crown Court in December, he was not asked to make a plea.

On March 29, Watson will appear in court for a hearing, and a provisional trial date has been set for August 22.

Mayor shares update on her time in office so far

The Mayor of Brentwood has reflected on the past year as she reaches the halfway point in her time in office.

In May 2021, Brentwood Borough Council elected councillor Olivia Sanders (pictured below) as the Mayor of Brentwood for 2020/21. Since then, she has taken on various duties, including taking part in a number of local events.

Mayor Sanders said: "I have loved every minute of being mayor and I can't believe I'm halfway through my year. When I was first asked to be mayor, I remember having sleepless nights as to how I would fit it in with working full-time. Thankfully, it's been pretty easy to combine the two. Being mayor, you get to experience things that you would never have seen. I'm so proud to wear the chain and the mayoral robes. I have the biggest sense of pride every time I wear them."

The mayor has chosen four charities for her mayoral fundraising this year.

She explains: "Parkinson's UK is a charity close to my family and one I wanted to support in honour of a dear friend and colleague, John Kerlake, who sadly passed away last year.

"I also chose Cardiomyopathy UK, which is a disease that directly affected a friend of mine.

"I also feel it is important to support our much-loved local hospice, St Francis Hospice. The care it provides is incredible and I know it has made so much difference to so many families with the support it offers to individuals with life-limiting illnesses.

"We are most fortunate in Brentwood to have the Hopefield Animal Sanctuary. It does an amazing job helping all sorts of animals from all sorts of situations."

COVID-19 restrictions meant that not all the usual civic duties could go ahead, but Mayor Sanders was able to host the Civic Service, a quiz night, a curry night and a carol service, as well as attend numerous other events.





Planters installed to prevent illegal parking



Photo credit: Brentwood Council

New planters have been placed along Brentwood High Street to help ensure the safety of pedestrians and prevent illegal parking.

Last month, 360 penalty charge notices (PCNs) were issued in the High Street and surrounding roads, despite paid parking being available at Chatham Way and William Hunter Way car parks.

The planters are in place as part of a trial scheme and can be found along the pavement from Domino's Pizza to Nando's.

Brentwood Borough Council Leader, councillor Chris Hossack, said: "There are very clear areas on the High Street that allow for disabled parking, unloading for deliveries and short-term parking, but there are still far too many times when vehicles are parked on the main pavements where people need to walk.

"Some drivers are just totally inconsiderate and double park, restricting the flow of traffic, particularly for buses. Frankly, this poses a threat to the safety of pedestrians, who have every right to be able to walk on the pavements without having to negotiate the lazy and dangerous parking we so often see. These new planters will prevent that from continuing, but will add some colour and enhance the High Street too."

Council offers grant scheme to support businesses

Brentwood Borough Council has launched its Omicron Hospitality and Leisure Grant after securing £660,000 in government funding.

A new application must be made for this grant and certain criteria must be met, in terms of business rates and trading history, to qualify for funding of between £2,667 and £6,000.

Leader of Brentwood Borough Council, councillor Chris Hossack, said: "I encourage all those with eligible businesses in the hospitality, leisure and

accommodation sectors to go online and apply. The grants go some way to support the businesses which, in many ways, were hardest hit over the festive season as more people stayed home.

"We have been extremely efficient through 2020 and 2021 in getting this money out quickly to those who qualify, and we expect to do the same now."

Applications will close on February 28.

For more information, visit www.brentwood.gov.uk/-/funding-for-businesses#omicron-hospitality-and-leisure-grants-covid-19-grant

Men jailed for killing teenager in fatal crash

A man from Brentwood has been jailed for 11 years for his part in a collision which killed a 16 year old in Birmingham last year.

Paul Biggs (pictured below left), 26, of Hutton Drive, Brentwood, pleaded guilty to manslaughter and was sentenced to 11 years and three months in prison. He was also disqualified from driving for 12-and-a-half years.

Dale Sharpen (pictured below right), 31, of Vicarage Road, Woodford Green, was sentenced to nine years after pleading guilty to manslaughter at Birmingham Crown Court last month.

On March 22, 2021, Liam Mooney was riding on the back of a moped in Rocky Lane, Perry Barr.

Following an altercation with a Volvo at a roundabout, the driver of the car began chasing the moped. In an attempt to avoid being hit by the car, the moped rider tried to escape by driving onto the kerb.

The Volvo, driven by Biggs, deliberately hit the moped, which crashed into a stationary car.

Liam was taken to hospital with serious head injuries, and died the following day.

Detective Inspector Ranj Sangha, from the West Midlands Police homicide team, said: "The level of aggression and rage used was totally disproportionate and their actions have left a young man dead, and his family and friends devastated.

"I hope the fact that they have admitted their guilt today and saved Liam's loved ones the pain and anguish of a trial offers them some comfort."



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Alex Burghart MP for Brentwood and Ongar

LOCAL NEWS BRENTWOOD



The Queen's Platinum Jubilee is a great national public event to celebrate this year, and I hope many of the groups and volunteers who came out in force to help during the height of the COVID-19 lockdowns last year will be joining together again for something a bit more celebratory.

I know many local groups and organisations are already planning events for their local communities to enable everyone to mark Her Majesty's 70th anniversary as sovereignty of our great nation.

The Big Jubilee Lunch is one way to get involved here in Brentwood and Ongar. If that's something you would like to organise, you can find ideas and a support pack at www.edenprojectcommunities.com/the-big-jubilee-lunch

There will be a four-day bank holiday weekend and a programme of events, including Trooping the Colour, a service of thanksgiving at St Paul's Cathedral and a Platinum Party at Buckingham Palace.

Furthermore, a Platinum Jubilee medal will be awarded to people who work in public service,



including the Armed Forces, the emergency services and the prison services.

I have no doubt there are many people living in this constituency who remember the Queen's coronation in 1953, or some of the celebrations held for the Silver and Golden Jubilees. If you have any pictures or stories you would like to share with me about those local celebrations, please get in touch via my website at www.alexburghart.org.uk

New woodland path created

Woodland Volunteers joined Brentwood Borough Council to create a temporary new footpath in Warley Country Park after the original route became impassable.

With the help of the council's arboriculturist, a large mulch machine was brought in last month to widen

the boundary walk at the park, clear an embankment and prepare for planting a new small woodland in conjunction with Holly Trees Primary School.

Councillor Will Russell said: "I am delighted that council officers have pooled their resources to deliver improvements to the park at little to no cost to the taxpayer. I am a huge fan of the Woodland Volunteers; they really are an asset to our community. A new circular path has been created in a section of woodland alongside the stream and a new fence erected at the Vaughan Williams Way side."

New fencing and mulching were paid for by an agricultural grant from the Department for Environment, Food and Rural Affairs specifically for this work. Future plans include tree disease control and new woodland planting.

Community and Health Committee chair, councillor Cliff Poppy, added: "By bringing together council resources and our local Woodland Volunteers, it just goes to show what can be done."





LOCAL NEWS ONGAR

LOCAL NEWS

from your neighbourhood



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Hair salon wins best window display competition

A hair salon on Ongar High Street has won first place in Ongar Town Forum's best window display competition.

The competition, which was open to all Ongar businesses, was run by Kelly Stone and Anything Ongar, with a public vote deciding the winners.

Staff at Sophie Bowyer Hair Salon (pictured left with Kelly) were presented with bottles of champagne after being announced as the winner.

Beauty and the Beds beauty and tanning salon (pictured above right with Kelly) was awarded second place, and Hockings Butchers (pictured below right)

came third. They both received bottles of champagne. The prizes, donated by Epping Forest District Council, were presented by Kelly Stone and Ongar town councillor Derek Birch.

Ongar Town Forum chairman, Martyn Pattie, said: "Ongar looked better than ever, with additional lights which were made possible thanks to local fundraising efforts, including contributions from local businesses and grants from Epping Forest District Council and Ongar Town Council.

"It was great to see so many of our local businesses make a special effort."

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Police appeal following burglary

LOCAL NEWS ONGAR



Photo credit: Essex Police

Essex Police would like to speak to two men in connection with an aggravated burglary in Ongar.

The investigation is in relation to a disturbance at the home of Olympic cyclist, Mark Cavendish, which took place at around 2.35am on Saturday, November 27.

A Louis Vuitton suitcase and two high-value watches were stolen, and Mark and his wife were threatened.

Three people have been arrested and one person charged in connection with the investigation.

Officers now wish to locate two men they would like to speak to in connection with the incident: George Goddard (pictured above left), 26, from Loughton, and Jo Jobson (pictured above right), 25, from Plaistow. Goddard also has links to the Isle of Dogs, London.

Romario Henry, 30, of Bell Green, Lewisham, has been charged with two counts of robbery in connection with the incident. He has not yet entered a plea.

Two other men are due to answer bail this month.

Detective Inspector Tony Atkin, who is leading the investigation, said: "The investigation is ongoing and, so far, three people have been arrested.

"I now seek the public's help to locate two men, Jo Jobson and George Goddard. I believe both men will have information that will help the investigation and I would urge them both to come forward."

Anyone who knows the whereabouts of Jobson and Goddard should call the police immediately on 101, citing Operation Chamber.

Volunteers wanted to help at heritage railway line

Epping Ongar Railway is looking for new volunteers to help as it looks to develop a new and exciting programme.

The railway has opportunities available in all

departments, including buildings and infrastructure maintenance, steam and diesel locomotive operation and maintenance, and wagon restoration, together with numerous customer-facing roles.

A spokesperson for the railway said: "A new year is when people often consider making changes to their lives and trying something new. If you have a few hours to spare, perhaps you can consider joining our volunteer workforce.

"This is a great opportunity to make new friends, use your existing skills or learn new skills and become part of the great British heritage railway movement."

For more information, visit the website at www.eorailway.co.uk

Call for witnesses following disturbance

Officers were called to reports of a disturbance at a pub in Brentwood Road, Ongar, last month.

Essex Police cordoned off The Stag pub in Ongar after it was reported that a number of people had been involved in an altercation at around 5.35pm on Sunday, January 9.

Police enquiries are ongoing.

Following the incident, The Stag pub has temporarily closed for a few weeks "due to unforeseen circumstances".

A post on the pub's Facebook page reads: "Mick would like to apologise that due to unforeseen circumstances, we are having to temporarily close the pub for a few weeks. Sorry for any inconvenience this may cause. We appreciate you bearing with us over this short period."

If you have any information, you can submit a report online at www.essex.police.uk or use the live chat button to speak to an online operator between 7am and 11pm. Please quote incident 797 of January 9.

You can also call the police on 101 or contact Crimestoppers anonymously on 0800 555 111.



Photo credit: Google Maps

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

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Inspirational K A R R E N

BARONESS BRADY OF KNIGHTSBRIDGE CBE

Baroness Karren Brady of Knightsbridge CBE has proved herself to be the perfect antidote to Lord Sugar on the return of *The Apprentice*, and with the executive's impressive business career, she continues to be a true inspiration.

COVID-19 thwarted so much of what we took for granted, and in that description it's fair to include the BBC's seminal reality business show, *The Apprentice*.

For those who may have feared Lord Sugar's unique delivery of entrepreneurial entertainment might have returned somewhat changed in this 'new normal', you need not have worried. Within a few minutes of series 16 commencing in the first week of January, the former Amstrad chief was back in the boardroom barking a heady concoction of criticism and creative wordplay at a bevy of terrified young business hopefuls.

The former Spurs owner is the star of the show, no doubt, yet his sidekick, Karren Brady, is every bit the mirror image of the man – perhaps with even greater finesse and flair. The 52-year-old London-born businesswoman is upmarket to Lord Sugar's 'Saturday market', a reputation she has garnered across three decades of being one of the country's most successful and inspiring women in commerce.

Brady's is a prolific business brain, a cornerstone for the elevation of women in the workplace, and someone who relished the prospect of batting off sexism and chauvinistic attitudes when she first strode into the public consciousness at the start of the 90s.

At Birmingham City, she became the football industry's first-ever female managing director, at the age of just 23. Now vice-chairman at West Ham United, Brady was awarded a CBE for services to entrepreneurship in 2014, and finds herself at the very top tier of women in business.

Her commercial gravitas places her alongside the likes of Deborah Meaden, Mary Portas, Jacqueline Gold CBE and Baroness Michelle Mone OBE. Yet the cameras and flashbulbs shouldn't conceal a hard business edge that has helped West Ham United elevate themselves into an accomplished, established Premier League side, who now harbour genuine ambitions of Champions League football.

"In the early days, I had to overcome all those judgements, all that behaviour, but I loved getting stuck in and proving I had what it took," she says.

"I never doubted myself, not for a single second, and as the saying goes, if you can prove yourself at a football club, you can probably do it anywhere.

"For me, it's about innovation and hunger," she continues. "I've always had ideas, but they will only take you so far. What really gets you across the line is knowing how to formulate those bits of inspiration and then get them actioned."

Brady admits that time away from business offers her the best chance of crystallising those innovative thoughts – yet this is someone who returned from the birth of her second child after just six weeks, and was back working within a month of a potentially fatal cerebral aneurysm.

She added: "The moment business stops thrilling me is the moment I will walk away. You look at the good contestants on *The Apprentice* and they are thirsty for it – you can just see it in them. I love the process. Each time, I sense something special, and that's what makes it such great television, and such a great industry to be involved in."



BRUCE KING

on 'The convincer'

Parrot PHRASING



In his latest column, sales mentor and personal growth coach, Bruce King, discusses an easy technique to help bring people round to your way of thinking.

There are so many ways to get people on your side, so let me share just one technique. It's the use of paraphrasing and parrot phrasing.

Paraphrasing means you repeat something back to someone in your own words; alternatively, when a prospect hears you using their words, that's parrot phrasing.

Here's an example from when my wife and I were visiting a car showroom.

I said to the salesman: "We're off on a skiing holiday and I'm looking for a car that's safe in snow, has a built-in roof rack that will take at least three pairs of skis, and a big boot for luggage. And I need one with some speed for the autobahns and power to get me up steep hills in the snow."

He led me over to a car and said: "This car goes like a rocket, has four-wheel drive, will easily take

skis, and has a big boot too"
That was paraphrasing. I was not convinced he understood precisely what I wanted.

What he should have said is: "Here's the Audi XYZ, ranked number three on the safe car list, four-wheel drive – really safe when driving in snow. There's a built-in roof rack with plenty of room for skis and a massive boot for your luggage and ski equipment. It has a powerful but economic engine with tremendous speed when you want it, and lots of power to get you up steep hills."

That's parrot phrasing. It tells me what I want to know, in words I used, and builds up great rapport.

So, from now on, don't paraphrase. Instead, be a parrot when convincing people.

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BUILDING FINANCIAL RESILIENCE IN THE NEW YEAR

The start of a new year is always the perfect time to take control of your finances and grasp any opportunities that may lie ahead. This year, the case is even more compelling, with rising inflation and tax increases set to challenge household budgets up and down the country. So now really is the ideal time to quantify your assets and position them appropriately to build financial resilience for your future.

MILLIONS SET TO BE WORSE OFF

Analysis by the Institute for Fiscal Studies (IFS) shows that living standards are set to stagnate over the next few years. This year specifically, an average middle-income earner will see take-home pay fall by around one per cent as soaring household bills and increased tax burdens outpace any anticipated rise in wages. Research¹ also highlights the pandemic's impact on finances, with almost 16 million Brits feeling more financially vulnerable than before COVID-19 struck.

PLAN FOR YOUR FUTURE

This situation is exacerbated by the fact that people typically devote relatively little attention to financial matters. A survey, for example, found more than four in 10 adults would either struggle to locate and access or had no idea whatsoever about their pension pots². Building financial resilience, however, lessens the impact

of any unforeseen circumstances and ensures you are prepared for life's key events, such as retirement. It's therefore vital to plan now for the future you deserve.

INFLATION-PROOF YOUR FINANCES

At the moment, inflation and its erosive impact on savings is a key concern for many. This has resulted in savers increasingly switching money from deposit-based accounts into investments, with research³ suggesting more than half of adults have already done so.

BUILD A DIVERSIFIED PORTFOLIO

The spectre of rising inflation certainly means investors need to carefully consider the composition of their portfolios to ensure their money is potentially inflation-proofed. As always, maintaining a diversified range of investments is key, with appropriate portfolio construction enabling successful navigation through any periods of uncertainty.

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.

¹Royal London 2021; ²money.co.uk 2021; ³Aegon 2021

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Q Who Are Coversure Brentwood?

A We're Coversure Brentwood, one of Essex's leading independent insurance brokers. We opened in 2013 and since then have helped hundreds of residents and businesses in Brentwood and the surrounding areas. Director Neal Brezina has over 25 years of insurance experience, so you know you're in safe hands.

Q What Can Coversure Brentwood Help With?

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Q How Can You Save Money On Your Insurance?

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STEP-BY-STEP GUIDE TO BUYING A HOUSE



As one of the biggest purchases you'll ever make, the stakes are high when it comes to buying a house. But until you've been through the process yourself, you'll likely have a lot of questions about how it works and what you need to do.

Take a look at our step-by-step guide for first-time buyers.

STEP 1. Work out how much you can afford to spend on a property. You'll need to factor in costs such as legal fees, stamp duty, mortgage application fees, and the costs of moving and furnishing your property.

STEP 2. Save for your deposit. You could buy a property with a five per cent deposit as a first-time buyer, but you may be asked to provide 10 or even 20 per cent.

STEP 3. Find a mortgage that meets your needs and get a 'mortgage in principle' – this will show the vendor that you are serious and will give you an advantage when placing an offer. Your mortgage should be enough to cover your ideal property, with affordable monthly payments. A mortgage broker could help you out.

STEP 4. Start looking for properties. You may want to browse websites like Rightmove, or sign up with

estate agents to make sure you're the first to be told about the latest properties.

STEP 5. Find a property you like and put in an offer. It can be a tense wait to see if your offer is accepted.

STEP 6. Apply for your mortgage. Mortgage applications require a lot of paperwork, so you'll need to get bank statements, ID and other documents ready for your application.

STEP 7. Get the property surveyed. This will help identify structural issues or repair work that needs to be carried out.

STEP 8. Engage with a solicitor to take care of all of the legal work involved in buying your property.

STEP 9. Exchange contracts to pay your deposit and get your completion date agreed.

STEP 10. Complete and get the keys. Once you complete, the mortgage arrangement is put in place, and you will own the property.

There's a lot to learn about buying a house, but there is a lot of great advice out there to help you find and buy your dream home.



PUZZLES & TRIVIA

PUZZLES

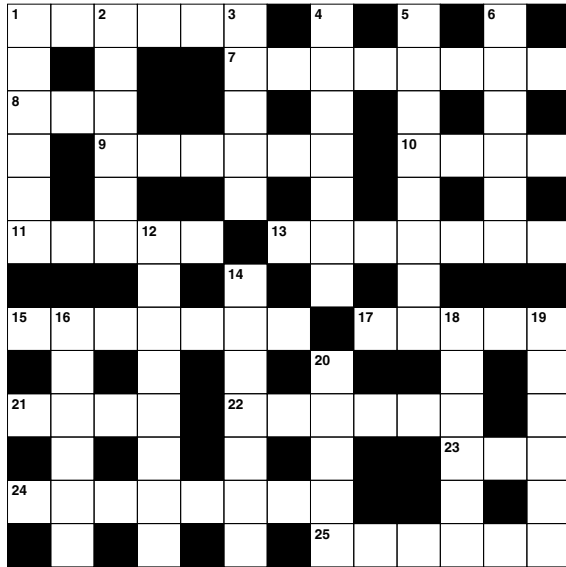
Answers: see end of The VISION Listings

ACROSS

- Set fire to (6)
- Extremely tall (8)
- Arrest (3)
- Relating to a wedding (6)
- Main island of Indonesia (4)
- Discharge (5)
- Writing implements (7)
- Rise into the air (of an aircraft) (4,3)
- Determine the quality of an ore (5)
- Unit of length (4)
- Capital of Germany (6)
- Pecan, for example (3)
- Reference point; norm (8)
- Hearts (anag) (6)

DOWN

- Refuse to acknowledge (6)
- Take small bites out of (6)
- Composition for a solo instrument (5)
- Be too hot (7)
- Protrudes (8)
- Cry and sniffle (6)



- Infectious (8)
- Unconventional (7)
- Inborn (6)
- Poem of fourteen lines (6)
- Young people (6)
- Newly-wed (5)

DID YOU KNOW?

- ▶ A black bear has 42 teeth
- ▶ After digesting a meal, rabbits will sometimes eat their faeces to process the food for a second time
- ▶ A cat spends most of its life sleeping
- ▶ Giraffes' tongues are so long they can clean their own ears
- ▶ A koala sleeps for between 16 and 20 hours every day
- ▶ Birds require gravity to be able to swallow their food
- ▶ A narwhal tusk is actually just an inside out tooth
- ▶ Sloths can take up to a month to completely digest a single leaf
- ▶ Spiders are arachnids, not insects.

SUDOKU

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| 4 | | | | | 9 | | | |
| | 6 | | 8 | 1 | | 4 | | |
| 5 | 1 | | | | 2 | 9 | | |

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FOOD & DRINK



BEAN bonanza

Dried beans often don't get the attention and appreciation they deserve, with many people allowing them to languish at the back of their cupboards. However, with so many different varieties, each with its own taste, texture and accompanying health benefits, you'd be foolish not to take advantage of these bountiful beans.

protein, chickpeas are also known to lower cholesterol. Roast with olive oil for a crunchy snack, or add to curries.

PINTO BEANS

Meaning 'painted' in Spanish, pinto beans are orange-pink with rust-coloured specks. High in fibre and protein, they provide an earthy flavour and smooth texture. Use to make refried beans or dips, or add to stews.

CANNELINI BEANS

Also known as white kidney beans, cannellini beans offer a nutty taste and boast a thick texture on the outside, with a smooth centre. Known for their healthy credentials, cannellini beans help the body eliminate toxins. Delicious mashed or added to pasta dishes.

CHICKPEAS (GARBANZO BEANS)

Used predominantly to make hummus, chickpeas are round in shape, firm in texture and offer a nutty taste. Packed full of fibre and

BLACK BEANS

A staple in Mexican cooking, black beans have a velvety-smooth texture and a mild flavour. With a lower glycaemic index than other high-carb foods, black beans also contain magnesium, calcium, iron and zinc. Add to soups, salads and casseroles, or as an alternative for meat or even flour.

KIDNEY BEANS

Instantly recognisable by their vibrant red skin, kidney beans have a mild flavour, making them ideal for adding to chilli recipes. Containing as many antioxidants as blueberries, they are also rich in protein, omega-3 fatty acids and iron. Add to rice, tacos or curry, or mash to make a dip.

HOW TO COOK DRIED BEANS

Dried beans treble in volume when cooked and need to be soaked, preferably overnight, in cold water to soften before cooking.



Did someone say PANCAKES FOR ALL?

Whether you are trying a new diet, suffer from food allergies, or have become intolerant to a certain ingredient, the below alternative pancake recipes are just what you need

GLUTEN-FREE PANCAKES – serves 4

You will need:

125g gluten-free plain flour | 1 large egg | 250ml milk

How to make:

- > Put flour into a bowl and make a well in the centre
- > Crack in the egg and add ¼ of the milk
- > Combine using a hand or electric whisk
- > Once smooth, mix in another ¼ of the milk and whisk again
- > Mix in the remaining milk.

SUGAR-FREE PANCAKES – serves 4

You will need:

125g plain flour | 1 large egg | 250ml milk | ½ tsp baking powder | ½ tsp vanilla extract | Pinch of salt | Generous pinch of cinnamon

How to make:

- > Mix all the dry ingredients in a bowl
- > Mix all the wet ingredients in a separate bowl
- > Pour the wet mixture into the dry ingredients and whisk together.

DAIRY-FREE PANCAKES – serves 4

You will need:

125g plain flour | 1 large egg | 300ml hemp or coconut milk

How to make:

- > Put flour into a bowl and make a well in the centre
- > Crack in the egg and add 100ml of milk
- > Whisk until you have a smooth paste
- > Add another 100ml of milk and whisk again
- > Mix in the remaining milk.

HOW TO COOK PANCAKES:

1. Leave the mixture to sit in the fridge overnight if possible, or for at least 30 minutes
2. Set a non-stick frying pan or crêpe pan over a low to medium heat
3. Carefully wipe the pan with a piece of oiled baking paper
4. When hot, pour in a small amount of batter and cook for 1-2 minutes on each side until golden
5. Do not flip when bubbles start to appear, but when the bubbles start to pop and form holes.



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BUILD YOUR OWN BIRD BATH

There are a lot of great reasons to build a bird bath for your garden. It gives birds a place to have a drink and keep their feathers clean, and encourages more winged visitors to your garden.

Inviting birds to your garden is also a great way to help the local environment. They will bring you a lot of entertainment, and they'll even take care of some unwelcome visitors to your garden, like slugs and caterpillars.

Here's how to build your own bird bath in five easy steps, using a common garden plant pot.

1. Prep the plant pot

Make sure your plant pot is scrubbed clean and is sturdy enough that it won't be knocked over easily.

2. Attach the saucer to the base of the pot

Turn the plant pot upside down, so that the base is at the top. Using a strong adhesive, attach the base of the saucer to the base of the pot.

3. Find the perfect location for your bird bath

Place your bird bath somewhere accessible and high away from cats and dogs.

4. Add stones to make a perch

Adding some stones will give birds somewhere to perch so that they can have a drink, dry their feathers, and watch for predators. They're handy for any insects that decide to have a drink too.

5. Fill with water

Add water and simply wait for your feathered friends to arrive.

Your bird bath should stay topped up with rainwater, but if you experience a dry spell, remember to top it up to keep your garden visitors happy.



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THINGS TO PLANT IN FEBRUARY

As the cold weather continues, gardening might be the last thing on your mind. However, if you want to enjoy a pretty and plentiful spring garden, you need to start sowing sooner rather than later.

HARDY ANNUALS AND PERENNIALS

Annuals that require a long growing season, such as lobelia, petunia, snapdragon and verbena, can benefit from being sown early. Start indoors or in a heated propagator to harden off before moving outside in the spring. Tough perennials, such as lupins, violas and hardy geraniums, can tolerate being planted in February and will brighten up even the barest of gardens.

GREENHOUSE CROPS

Chillies and tomato seeds can be sown indoors on a windowsill or in a heated greenhouse from February and will thrive as long as they have enough heat to germinate. Aubergines can also benefit from being sown early as the longer their season of growth, the greater chance they have to fruit. They need a minimum temperature of 25 degrees to germinate.

HARDY VEGETABLES

Vegetables such as peas, broccoli, kale, leeks and spinach are all strong enough to survive a cold snap. Start inside to establish growth, then move to the garden. Broad beans can be sown directly outdoors as long as the soil isn't frozen, and garlic and shallots can be planted in light soil from mid to late February.

SUMMER-FLOWERING BULBS

Lily bulbs can be planted in a sunny spot outside in rich, well-drained soil from February onwards and make fantastic summer border flowers. Agapanthus bulbs are also perfect for this time of year, but should be planted in containers so that they can be brought under cover if frost occurs.

OTHER JOBS TO DO IN THE GARDEN IN FEBRUARY:

- > Prune winter-blooming shrubs
- > Sprinkle slow-release fertiliser around the base of roses
- > Cut down deciduous ornamental grasses
- > Chit seed potatoes by placing them in trays (sprouting eyes up) in a light, dry room.





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How tall?

WHAT ARE THE TALLEST MAN-MADE BUILDINGS AND STRUCTURES IN THE UK?

The UK is famous for its historic buildings, including more than 4,000 castles, palaces, and sprawling country estates. But modern Britain is home to some amazing skyscrapers and tall buildings too. But what are the tallest buildings and structures in the UK?

TALLEST BUILDING: THE SHARD

The accolade for tallest building goes to The Shard, located in London, standing at 310 metres (1,020 ft) tall.

Construction on The Shard began in 2009 and was completed in 2012, before officially opening to the public in February 2013. It's home to several offices, multiple restaurants and bars and, of course, the Shangri-La Hotel, giving visitors plenty of places to enjoy some of the best views in the whole of London.

TALLEST STRUCTURE: THE SKELTON MAST IN CUMBRIA

While The Shard is recognised as being the tallest building in the UK, it doesn't clinch the title of tallest structure. That honour goes to the Skelton Mast in Cumbria, a communications mast standing at an impressive 365 metres.

The Skelton Mast may not be the most photogenic of structures, but its size is still impressive.

BUILDING VERSUS STRUCTURE: WHAT'S THE DIFFERENCE?

So if the Skelton Mast is the UK's tallest structure, why isn't it classed as the tallest building? That's because a building is a closed structure and therefore has walls and a roof – giving The Shard the edge to be named the UK's tallest building.

While The Shard and the Skelton Mast take the prize for tallest building and structure in the UK, they're a long way from being the tallest building in the world, with the Burj Khalifa in Dubai standing at a huge 828 metres tall. The second tallest building is Merdeka 118 in Kuala Lumpur, standing at 678.9 metres tall.

If you've never been to The Shard or the Skelton Mast, perhaps you need to add them to your bucket list.



Photo credit: Michael Whitfield/Skelton Transmitting Station for Wikimedia Commons

The Skelton Mast in Cumbria

How to make a homemade kite

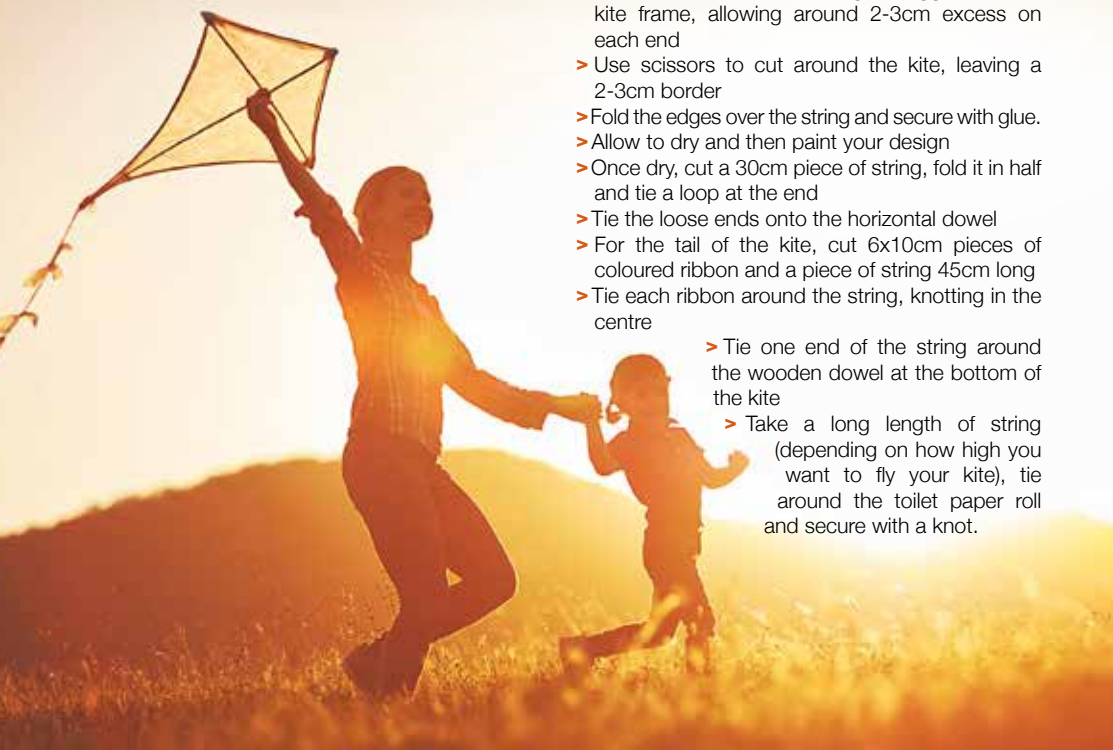
No childhood would be complete without learning to fly a kite, but why go to all the expense of buying one when you can easily make your own? Plus, your kids will love creating their own bespoke design.

YOU WILL NEED:

- > ½ inch (90cm) round wooden dowel
- > Ball of string
- > Small handsaw for cutting
- > Lightweight craft paper
- > Scissors
- > Glue
- > Roll of ribbon
- > Craft paints and brushes
- > A toilet paper roll

HOW TO MAKE:

- > Cut the dowel into two pieces – 1x30cm and 1x60cm
- > Carefully cut grooves into the ends of each dowel using the handsaw. Adult supervision is required for these first two steps
- > Arrange the dowels into the shape of a cross with the horizontal piece north of the centre
- > Wrap a piece of string several times to secure and tie off with a double knot
- > Run a length of string around the outside of the frame, tucking it into each groove, to create the kite frame
- > Secure the ends with a knot and cut off any excess string
- > Cut a piece of craft paper slightly bigger than the kite frame, allowing around 2-3cm excess on each end
- > Use scissors to cut around the kite, leaving a 2-3cm border
- > Fold the edges over the string and secure with glue.
- > Allow to dry and then paint your design
- > Once dry, cut a 30cm piece of string, fold it in half and tie a loop at the end
- > Tie the loose ends onto the horizontal dowel
- > For the tail of the kite, cut 6x10cm pieces of coloured ribbon and a piece of string 45cm long
- > Tie each ribbon around the string, knotting in the centre
 - > Tie one end of the string around the wooden dowel at the bottom of the kite
 - > Take a long length of string (depending on how high you want to fly your kite), tie around the toilet paper roll and secure with a knot.



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BEST BUY: Avon Triangle Make-up Sponge

THE EGG-SHAPED SPONGE
A favourite among make-up artists and beauty editors alike, the iconic egg-shaped sponge has the ability to seamlessly apply a coat of liquid, gel or cream formula without any clumps in sight. Once wet, this sponge can double in size, helping you to control coverage with ease.
BEST BUY: Beautyblender

THE EGG-SHAPED MINI SPONGE
About the size of an almond, a mini egg-shaped make-up sponge is designed to for smaller areas of the face, such as around the eyes and nose. It can also be used to apply cream or powdered highlighter to the cheekbone, brow bone and bridge of the nose.
BEST BUY: Beautyblender Micro Mini

THE TAPERED END SPONGE
It may appear as though someone has taken a chunk out of this make-up sponge, but the combination of a rounded side and tapered end make this option perfect for both basic application and detailing.
BEST BUY: Real Techniques Miracle Complexion Sponge

HOW TO CLEAN YOUR SPONGES

- > Soak in warm water
- > Using circular motions, rub the sponge in the palm of your hand until all excess make-up comes out
- > Leave to dry naturally.

You should aim to clean your make-up sponges regularly and replace after three months of use.



HOW TO boost YOUR METABOLISM

If you are trying to lose weight, you may have heard about the benefits of boosting your metabolism.

While your body is constantly burning calories, boosting your metabolism can give you that extra edge when it comes to weight loss.

METABOLISM-BOOSTING FOODS:

- > Protein-rich foods such as eggs, almonds, chicken breast, oats, and cottage cheese
- > Spicy foods that contain fresh or dried chilli
- > Iron-rich foods such as spinach, kale and other leafy greens.

1. FOCUS ON STRENGTH TRAINING

If you tend to stick to basic cardio when it comes to working out, you should know that this is not the best way to boost your metabolism. Instead, turn your efforts to strength training and high-intensity workouts that will keep your body burning more calories for longer.

2. INCREASE YOUR FIBRE INTAKE

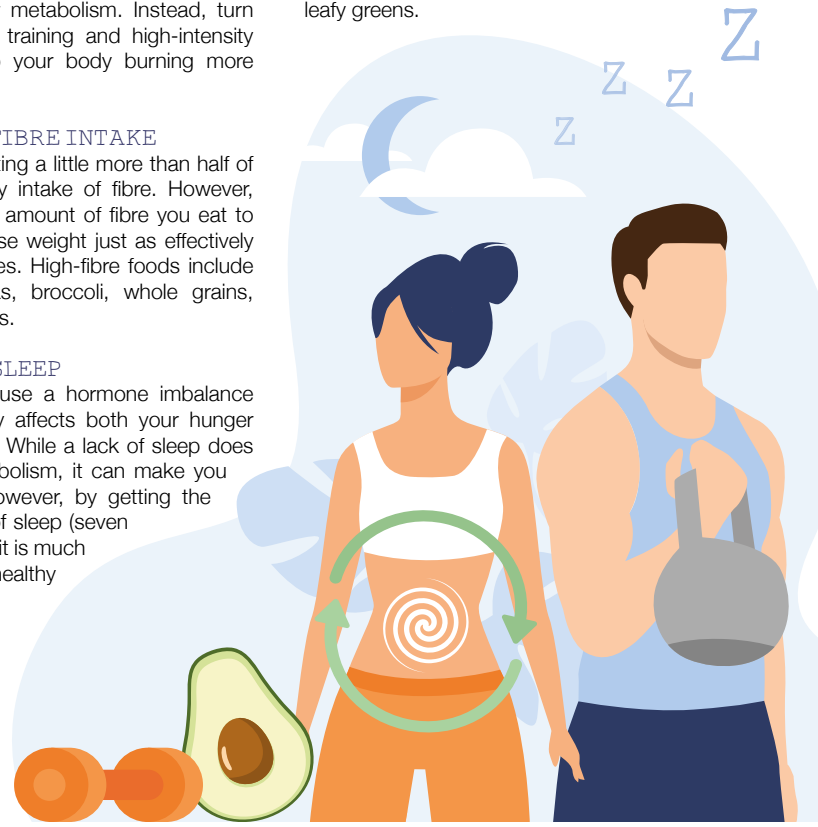
Most adults are only getting a little more than half of their recommended daily intake of fibre. However, by simply increasing the amount of fibre you eat to 30g per day, you can lose weight just as effectively as when counting calories. High-fibre foods include lentils, beans, chickpeas, broccoli, whole grains, dried fruits, and avocados.

3. GET SUFFICIENT SLEEP

A lack of sleep can cause a hormone imbalance in the body that directly affects both your hunger levels and your appetite. While a lack of sleep does not decrease your metabolism, it can make you metabolically groggy. However, by getting the recommended amount of sleep (seven to eight hours per night), it is much easier to maintain a healthy weight.

4. STAND UP MORE

Office workers spend an average of 75 per cent of their day sitting down. However, standing up is



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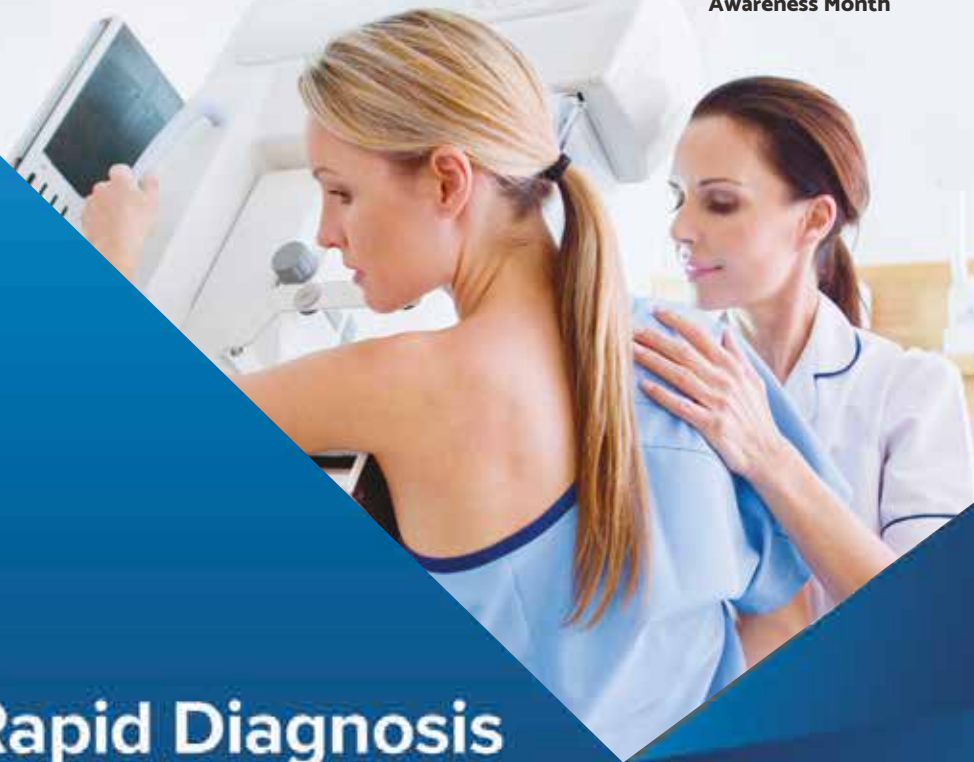
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RAYNAUD'S

Awareness Month



HEALTH & FITNESS

Although relatively unheard of, Raynaud's disease is a common condition that affects up to 10 million people in the UK.

While for most people, Raynaud's disease isn't disabling, it can have a negative impact on their quality of life.

What is Raynaud's disease?

Raynaud's disease, pronounced Ray-nodes, is a condition that affects the blood supply to certain parts of the body, usually the fingers and toes. Raynaud's is typically triggered by cold, anxiety or stress.

There are two types of Raynaud's disease: primary Raynaud's and secondary Raynaud's. The former develops on its own and is much more common, whereas the latter is caused by another health condition.

What are the symptoms of Raynaud's disease?

- > Cold fingers or toes
- > Colour changes in your skin in response to cold or stress (usually skin turns white and then blue)
- > Numb, prickly or stinging feeling upon warming up or stress relief.

While Raynaud's disease most commonly affects the fingers and toes, it can also affect your nose, lips, ears, and nipples.

What causes Raynaud's disease?

There are certain factors that make you more likely to develop primary Raynaud's disease, including:

- > **Sex.** Women are more likely to be affected than men.
- > **Age.** Raynaud's disease tends to develop between the ages of 15 and 30.
- > **Climate.** This disorder is more prevalent in colder climates.
- > **Family history.** If a first-degree relative has Raynaud's disease, your risk increases.

Secondary Raynaud's disease is associated with autoimmune conditions such as rheumatoid arthritis and lupus.

How to treat Raynaud's disease

In most cases, you can manage Raynaud's yourself by avoiding the cold, wearing gloves, and using relaxation techniques when you feel anxious or stressed. Stopping smoking can also help to improve your symptoms, as smoking negatively affects your circulation.

If you struggle to control Raynaud's, ask your GP about nifedipine, a calcium channel blocker that can help to reduce your symptoms.





SPORT

UNUSUAL SPORT...

KNOB THROWING



Only in Dorset would the gift of a hearty, wholesome biscuit be rewarded with the recipient promptly throwing it as far as they possibly could into a field.

Yet rather than taking the position of a biscuit besmircher, the matter in hand – or rather, out of it – is all part of the sport of Knob throwing, the Dorset Knob being the name for a traditional biscuit baked in the south-west. And while you may attempt to stifle that snigger, consider the fact that we've all been eating Hobnobs for years without even a second thought for the name.

While the biscuits have been in production since the end of the 19th century, the sport itself is a relatively new entity. It was first held in 2008 at the Frome Valley Food Festival in Cattistock, with the intention of promoting local specialities and producers – although how this translated into unceremoniously launching the produce around a field remains unclear.

It's said that the idea came about thanks to a documentary from actor Robbie Coltrane, which featured people throwing Yorkshire puddings. And it's fair to say the Dorset Knob has now gone on to supersede its Northern edible cousin. The event has taken place every year since, with the exception of the last two iterations when the festival was cancelled because of COVID-19.

During the sport, three Knobs are thrown from a designated line, with the longest effort recorded. There are no age restrictions, and the record for the longest throw is in excess of 30 metres.

The festival also encompasses Knob eating, Knob painting, a Knob and spoon race, guess the weight of the big Knob, Knob darts, and a Knob pyramid, and is scheduled to take place this year on May 1.

With normal life returning to both our city and rural areas, don't be surprised to see copycat Knob throwing up and down the country – it's a (biscuit) barrel of laughs.

WHAT A KNOB

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Friday @ 11.45am
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BRITAIN'S GREATEST SPORTING MOMENTS...

ANFIELD 1989

SPORT

EACH MONTH, WE LOOK AT A SIGNIFICANT EVENT IN BRITISH SPORTING HISTORY. THIS MONTH, WE RECOUNT AN INCREDIBLE NIGHT AT ANFIELD ON MAY 26, 1989

That the 1988/89 season came down to the final fixture, Liverpool vs Arsenal at Anfield, and almost the final kick of a tumultuous league campaign, was horribly cruel on home supporters who had seen their lives, their club and their community ripped apart by the Hillsborough tragedy just six weeks previously.

Some questioned whether the season should have been completed at all following the tragic incident in which many fans lost their lives on the Leppings Lane terrace. But finished it was, and despite a horrendous backlog of fixtures, Liverpool bridged a 16-point deficit to lead Arsenal by three points going into the final game.

Arsenal required a two-goal victory in order to take their first league title in 18 years, and although Alan Smith's first-half header gave them the lead, Liverpool sat back and defended their

deficit in the second half.

Into the final minute, and Lee Dixon's long ball to Michael Thomas took a double deflection, bouncing ahead of the Arsenal man to send him clear on goal. As the ball approached home keeper Bruce Grobbelaar, time appeared to slow down, as legendary ITV commentator Brian Moore muttered those immortal words: "It's up for grabs now."

The midfielder arrowed the ball to the keeper's left and the Gunners had pulled off the most remarkable season finale.

Liverpool fans stayed behind to clap the victors as well as their fallen heroes, and the iconic match has been the basis of many books and dramas since, not least Nick Hornby's *Fever Pitch*.

It was a conclusion to a torrid season that will never be forgotten, nor beaten.

Photo credit: Colorsport/shutterstock





TRAVEL



Top LGBTQ+ DESTINATIONS for 2022

To celebrate LGBT+ History Month, we have sought out the top six most welcoming cities across the globe for LGBTQ+ visitors.

1. SAN FRANCISCO, UNITED STATES

One of the most progressive cities in the United States, San Francisco is known as the LGBTQ+ capital of America and boasts a rich history of gay rights activism.

Head to the Castro District, or visit in June to enjoy the annual Pride parade.

2. COPENHAGEN, DENMARK

Denmark was one of the first countries to legalise same-sex civil partnerships and has a long reputation for inclusive social attitudes.

Visit Centralhjørnet, one of Europe's oldest gay bars, or celebrate Pride in August.

3. SYDNEY, AUSTRALIA

Welcoming and open-minded, Sydney is a great destination for LGBTQ+ travellers. Whether you are single or coupled up, head to Oxford Street to experience this city's vibrant nightlife with an

abundance of LGBTQ-friendly clubs and bars.

Book a flight for late February/early March to enjoy Sydney's famous Gay and Lesbian Mardi Gras.

4. TORONTO, CANADA

Canada has some of the most progressive laws on LGBTQ+ rights in the world, so you can expect an accepting attitude when you choose to holiday here.

Make a beeline for the lively Church and Wellesley district to experience a thriving LGBTQ+ scene.

5. BRIGHTON, UNITED KINGDOM

If you want to stay in the country, Brighton is often considered the LGBTQ+ capital of Britain. With no shortage of LGBTQ-friendly bars, clubs and hotels, as well as an annual Pride parade in August, you will feel right at home in this vibrant seaside town.

6. MANCHESTER, UNITED KINGDOM

Another UK destination, Manchester's notorious Gay Village is a must-visit for any LGBTQ+ traveller. Known for its lively nightlife, Manchester has also received global recognition as one of the most LGBTQ-friendly cities in the world.



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