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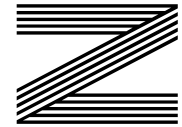
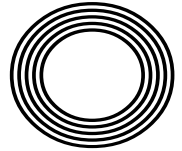
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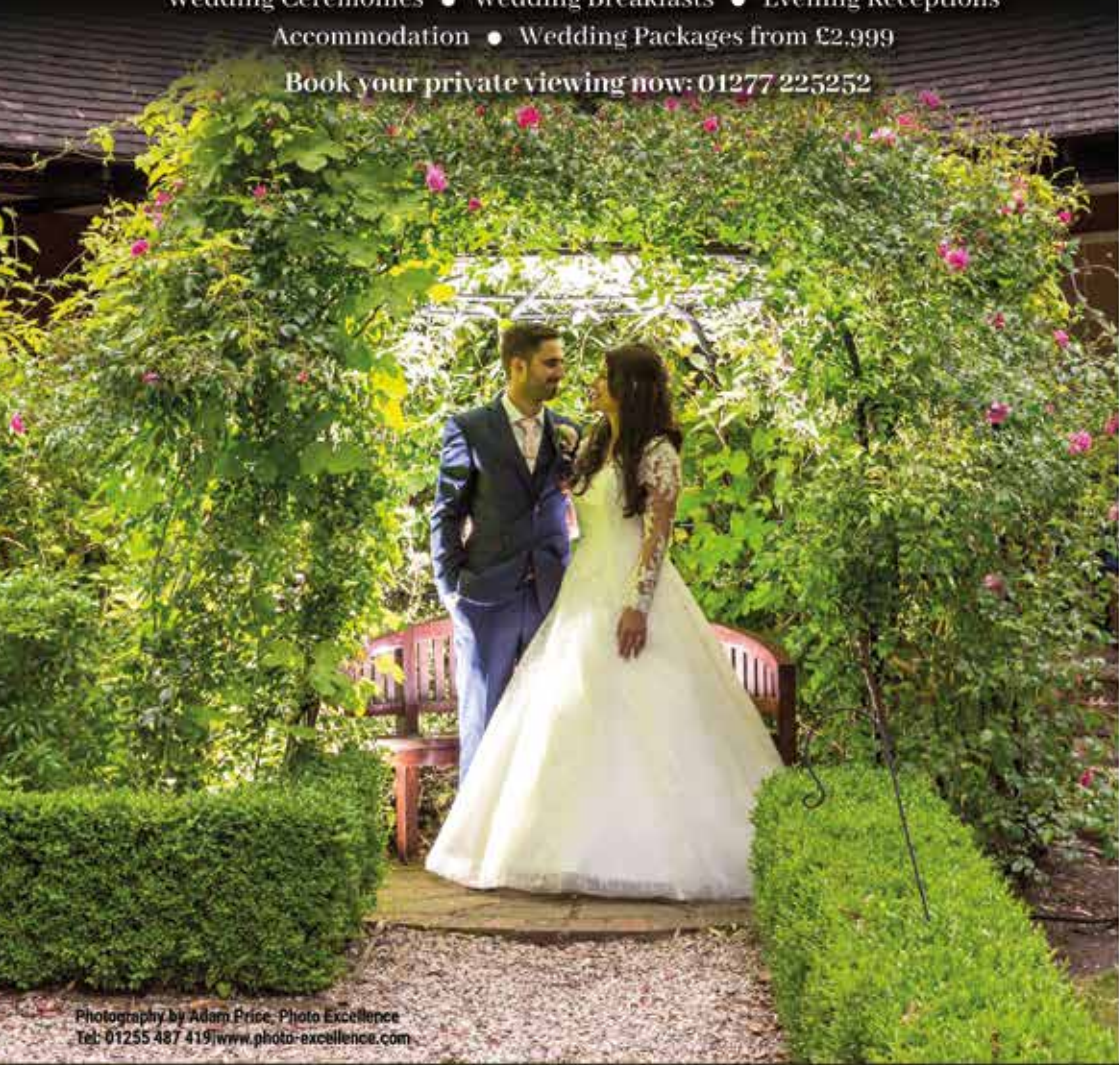
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# Editor's notes...

JULY 2022



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** BrentwoodOngar. I write this after the pomp and pageantry of the Queen's Platinum Jubilee, and still with the sounds of regal fanfare, tradition and celebration ringing in my ears.

For all the conjecture about the Royal Family and their relevance to our lives in 2022, a four-day weekend of celebrations I felt was a fitting tribute to a wonderful lady, Queen Elizabeth II.

And yet, what inspired and delighted me most weren't the big events at Buckingham Palace and St Paul's Cathedral. I was instead charmed by the plethora of street parties held in every corner of the country.

It dawned on me how much I had missed these community get-togethers, where streets were cordoned off, children played until sunset and neighbours took real time to catch up.

We'd seen this indomitable spirit in those days of lockdown, where people rallied together, but the Jubilee weekend saw that notion played out in celebration rather than fear.

Finally, after missing out for two years, we could revel in what really matters - the people around us and the streets on which we live. It's proof, if it was ever needed, that big things come from small actions.

*Nik Allen*

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# A RACE *for the* TAPE

## CELEBRATING THE LIFE OF THE LEGENDARY JOCKEY, LESTER PIGGOTT

We are used to identifying icons in popular culture – stars who have committed decades to their pursuit, taken home countless honours and, in the process, inspired a generation to try to emulate their achievements.

As far as the sporting world goes, from Muhammad Ali to Serena Williams, Freddie Flintoff to David Beckham, we can reel off the names of defining stars with relative ease, though despite their intense and varied achievements, the question of whether they can rival those of the late Lester Piggott is an interesting one.

Certainly in terms of longevity of a professional career, none comes close. Piggott, who passed away in May, rode his first winner at the age of just 12, way back in 1948, at Haydock Park. And five decades later, he was still taking the plaudits – his last winner also came at the Merseyside track, at the age of 59.

In total, Piggott rode a colossal 4,493 winners – a sporting legacy fuelled by half a glass of champagne each day, a few coffees and a handful of cigars.

Nicknamed the Long Fellow, given that at 5ft 8in he was tall for a jockey, his pedigree in the saddle never faded, and to back up the admiration he gleaned as the UK's favourite jockey, he had a rogue-like edge that, while courting admiration from contemporaries – and the opposite sex – also landed him in hot water from time to time.

This was never more the case than when the champion jockey was arrested and found guilty of tax evasion in 1986. He was subsequently given a three-year prison sentence (later reduced to one year) and stripped of his OBE, as it transpired he hadn't declared £1.3million of income received from riding, plus a further £1million from bloodstock operations.

It seemed peculiar that a multimillionaire would feel the need to defraud the public purse, but Piggott was very much a man in his own creation, and abiding by the rulebook wasn't part of his plan.

"If I was to toe the line, I would never have got to where I was in my career; I would never have ridden my first horse when I was 12," he said in an interview with the BBC. "I always wanted to take things one step further, to push the narrative, to challenge boundaries.

"I think if you want to get somewhere and if you want to be someone, this is the route you need to take... even if sometimes it may not work out the way you planned."

In 2021, Piggott was one of the first two entrants in the British Champions Series Hall of Fame – alongside the horse Frankel.

Although a private man, in later years Piggott remained active in the horse racing world, and was a close friend of the Queen. He had two daughters and a son, and passed away in hospital in Geneva, Switzerland, on May 29, aged 86.



# Full of PRIDE

## CELEBRATING THE PROGRESS OF PRIDE IN THE UK AND ELSEWHERE

It's perhaps surprising to note that Pride, a collection of events that celebrate the progress and popularity of the LGBTQ+ movement, actually comes from a place of conflict.

Certainly, our modern interpretation of Pride and, by association, LGBTQ+ Pride Month, which took place in June, is one where people can express their sexuality in a way that brings it into mainstream conversation.

It wasn't always like this. Back in 1969, and under the moniker Stonewall, a series of riots around Manhattan provided a watershed moment. The name referenced the Stonewall Inn, a gay bar in Greenwich Village where transgender people rioted following a raid by police.

Looking now at the way Pride is encouraged in all its forms, it's clear we have come a long way since then.

In the UK, parades in London and Brighton are some of the most popular of any live events held to celebrate Pride. Across the pond, various US presidents have committed to referencing and promoting Pride Month, while corporations the world over throw their collective marketing might behind that familiar multicoloured flag.

What's more, last year the United Arab Emirates supported the LGBTQ+ community in a way they had never before by raising the rainbow flag to celebrate Pride Month; and with the World Cup due to be held in Qatar at the end of the year, the Middle East remains under significant pressure to uphold its renewed pledge for dignity and equality.

These days, Pride is more than a dress code, a parade or a festival. It is a 24/7 lifestyle that encompasses people of all different persuasions, in pursuit of respect, tolerance and understanding. And it's a battle that's being won.



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### THE CHERISHED KITCHEN IMPLEMENTS OF THE COUNTRY'S BEST CHEFS

While a good workman doesn't blame his tools, for those who specialise in the wonder of food, the perfect kitchen implement can transport an everyday dish into a work of culinary completeness.

We have collated the must-have cooking utensils and items for a selection of the UK's leading chefs, and in some cases, the results were surprising.

**JAMIE OLIVER:** Globally famous chef and restaurateur. "An empty jam jar: super cheap and super useful, for anything from salad dressings and salsas to storing pulses and spices."

**YOTAM OTTOLENGHI:** Respected food columnist and chef. "For years I struggled with all sorts of mashers, then I found the Masterclass potato ricer. It fits in a drawer, it's easy to handle and clean, and creates a mega-smooth mash. I now use it for mashing all my root veg."

**CLARE SMYTH:** Michelin-decorated female chef and previous winner of the Chef of the Year award. "My Big Green Egg barbecue. You can put whatever you like on it, pull down the lid and leave it for hours without having to do anything at all. Good food made with ease and no stress."

**TOM KERRIDGE:** Owner of award-winning The Hand and Flowers pub. "My Homer Simpson bottle opener, a present from my personal assistant, Zabrina. Each time I open a bottle, it goes, 'Mmmmm, beer.'"

**JAMES COCHRAN:** Winner of *Great British Menu* 2018. "It has to be my Braun J300 Juicer. I've been making amazing juices every morning to ensure I'm full of energy for the day."

**MARWA ALKHALAF:** Co-owner of Michelin restaurant, Nutshell. "Rubber spatulas of all shapes and sizes. They don't scratch and ensure that every last bit is scraped up. When you are working with precise recipes, especially with pastries, it's crucial every gram is accounted for."

Photo credit: amazon.co.uk, claresmyth.com, biggreenegg.com, actionfiguresitalia.it, @cochran\_ja @Twitter, greatbritishchefs.com



HOW TO CREATE YOUR OWN

# abstract cushion

Could your cushions do with a makeover? High street cushion covers can be expensive and a little generic, so why not design your own? We love this simple yet bold abstract cushion design that anyone can create at home with just a few craft essentials and a little artistic flair.

artistic, you could draw your own abstract face design and use this instead.

- YOU WILL NEED:**
- One cotton cushion cover | An abstract face template (you can find these online) | A pencil
  - A piece of cardboard the same size as your cushion cover | Black fabric paint
  - Thin paintbrush | Iron-on foil in your choice of colour | An iron | A tea towel



**HOW TO MAKE:**

**STEP 1: Print out the face template**  
Print out your chosen face template onto a piece of plain white paper and carefully cut out the different parts of the face. Alternatively, if you are feeling

**STEP 2: Draw around the template**  
Position the template pieces onto the front of your cushion cover and draw around each one using a pencil. Take your time with this step as accuracy is key.

**STEP 3: Paint the face design**  
Place the piece of cardboard inside your cushion cover – this will stop your paint bleeding through to the back of the cushion. Using a thin paintbrush and the black fabric paint, carefully paint the face design and then allow to dry fully.

**STEP 4: Create the lip design**  
Use the template to cut out a pair of lips from the iron-on foil. Set your iron to a cool setting with the steam off and then place the lips onto the cushion cover. Lay a tea towel on top of the lips and then gently iron until the foil has bonded with the fabric. Remove the tea towel and allow to cool before peeling off the top carrier layer of foil.

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HOME & DIY



## COME OVER TO THE DARK SIDE

**W**hile black might not be the first colour that comes to mind for a baby's room, this gender-neutral shade is becoming increasingly popular in the nurseries of the rich and famous. Here are some suggestions for decorating with black.

**USE BLACK AS AN ACCENT:** If you are not ready to paint an entire wall black, then why not try adding some black accents to your nursery? You could add a black toy storage box, a black wicker basket, or mix and match black accessories with animal print.

**GO FOR GOLD:** If you are looking to create a glamorous room for you and your baby to spend time in together, then a black and white nursery room with a few touches of gold is the way to go. Opt for black walls, a combination of black and white furniture, and some well-placed gold accessories.

**MIX AND MATCH PATTERNS:** Stick to just black and white as your colour scheme of choice and then add depth and visual interest by mixing and matching whimsical graphic patterns. Think a black and white striped rug, black and white spotty blankets, and black and white patterned wallpaper.

**ADD WARMTH WITH WOOD:** To design an earthy, natural-looking nursery, paint a dominating wall in black to give the space a sense of drama and definition and then add warm woods and rich textures to create feelings of comfort.

**PAINT THE CEILING BLACK:** For an ultra-modern nursery, set black against white by painting all the walls white and the ceiling black. Providing stark contrast, you can then add your choice of accessories either in a pop of colour, such as yellow or orange, or continue the monochrome theme.

Photo credit: www.nurserydesignstudio.com, @winterdaisy/Instagram, Tealrybchuck/Instagram, StyledByNinaJ/Instagram





# ACCOUNTANCY FIRM HELPS RAISE MORE THAN £8,000 FOR CHARITY WITH GOLF EVENT



A local accountancy firm recently organised their first sporting event and raised thousands of pounds for charity.

Versa is an accountancy firm with offices in Essex and London. They are active in the sporting community, sponsoring Tigers Football Club and having worked alongside Football for Peace, an initiative working to build sustainable initiatives across the globe, for many years.

Versa recently organised their first sporting event, in conjunction with a client of theirs, HDS Securities. The aim of the golf day, held on Tuesday, May 17, at Top Meadow Golf Club, Upminster, was



to bring all their clients together and raise as much money as possible for Football for Peace, the charity partner for the event.

Versa has worked alongside Football for Peace since its inception. As the accounting partner for the charity, they understand the important job the charity does and so wanted to raise money to support them.

What started as a small event for clients soon expanded into a full-scale charity



event with more than 120 attendees. As well as raising money for a good cause, the golf day also offered the opportunity for Versa's clients to get together and enjoy themselves.

The event was a great success, with 50 golfers taking part and a further 70 evening guests attending. A total of £8,116 was raised through raffles, a charitable auction and different games held throughout the day.

Ex Professional Footballer David Bentley, an attendee at the event, said: "It was one of the best golf days I have attended, and it was great to spend the day with other like-minded people, all whilst raising money for a good cause. From start to finish, the day was superb. I can't thank the Versa and HDS team enough for such a fantastic day. I can't wait to come back next year."

**Versa, 9 Corbets Tey Rd,  
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Web: [VersaAccountants.co.uk](http://VersaAccountants.co.uk)**



# ISLAND HOPPING

## BY DESIGN

Greece's design aesthetics have typically been regarded in the sense of the ancients – the coming together of the Doric, Ionic and Corinthian orders in an appreciation of the classical architecture found in towering columns, stone temples and buildings. While the template was set by others many thousands of years ago, the classic but cool elements of design from modern style contemporaries is leading a whole new generation of fans to flock to the Greek islands.

Take **Milos**, for instance – an island whose fishing heritage has led to the creation of a proliferation of single-storey lodges made of stone and decorated with local materials with, typically, a white or grey palette.

Then there is the **Athens Riviera**, a more populous and money-motivated area, where nearby forests have provoked a string of seaside spaces that rely more on timber and versatile fabrics, such as woven leather, particularly those with weather-resistant capabilities.

In **Syros**, the island vibe leads to artistic flair dressed in a veil of sustainability and self-

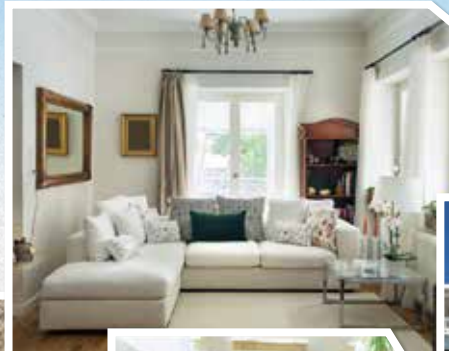
preservation. A two-hour ferry ride from Athens transports people to a neoclassical paradise that offers echoes of Capri, without the unnecessary excess.

And what about **Antiparos**? Although a stylish idyll first made popular by the English poet Lord Byron, there remains a rustic, simple charm to the architecture on show, with stone walls, wicker frames, rattan furnishings and a mass of driftwood.

In **Santorini**, this volcanic isle does everything at sharp angles. Like much of the Amalfi Coast, buildings overlap and overhang, yet the dazzling white brightness of apartments disguises very well their angular elements. Medieval hilltop towns feel a world away from the seaside cafés and restaurants, but there is a cleanness to both that makes the island so special.

Finally **Mykonos**, which has discovered a recent surge in popularity, enveloping everyone from entrepreneurs to indie bands. The vibe is totally relaxed, however, on an island inspired by cubic architecture, and with a mood that combines sharp lines with stylish poolside pads.

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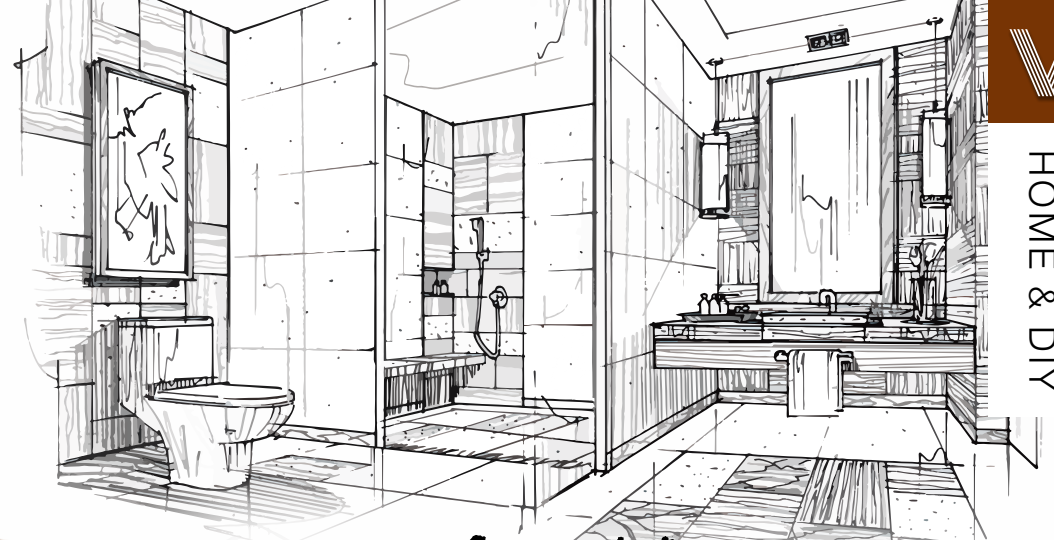


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HOME & DIY



## DESIGNING A *small bathroom*



Your bathroom is an essential room in your home – you'll use it multiple times a day. But many people think that a small bathroom has limited potential, making it difficult to create a modern and stylish space.

The good news is that even a modest bathroom can be beautiful with the right design. Take a look at our tips for creating a stylish, functional bathroom, even when you're working with a small space.

**CREATE ZONES:** You can make a space look larger by creating defined bathroom zones. Tiling or panelling your sink area, a block colour above the toilet and a contrasting floor can create the illusion of space. It will also make your bathroom look slick and modern.

**FREE UP YOUR FLOOR SPACE:** A freestanding bath, towel rail and wall-hung vanity units can leave you with more visible flooring, making your bathroom look much bigger. Get clever with shelving instead of opting for storage units. You can build shelving into your shower, or make the most of some wall space to store all of your essentials.

**LET THERE BE LIGHT:** Keep your space light to help it look bigger. Light shades on the walls, glass shower doors and a large mirror will help keep your room nice and bright.

**USE THE LITTLE TOUCHES TO ADD STYLE:** There are a lot of stylish touches you can add to a small bathroom to help it ooze style and class. Matte black or brushed gold hardware looks beautiful, while plants and wall art can also make your bathroom feel more inviting.

A small bathroom can still be mighty. Consider the options above to make the most of the space you have and ensure your bathroom is lovable and livable.



Photo credit: arazalevine.com/Pinterest, lovenovate.co.uk/Pinterest





# ART THERAPY

*with Rebecca Sicardi*

**WHY REBECCA SICARDI'S DESIGN VISION IS GOOD FOR THE HOME AND THE MIND**

We can all relate to a piece of furniture, or a space, or an entire house transporting us to a place of mindful calm, but designer Rebecca Sicardi took the concept one step further when launching her interior design business in 2017.

Despite studying History of Modern Art at Manchester University, it was only when she began decorating her duplex apartment in Hackney that the concept of satisfaction and gratification really came to the fore for the designer, who prioritises subtlety, restfulness, neutral shades and stripped-back finishes in order to promote a place of sanctity, harmony and calm.

She explains: "I don't think it's a secret that most of us will respond well to relaxed, subtle shades and tones, and they really are at the heart of what I create as a template for thought."

"On top of that, I will add context, detail and stimulation in the form of statement pieces or effects that really stand out."

By the designer's own admission, it's not a revolutionary way of thinking; however, in an era where we are impacted by so many modes and messages, reconnecting with sanity, clarity and a sense of clearness could be the ultimate antidote to the world's ills.

The words 'sensitivity' and 'sanctuary' permeate so much of what Sicardi styles, with pastels, wood, stone and rattan offering a base on which everything else can be constructed.

As for Sicardi's recommendations for others looking to follow her design style, she suggests always checking colours carefully, especially 'off-whites', valuing texture and materiality over almost anything else, and using a pared-back palette as a starting point before adding on top, while always telling a story through the art and furniture you select.

She adds: "Don't expect it to work first time. Persist with what feels as if it might work, because with persistence, it will."



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Location: CM15 - Reviewed in: November 2021

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Location: SS17 Southend Road - Reviewed in: October 2021

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# Calling all SHOPPING ADDICTS

In a recent study, London has been named the second best city for shopping in the world, with an overall shopping score of 8/10. The results come just days after the capital was crowned the third most popular city on the planet.

and its place as one of the world's most ideal cities for shopping is well established."

The study also revealed that London has a whopping 19 Rolex retailers.

#### HOW DID THE STUDY SCORE EACH CITY?

The study analysed cities all around the world based on the number of shopping locations, number of fashion shops within one mile, number of shopping malls within one mile, number of boutiques within one mile, and number of designer boutiques in the city.

#### WHO TOOK THE TOP SPOT?

Tokyo was crowned the number one shopping city in the world, with an overall shopping score of 9/10, boasting an impressive 1,970 shopping locations and 240 shopping malls and fashion shops within one mile. Paris took the third spot, with Sydney, New York and Boston also ranking strongly.

#### HOW DID LONDON FARE?

London ranked in second place due to gaining the second highest number of shopping locations (1,221) and its number of boutique stores within one mile (102). The researchers were particularly impressed by London's variety, saying: "London is one of the fashion capitals of the world,

#### WHO CAME OUT WORST?

Vienna was named the worst city to shop in the world, with just 267 locations. Munich scored nearly as badly, with only 15 shopping malls and six boutique stores within a one-mile radius of the city centre.

#### BEST SHOPPING DESTINATIONS IN LONDON:

Oxford Street | Regent Street | Knightsbridge | Bond Street | Mayfair | Westfield | Carnaby Street | Covent Garden.





# LOCAL NEWS

*from your neighbourhood*



Photo credit: Highways England

## Green light given to upgrade busy M25 junction

Plans to improve the busy junction 28 of the M25, which provides local access to Brentwood, have been given the green light.

Transport Secretary Grant Shapps has given the formal go-ahead for National Highways to begin work to deliver improvements at junction 28 that will reduce traffic and lead to smoother and safer journeys.

The junction plays a vital role in connecting the M25 with the A12, as well as providing local access to Brentwood and the A1023 Brook Street.

However, there are frequently long queues and heavy congestion, as up to 7,500 vehicles per hour pass through the junction at peak times.

The work will include improving the flow of traffic and allowing more capacity on the exit slip roads, with Highways saying: "It will provide a safer and more integrated network for everyone."

There will also be less likelihood of traffic queuing onto the M25 owing to the reconfiguration of the junction.

National Highways regional delivery director, Chris Welby-Everard, said: "Our proposals to improve the M25 at junction 28 are good for business and jobs, good for road safety and good for the environment, making journeys safer and more reliable."

Work is expected to start in autumn 2022.

## Pupil in the running for pony championships

A student from a Brentwood school has been longlisted for the Team GB pony team.

Charlotte Cooke, 15, who attends Brentwood School, is in the running to compete at the Pony European Championship, which will take place in Poland this August.

A spokesperson for the school said: "Charlotte's inclusion follows an amazing season and a great performance at the British Pony Championship."

"The six riders who will represent Great Britain at the Pony European Championship will be announced after the Final Observation Pony Trial in July."

# BRENTWOOD PROPERTY NEWS



The Brentwood Realtor

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

This month, property website Zoopla reported there are signs emerging that the market is softening throughout the UK, which has been noticed locally too.

There are still pretty high levels of buyer demand and not enough properties available so the market is still moving quickly, but the time to sell (from listing to sale) is starting to rise. Experts are predicting buyer demand levels will start to fall nationally due to changing sentiment around the cost of living and personal finances.

Locally, we are fortunate that Brentwood is seen as a desirable place to live and the media coverage around the newly opened Elizabeth line is certainly helping with buyer enquiries from London. Brentwood was also recently voted as the best commuter town to live in Essex by C4's Location Location Location presenter Phil Spencer. This was based on house prices, commute to London and what the area has to offer. Nice one Phil!

*Peter Garland-Collins*

### Local Property Statistics

Current number of homes for sale in CM14. **196**

Current average sold price per Sq.Ft. **£483**

Average sold price June 2022. **£390k**

### 5 Year Average Price Growth

Jun 2017 **£370,143**

Jun 2018 **£377,730**

Jun 2019 **£347,467**

Jun 2020 **£371,230**

Jun 2021 **£434,402**

Jun 2022 **£390,195**

**-10%** 1-year      **12%** 3-year      **5%** 5-year

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## Resident honoured as friends take on challenge



Photo credit: Brain Tumour Research

The friends and family of an inspirational woman from Brentwood have cycled 145 miles in her memory and raised thousands of pounds for charity.

Ria Melvin (pictured inset) was just 25 years old when she passed away in August 2021 from a brain tumour.

Ria had worked with Brain Tumour Research to campaign for change, and had communicated with Alex Burghart, MP for Brentwood and Ongar.

After finding a clinic in Germany which could possibly help with her diagnosis, Ria started a GoFundMe page which raised more than £170,000 in total.

To honour Ria and her amazing charity work, a team of her friends and family, known as Ria's Riders, cycled from Loughborough to Brentwood on June 2 and 3 and raised more than £11,000.

Sofie Armitage, one of Ria's university friends who helped organise the fundraiser, said: "Ria underwent two major brain surgeries, chemotherapy, radiotherapy and immunotherapy among trying other treatments before it took her life way too young at age 25."

To donate, please visit [www.justgiving.com/fundraising/Loughborough2Essex](http://www.justgiving.com/fundraising/Loughborough2Essex)

## Appeal after group of men break into woman's home

Essex Police are investigating an aggravated burglary in Brentwood.

A woman in her 80s reported that a group of men broke into her home in Willowdene Court, Warley, at around 10pm on Monday, June 13, and demanded she give them her jewellery.

The men – who wore masks and black gloves – stole the woman's wedding ring before making off in an SUV-style vehicle similar to that of a VW Touran.

Two of the men are described as wearing navy blue or grey clothing, and one is described as holding a crowbar.

The police are working to establish whether this and a similar aggravated burglary in Waltham Abbey on

the same night are linked. Their enquiries are ongoing.

Officers are appealing for anyone who saw anything or has any CCTV, dashcam or doorbell footage to contact them.

If you have any information, you can submit a report at [www.essex.police.uk](http://www.essex.police.uk) or use the live chat button to speak to an online operator between 7am and 11pm.

Please quote the crime reference number 42/151365/22.

## Garden opens as part of national scheme

A Brentwood resident will welcome visitors into her garden as part of the annual National Garden Scheme (NGS).

Liz Thomas (pictured left), who has lived in Brentwood for 50 years and has taken part in the scheme for more than 10 consecutive years, will welcome visitors to her garden in Hatch Road on July 3 and 17.

The NGS sees people offered unique access to more than 3,500 private gardens across the country and helps raise money for nursing and health charities through admission charges and refreshments.

Liz and her husband, Mike (pictured right), usually welcome 200 to 300 visitors on each day and raise between £3,000 and £5,000 each year for the NGS.

Their daughter, Julie Dunn, explained to VISIONBrentwoodOngar what people can expect to see at her mum's garden.

She said: "She has a beautifully varied garden with so much to see and be inspired by. Most importantly, there are loads of cakes and plants for sale and plenty of places to sit.

"People who visit can't believe how lovely it is and that she is self-taught. It's an acre of interest, perfect for avid gardeners.

"She is so passionate and provides lots of advice to anyone that asks."

The garden at 262 Hatch Road, CM15 9QR, will be open from 11.30am to 4.30pm on July 3 and 17.



Photo credit: Julie Dunn





## Asbestos found in 17 council buildings

LOCAL NEWS BRENTWOOD



Photo credit: Brentwood Borough Council

Asbestos has been found in 17 council-owned properties in Brentwood, including the Town Hall.

A survey conducted by the Labour Research Department and commissioned by the Trades Union Congress also revealed that 13 of those buildings are open to the public.

The sites include burial ground chapels, community halls, leisure centres, operational depots, a plant nursery used by a charity, a public car park, and public changing rooms at a playing field.

The use of asbestos was banned in the UK in 1999, but it can still be present in older buildings.

Asbestos is a fibrous material and inhaling it can lead to serious lung conditions. However, Brentwood Borough Council (BBC) says there is no risk to anyone while it remains undisturbed.

A BBC spokesperson said: "The council takes its responsibilities around the management of asbestos extremely seriously to ensure residents and building users are safe and protected from risk.

"We have a robust process in place for undertaking asbestos management surveys of all our buildings on a regular schedule basis using suitably accredited and qualified specialist contractors.

"Public and commercial areas of buildings have all been reviewed to ensure there is no risk to the public or general users, and those areas that do have materials containing asbestos within them are monitored on an ongoing process to ensure they are not disturbed."

## Active Essex teams up with app to get everyone walking

A partnership between the Go Jauntly walking app and Active Essex has made exploring Brentwood and wider Essex easier than ever.

The app shows 50 new walking routes across

Brentwood, Chelmsford and Harlow and includes dog-friendly walks, family fun puzzle trails, accessible step-free walking routes, and longer routes for more confident walkers.

Councillor Will Russell, Brentwood Borough Council's chair of the Community, Environment and Enforcement Committee, said: "This is great inspiration for people to explore new places in Brentwood and beyond and enjoy different walking trails. Everyone can go at their own pace and relax and enjoy the surroundings. Walking is great for overall health and wellbeing and the routes will cover some of the best undiscovered places in Brentwood and across the county."

To find out more and download the free app, visit [www.gojauntly.com/active-essex](http://www.gojauntly.com/active-essex)

## Police launch appeal following shop ATM theft

Police are looking to speak to a man (pictured below) in connection with a theft from a supermarket ATM in Brentwood.

Essex Police have launched a CCTV appeal as they continue to investigate the theft at Sainsbury's in William Hunter Way.

The theft happened on May 13 but police have confirmed that the investigation is ongoing.

A spokesperson for Essex Police said: "There have been no arrests; enquiries continue.

"It was reported a man in his 30s had withdrawn money from an ATM there before leaving the machine with the money still in the dispenser.

"It happened at around 3pm on May 13.

"If you have any information, you can submit a report online at [www.essex.police.uk](http://www.essex.police.uk) or use the live chat button to speak to an online operator between 7am and 11pm.

"Please quote the crime reference number 42/130089/22."

Anyone with information can also contact Essex Police on 101 or Crimestoppers anonymously on 0800 555 111.



Photo credit: Essex Police

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LOCAL NEWS BRENTWOOD

The Rotary Club of Brentwood is delighted to be working with Brentwood Council, the cathedral and Brentwood à Becket Rotary Club in supporting Ukrainian refugees in the town. We have been successful in bidding for central funds from Rotary to set up a community hub in the Woodland Café in Brentwood. Dmytro, the café owner, opens his doors one evening a week for people who have arrived from Ukraine in the last few months and their sponsors. It is heart-warming to see the happy faces of people who have experienced so much trauma, having a safe place to meet, make new friends and share experiences. Dmytro and Julia Rojcová from Schmidt arranged for the local police to attend one of the meetings to reassure people of their support and to tell them where to get help should they need it.



We have also set up a weekly conversational English group supported by local volunteers and Laundry and Latte on Warley Hill in Brentwood. Not stopping at help in the UK, we are working with two business owners in Brentwood and have raised funds to support the transport of food and other goods to a humanitarian aid hub in Dnipro that provides help to people from Mariupol. We are delighted that aid has now arrived in Ukraine where it is badly needed.

# Man jailed following attacks



Photo credit: Essex Police

A man who tried to force two women to get out of their cars in Brentwood has been jailed.

Daniel Clark, 39, of no fixed address, approached and threatened two women and attempted to force them out of their cars in Ingrave Road on the morning of June 26, 2021.

During the first incident, the victim had come to a stop at a set of traffic lights when Clark opened her door, grabbed her, verbally abused her, and tried to pull her out.

She was able to kick him away and close the door. She later described seeing Clark holding what appeared to be a flick knife which he held against her stomach.

Shortly after, Clark started screaming at another woman parked on the same road. He smashed the window and tried to open the door from the inside. A piece of glass got into the victim's eye, and she was also left with a large wound to her arm.

As Clark fled the scene, he was stopped and grabbed by a member of the public, who was then also able to flag down an officer.

Clark appeared at Basildon Crown Court on March 23 and admitted affray, actual bodily harm, and possession of a bladed article.

At the same court on June 20, he was sentenced to two years and nine months in prison.

Investigating officer PC James White, from the Brentwood Criminal Investigation Division, said: "Daniel Clark subjected his two victims to terrifying ordeals. I want to thank the members of the public whose prompt actions helped lead to him being detained."

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**BURGHART for BRENTWOOD**



Alex Burghart MP for Brentwood and Ongar



LOCAL NEWS BRENTWOOD



Congratulations and thanks to all those involved in the Platinum Jubilee festivities across the borough of Brentwood over the long June bank holiday weekend, from fireworks at Ingatestone to a party for residents and businesses in Shenfield – with Crown Street in Brentwood a hotspot of celebration and entertainment for local shoppers.

The parish councils pulled out all the stops to make sure bunting and funding was available in abundance. Herongate and Ingrave Parish Council arranged a massive party over several days, and my thanks to

all those involved who spent much of their bank holiday putting tents up and taking them down, and making sure everything was in place for the greatest fun to be had.

Kelvedon Hatch Parish Council oversaw floral tributes in the church, as well as a display of knitting depicting Her Majesty The Queen and her corgis.

I made my way around as many of the events as possible, and was delighted to meet so many people celebrating The Queen's service to us all in the last 70 years. Thanks again to everyone who made it possible.

**Petition against housing plans**

A petition against plans to develop 200 homes on green belt land in Brentwood gained more than 500 signatures in a week.

The land designated as Site R16 in Brentwood Borough Council's Local Plan is located next to the A12. The northern parcel of land is situated to the south of Pilgrims Hatch and the southern parcel is to the north of Brentwood.

The proposal has led to the formation of a campaign group and a petition being launched on May 29; by June 5, it had reached more than 500 signatures.

A statement on the Say No to R16 campaign group website says: "The two sites offer a rich diversity of environment and are home to many species, including badgers, foxes, deer and horses.

"The potential impact on the health of the residents and children living and walking through the area is unimaginable."

Brentwood Borough Council has been contacted for comment.

For more information and to view the petition, visit [www.kingserv.org/say-no-to-r16](http://www.kingserv.org/say-no-to-r16)



Photo credit: Google Maps

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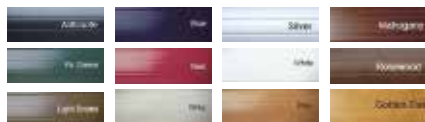


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# LOCAL NEWS

*from your neighbourhood*



Photo credit: Ongar Residents For a Better Greensted Road Development



## Protesters dressed as rabbits fight development

Protesters dressed as rabbits gathered outside a planning meeting to fight against a proposed new development in Ongar.

More than 30 people protested outside the Epping Forest District Council (EFDC) offices on Thursday, May 26, in response to plans for 95 new homes in Greensted Road.

The protesters carried placards with the message "homes not hutches", which refers to the number of one-bedroom apartments included in the proposals.

The group is concerned that the plans, which were originally refused but have now been referred to the District Development Management Committee (DDMC), do not meet the needs of local families.

The protest took place outside EFDC's annual general meeting, with a decision on the development possible at the next DDMC meeting on Wednesday, June 29, shortly after **VISION**BrentwoodOngar went to print.

A spokesperson for EFDC said: "The application for new homes on Greensted Road, Ongar, was consulted on and advertised in accordance with the statutory requirements for this type of application.

"As with all planning applications, this one takes the recent Local Plan into account when making any judgements and recommendations.

"The decision to refer the application to DDMC was made in accordance with the council's constitution."



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Photo credit: Ongar Town Council



LOCAL NEWS ONGAR

# Community heroes honoured at citizen awards

Community heroes have been recognised by Ongar Town Council (OTC) at this year's Citizen of the Year awards.

The annual ceremony celebrates inspirational individuals in the community who have contributed so much to the town.

The winners were chosen from nominations submitted by the community, with the condition that every person in contention has to either live or work in the parish of Ongar.

This year's winners included Lisa Portman (pictured

left) who won the Citizen of the Platinum Jubilee Year award. She earned the accolade for her continued work for running Beavers, Cubs and Scouts, as well as her work as chairman of governors at Chipping Ongar Primary School.

Other winners included Mary Dadd (pictured second from left), who has headed the community's work on the Neighbourhood Plan; Kelly Stone (pictured second from right) for her fundraising efforts for the town's Christmas lights; and Carolyn Innocent (pictured right) for her work organising the Ongar Town Festival.

# Investigation after fire destroys family home

An Ongar family's home was destroyed in a fire last month. Smoke alarms alerted the family to the blaze, which Essex County Fire & Rescue Service believes started accidentally, on Thursday, June 16.

On arrival at 9.06am, several fire crews from Chelmsford, Brentwood, Harlow and Grays discovered the semi-detached property was alight.

The crews prevented the fire from spreading to the adjoining property, and the blaze was contained by 1pm. The family had escaped the house earlier. Station manager Toby Ingham said: "I want to thank the crews for working hard in challenging conditions.

"Sadly, a family has been left homeless as a result of the fire, but fortunately the property had working smoke alarms and nobody was hurt.

"I'd also like to thank Essex Police who were at the scene helping to keep the public safe while we worked to extinguish the fire."

A full investigation is now underway to determine the cause of the fire.



Photo credit: Essex County Fire & Rescue Service



# Cycle challenge comes to town for first time



Photo credit: Epping Forest District Council

Thousands of cyclists, including professional riders, visited Ongar as part of RideLondon.

RideLondon, which sees cyclists take on routes on closed roads around London, took place in Essex for the first time over the weekend of May 27-28.

It was also the first time the event had been held since before the COVID-19 pandemic and included 30-, 60- and 100-mile routes.

Ongar resident Tom Coleman enjoyed seeing the event come to the area.

He said: "I think it's great that it was in Essex this year and even better that the route was close to where we live.

"Loads of people watched the cyclists go by and it created a real buzz.

"I'm considering taking part next year so hopefully it returns to Essex."

Hugh Brasher, the event director, said: "Overall, we are delighted. There's an enormous amount of learning when you do an event, let alone one of this size.

"It's a beautiful county and even though there weren't many steep hills, they still found it quite gruelling.

"Overall, we are really happy with how it went."

# MP votes for Prime Minister to stay in no confidence vote

Alex Burghart, MP for Brentwood and Ongar, voted for Boris Johnson to stay on as leader of the Conservative Party and as Prime Minister in the recent no confidence vote.

In a simple statement made on his Twitter account on the day of the vote, he said: "The Prime Minister has my support - I will be voting for him today."

His vote was one of the 211 pro-Boris votes that prevented the Prime Minister from losing his position,

compared to the 148 votes against - just over 40 per cent of the Conservatives.

Mr Johnson MP has faced increasing opposition from within his own party in the aftermath of the Partygate scandal, the cost-of-living crisis and other issues that threaten to affect his leadership.

Mr Burghart MP was previously a Parliamentary Private Secretary to the Prime Minister until September last year, when in a cabinet reshuffle he was made a junior minister in the Department of Education.

Mr Burghart MP has been contacted for comment.

# Councillor attends events to celebrate Platinum Jubilee

Ahead of an action-packed Jubilee bank holiday weekend, Ongar and Rural county councillor, Jaymey McIvor (pictured second from right), pledged to attend as many community events as possible.

Attending 12 events over the four-day bank holiday weekend, cllr McIvor said: "I must be one of the luckiest councillors in the country."

He attended the bell ringing at St Mary's Church, High Ongar, before attending the "excellent" street party on The Street.

He said: "I was delighted to meet the faces behind the bells before attending the street party which was organised by The Coffee Post and The Forresters Arms pub.

"It was wonderful to see so many people having a great time all day and into the evening."

On Sunday, June 5, many local faith groups attended a special Platinum Jubilee service in which cllr McIvor gave a reading from Joshua 1:1-9 on the themes of success, strength and courage.

He added: "The service in Ongar was particularly poignant as it focused on the attributes of our Queen, in particular her selflessness 70 years ago. It was wonderful to see representatives from other churches, proving how even locally our Queen brings people together."



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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.

The Cloudy2Clear service only requires the glass to be replaced and not the whole window once the unit has failed. Chris commented "Cloudy2Clear were able to assist our community through the last financial crisis in 2008 due to the savings that can be made in using our service. Unfortunately we might be going through something similar again soon and the public can rest assured that we will be there to help once again".

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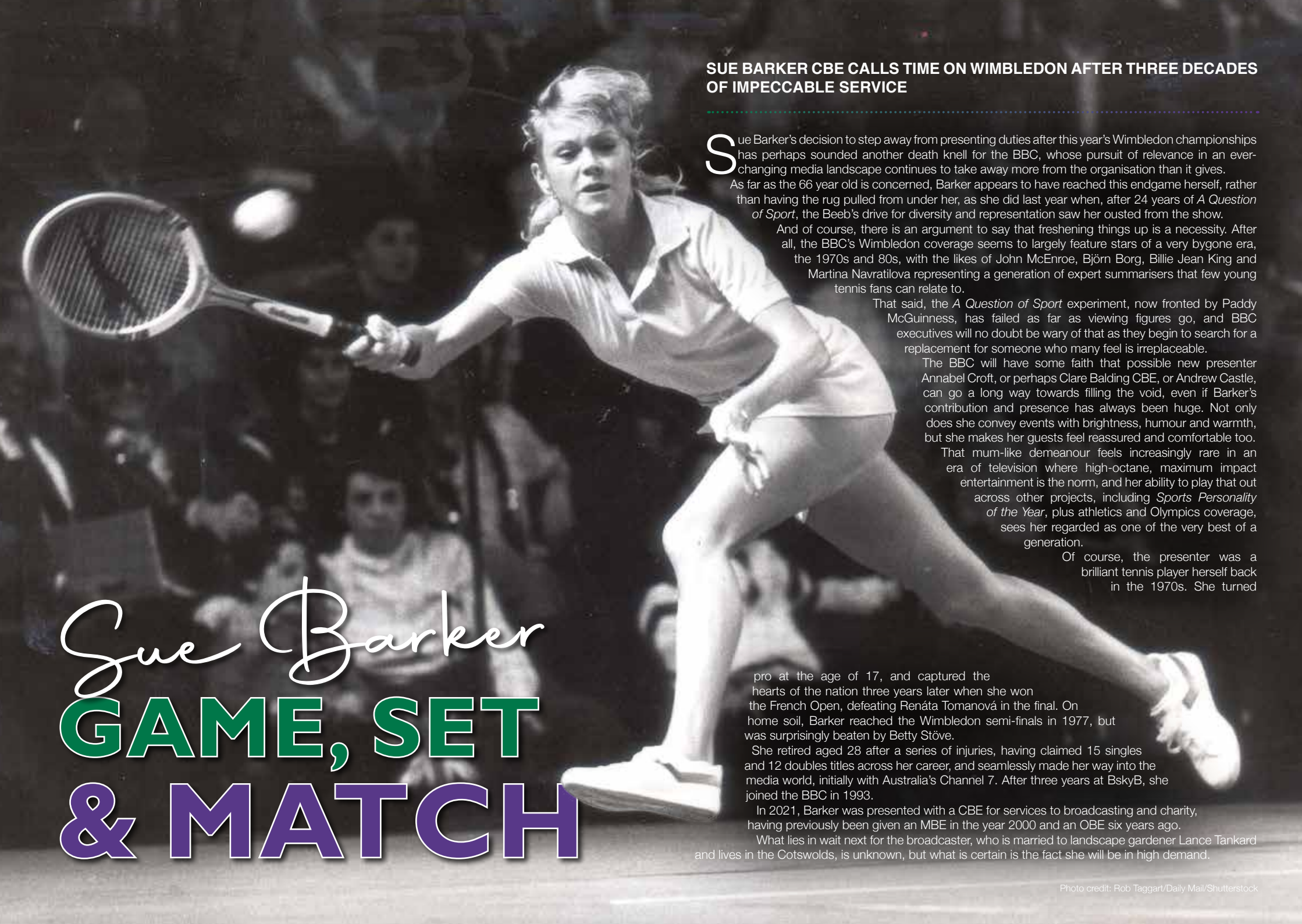
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## SUE BARKER CBE CALLS TIME ON WIMBLEDON AFTER THREE DECADES OF IMPECCABLE SERVICE

Sue Barker's decision to step away from presenting duties after this year's Wimbledon championships has perhaps sounded another death knell for the BBC, whose pursuit of relevance in an ever-changing media landscape continues to take away more from the organisation than it gives. As far as the 66 year old is concerned, Barker appears to have reached this endgame herself, rather than having the rug pulled from under her, as she did last year when, after 24 years of *A Question of Sport*, the Beeb's drive for diversity and representation saw her ousted from the show.

And of course, there is an argument to say that freshening things up is a necessity. After all, the BBC's Wimbledon coverage seems to largely feature stars of a very bygone era, the 1970s and 80s, with the likes of John McEnroe, Björn Borg, Billie Jean King and Martina Navratilova representing a generation of expert summarisers that few young tennis fans can relate to.

That said, the *A Question of Sport* experiment, now fronted by Paddy McGuinness, has failed as far as viewing figures go, and BBC executives will no doubt be wary of that as they begin to search for a replacement for someone who many feel is irreplaceable.

The BBC will have some faith that possible new presenter Annabel Croft, or perhaps Clare Balding CBE, or Andrew Castle, can go a long way towards filling the void, even if Barker's contribution and presence has always been huge. Not only does she convey events with brightness, humour and warmth, but she makes her guests feel reassured and comfortable too.

That mum-like demeanour feels increasingly rare in an era of television where high-octane, maximum impact entertainment is the norm, and her ability to play that out across other projects, including *Sports Personality of the Year*, plus athletics and Olympics coverage, sees her regarded as one of the very best of a generation.

Of course, the presenter was a brilliant tennis player herself back in the 1970s. She turned

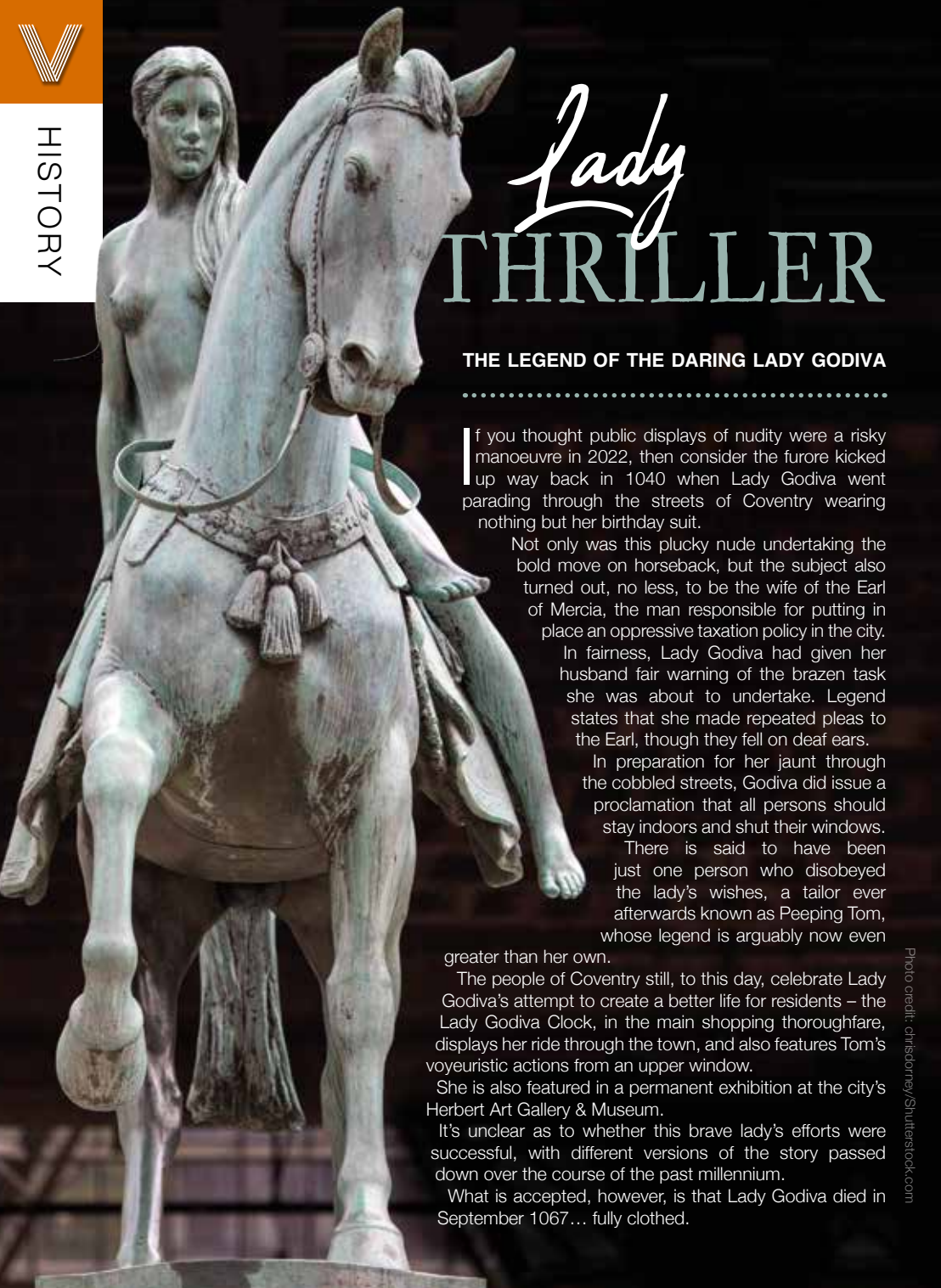
pro at the age of 17, and captured the hearts of the nation three years later when she won the French Open, defeating Renáta Tomanová in the final. On home soil, Barker reached the Wimbledon semi-finals in 1977, but was surprisingly beaten by Betty Stöve.

She retired aged 28 after a series of injuries, having claimed 15 singles and 12 doubles titles across her career, and seamlessly made her way into the media world, initially with Australia's Channel 7. After three years at BskyB, she joined the BBC in 1993.

In 2021, Barker was presented with a CBE for services to broadcasting and charity, having previously been given an MBE in the year 2000 and an OBE six years ago.

What lies in wait next for the broadcaster, who is married to landscape gardener Lance Tankard and lives in the Cotswolds, is unknown, but what is certain is the fact she will be in high demand.

Sue Barker  
**GAME, SET  
& MATCH**



# Lady THRILLER

## THE LEGEND OF THE DARING LADY GODIVA

If you thought public displays of nudity were a risky manoeuvre in 2022, then consider the furore kicked up way back in 1040 when Lady Godiva went parading through the streets of Coventry wearing nothing but her birthday suit.

Not only was this plucky nude undertaking the bold move on horseback, but the subject also turned out, no less, to be the wife of the Earl of Mercia, the man responsible for putting in place an oppressive taxation policy in the city.

In fairness, Lady Godiva had given her husband fair warning of the brazen task she was about to undertake. Legend states that she made repeated pleas to the Earl, though they fell on deaf ears.

In preparation for her jaunt through the cobbled streets, Godiva did issue a proclamation that all persons should stay indoors and shut their windows.

There is said to have been just one person who disobeyed the lady's wishes, a tailor ever afterwards known as Peeping Tom, whose legend is arguably now even greater than her own.

The people of Coventry still, to this day, celebrate Lady Godiva's attempt to create a better life for residents – the Lady Godiva Clock, in the main shopping thoroughfare, displays her ride through the town, and also features Tom's voyeuristic actions from an upper window.

She is also featured in a permanent exhibition at the city's Herbert Art Gallery & Museum.

It's unclear as to whether this brave lady's efforts were successful, with different versions of the story passed down over the course of the past millennium.

What is accepted, however, is that Lady Godiva died in September 1067... fully clothed.

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# Bubble BONANZA



FOOD & DRINK

**B**ubble tea has been trending on social media for a while now, with this Insta-perfect colourful beverage being every bit as tasty as it looks.

consistency that is somewhere between jelly and chewing gum.

### WHAT IS BUBBLE TEA?

Bubble tea is a Taiwanese recipe that is made by blending tea with milk, fruit and fruit juices and then adding tapioca pearls. While it is now all the rage in the UK, it has been enjoyed in countries such as China since the 1980s.

### WHY IS IT CALLED BUBBLE TEA?

It is the tasty tapioca pearls that sit at the bottom of bubble tea and the floating bubbles that are created by vigorous shaking that give this increasingly popular drink its name.

Bubble tea can be served hot or cold, but always in a transparent cup and with a thick straw so that the pearls can be seen and sucked up with ease.

### WHAT DOES BUBBLE TEA TASTE LIKE?

There are lots of different flavours of bubble tea that you can try, and you can even get various flavours of tapioca pearls. These pearls have a chewy

### HOW TO MAKE BUBBLE TEA

#### You will need:

Tea | Milk | Tapioca pearls | Honey or agave

#### How to make:

- Bring 3 cups of water to the boil and add 1 cup of tapioca pearls.
- Simmer until the pearls float to the top.
- Brew your chosen tea and allow to steep for 5 minutes.
- Chill the tea in the fridge or pour over ice to cool.
- Place the cooked pearls in a tall glass.
- Add honey or agave to sweeten if desired.
- Pour your chilled tea two-thirds of the way up the glass.
- Add a splash of milk if you want a creamier drink.
- Stir and enjoy with a thick straw.

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# Lucky Penny



KIDS

## WHY IT'S IMPORTANT TO UNDERSTAND OUR KIDS' PERCEPTION OF MONEY

There's no parent who hasn't encountered the incessant pleading or hopeful yearning of a child who, while being commended for his or her persistence, has desperately failed to appreciate the value of something we all need perspective on – money.

While in the past the subject of finances was one largely kept clear of kids, experts now believe it's of real value to educate our youngsters as far as the daily cut and thrust of cash goes.

To do so, it is key to understand what our kids perceive as the value of money. It follows, then, that we can better manage expectations if we pinpoint their perspective. For instance, children under the age of seven will understand the concept of money and its function, but only later do they gather the sense of exchange, the idea of borrowing and the fact it comes in various forms.

Past the age of 10, kids glean how work interacts with money and the fact it can be preserved with good habits (or lost easily with bad ones). With that in mind, having a jar where kids can save money, see it accumulate and then spend it on a reward is one of the best introductions.

Parents or guardians should also use a scheme of rewarding tasks (or commissions) rather than the typical pocket money format where, effectively, a child is rewarded no matter what they do.

The importance of giving should also be emphasised, as well as opportunity cost – "If you buy this, you won't be able to buy that."

Early money management offers great practice for later life where, as we will all testify, temptations become much greater.





FASHION

# HOW TO REMOVE sun cream FROM CLOTHES



Sun cream is a summer essential, helping to protect your skin from the harmful rays. However, do you know how to protect your clothes from sun cream stains? Find out how below.

**STEP 1: REMOVE ANY EXCESS CREAM**  
Start by scraping off any excess sun cream from the item of clothing. This can be done with a dry cloth or your fingers if you do not have anything else to hand.

**STEP 2: RINSE UNDER WARM WATER**  
Rinse the garment under warm water to remove further residue from the stain. Do this for between 10 and 15 seconds.

**STEP 3: POUR WASHING LIQUID DIRECTLY ONTO THE STAIN**  
Look for a washing liquid that specifically offers stain removal aimed at these types of stains, such as Persil Small and Mighty Bio, which is designed to tackle grease and oil stains.

**STEP 4: LOAD INTO YOUR MACHINE**  
Place your garment in your washing machine with

other similar items and add your usual laundry detergent to the drum.

**STEP 5: WASH YOUR GARMENT**  
Wash your items on the usual cycle but use the hottest wash temperature indicated by the instructions on the garment's fabric care label.

**STEP 6: DRY YOUR GARMENT**  
Remove the garment from the washing machine and allow to air dry outside for optimal results.

**TOP TIPS FOR GETTING SUN CREAM STAINS OUT OF WHITE CLOTHING:**

- > After washing, hang your item out to dry in the sun, which can naturally bleach your clothing and banish sun cream stains.
- > For stubborn stains, squirt a little lemon juice onto the affected area before drying on the washing line.
- > Apply a chemical bleaching agent that is diluted with water to the stain. Always make sure you do this in a well-ventilated area and ensure pets and children are kept out of the way.

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# SHADE seekers

Is your garden more shady than sunny? While it can be a struggle to create a blooming outdoor space with limited sunlight, it can be done. Discover below five pretty plants that thrive in the shade.

**STINKING IRIS:** Although this may not be the most pleasant-sounding plant, stinking iris can actually make a very beautiful addition to a shady garden, especially in autumn, when its large seedpods split open to reveal orange-red seeds. Plant in full shade for best results.

**WOOD SPURGE:** There are many different varieties of spurge, but our favourite has to be *Euphorbia amygdaloides* var. *robbiae*. From late spring, this pretty plant bears lime-green flowers above dark green leaves. Plant in dry, shady spots such as underneath trees or along woodland borders.

**SNOWDROPS:** Snowdrops appear at the end of winter and bloom beautifully for weeks until your spring bulbs start to flourish. Delicate and dainty, snowdrops thrive in full shade and particularly in heavy, moist soils.

**BELLFLOWER:** If you are looking for a plant that will attract bees and other pollinators to your garden, then bellflower is a great choice. Ideal for growing at the back of a border, this attractive plant displays clusters of purple-blue bell-shaped flowers from summer through until autumn.

**FOXGLOVE:** As a woodland plant, foxgloves thrive in dappled or partial shade, so they do require a little bit of sun. There are many different varieties to choose from, with colours including bright pink, purple and peach.

### OUR TOP TIPS FOR GROWING IN THE SHADE:

- > Improve the soil with lots of organic matter before planting
- > When planting under trees, remove any dry, impoverished soil between the large roots
- > Apply weathered wood ash from a bonfire or log burner to increase the potash in the soil
- > Mulch the whole area after planting with garden compost or composted bark chippings.



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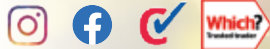


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**TOM MASSEY**

HORTICULTURAL HERO

**THE CONTEMPORARY GARDENER WHOSE PATH IS WELL DEFINED**

In a post-COVID era where we appreciate the benefit of outside space in ways we have probably never done before, the appeal of young, energetic, stylish gardeners has never been so great. With that in mind, it's easy to see why Tom Massey has found himself riding a wave of popularity.

The London College of Garden Design graduate is best known as presenter of *Your Garden Made Perfect*, a show that uses virtual reality and the ideas of rival garden gurus to shape horticultural solutions for frustrated homeowners.

The success of the show has led Massey into fronting a variety of other projects, from hosting parts of the Royal Horticultural Show to being asked to design and install a moveable orchard near the Olympic Park. He also works privately for a number of clients.

"I think people are really starting to appreciate the flexibility of their gardens in a way they have never done before," he says. "There is so much technology that we can bring into our outside spaces, from lighting to entertainment systems to eco-friendly heating solutions, meaning longer nights outdoors rather than always having to migrate inside.

"Gardens have always been peaceful, restorative places, but making them social spaces too is a new trend that is great to see."

When designing gardens for private clients, Massey likes to combine lawned areas with statement architecture, often guiding the eye through the space, as if going on a journey. From wildflowers to wrought iron, his contemporary ideas are striking a chord with a new generation of homeowner.

He explains: "In the past, gardens had to be soft, flowing, purely natural spaces. While that's great for nature, it's not so practical for people.

"In my opinion, we should give ourselves the freedom to live in our gardens, using materials and ideas that are attractive and offer us the opportunity to relax."



GARDENING



Photo credit: [www.tommassey.co.uk](http://www.tommassey.co.uk)



# To be OR NOT TO BEE

THAT IS THE QUESTION – AS IN, ‘WHAT’S ACTUALLY THE DIFFERENCE BETWEEN A BUMBLEBEE AND A HONEYBEE?’

**W**hen it comes to buzzing beauties in our gardens, most of us would be none the wiser as to exactly what we’re looking at – we’ll simply exercise caution to prevent getting too close to them.

The truth, though, is that bumblebees and honeybees look and live very differently.

### APPEARANCE

Bumblebees are bigger, have a puffier, more decorated exterior and subsequently buzz at a slower rate and lower frequency.

Honeybees are more streamlined and can often be mistaken for wasps.

### NESTS

Honeybees will nest whenever they can find a decent space. A tree, a cave, a roof space, even under your car bonnet – they’re happy as long as they believe it’s a safe and secure space.

Bumblebees will create homes underground.

They have less of a need to build high as they’re not protecting a mass of honey, so will typically use abandoned burrows or holes underground.

### JOB

Honeybees, as the name suggests, produce honey. Bumblebees, on the other hand, are responsible for transferring nectar from flowers.

### STING

We all know the peril of a bee sting, though it’s only a honeybee sting that’s terminal... for the bee. Bumblebees have the ability to sting many times – you’ve been warned.

### HIBERNATION

While bumblebees will see out the cold of winter in a safe, warm space, honeybees do not hibernate and will keep going throughout the cold months. They will rely on pre-stored food to last them through to the spring.



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BRITAIN'S GREATEST SPORTING MOMENTS...

# Andy Murray WINS WIMBLEDON



SPORT

Each month, we look at one of the most significant events in British sporting history. This month, we go back to the day when Andy Murray fulfilled a life's ambition at Centre Court.

In the modern era, men's British tennis failed to live up to expectations for a long time. Players such as Tim Henman and Greg Rusedski teased and toiled, but in all honesty were some way short of mounting real and repeated Grand Slam challenges.

When Andy Murray turned pro in 2005, immediately there was something different about this sparky, confident, sometimes arrogant Scot. Buoyed on by a fiercely supportive mum and partner, he had an all-round game that, on the right day, and on the right surface, could challenge anyone.

That day came on July 7, 2013, as the then 26 year old strode out onto Centre Court in the Wimbledon men's final. Only Novak Djokovic stood between Murray

arresting a 77-year wait for a men's British champion, and the opening exchanges proved the ride wasn't going to be easy.

Even so, Murray broke his opponent to take the first set 6-4, then recovered from 4-1 down to win the second 7-5. Victory was soon one game away, and as BBC commentator Jonathan Overend said, the arena represented "a cacophony of support, elation and fear. That noise, in those 90 seconds, will never, ever be heard again. So loud, so impassioned, it was like Murray was about to play the final game of his life."

Murray held his serve, and his nerve, to take the final set 6-4. Victory was his.

Of course, Murray repeated his feat three years later, and in a rich spell of success – which saw him rise to the top of the world men's rankings – also took the US Open title and made it to six further Grand Slam finals.

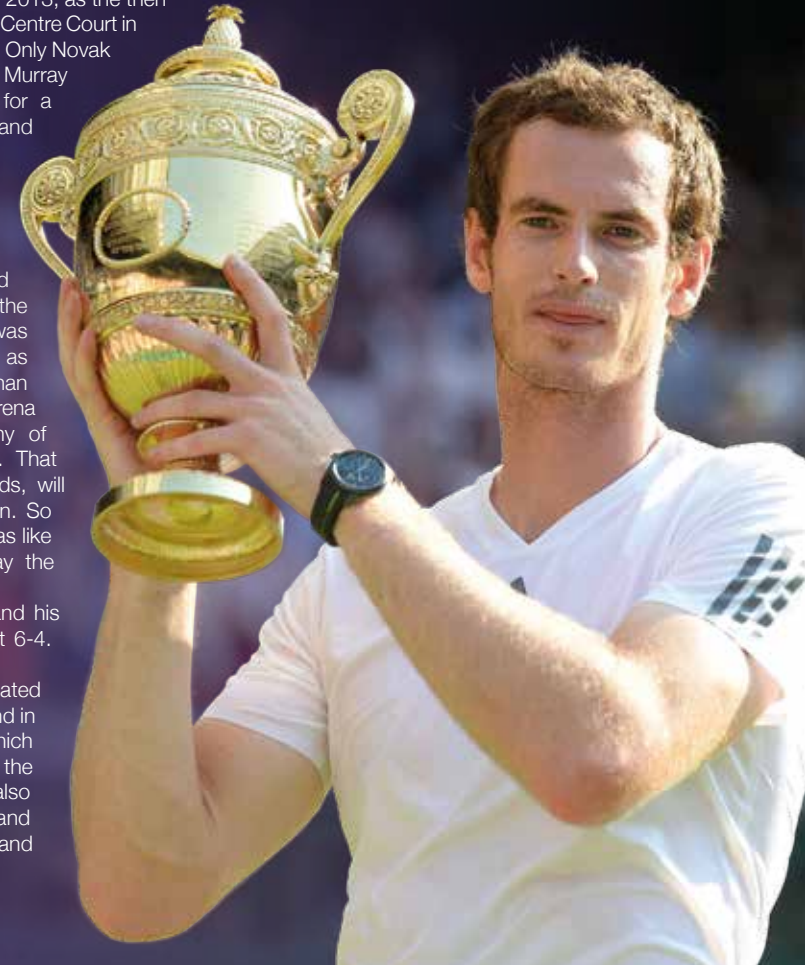


Photo credit: Andy Hooper/Daily Mail/Shutterstock



SPORT

# Just **JAKE**

**JAKE DANIELS BECOMES THE UK'S FIRST OPENLY GAY FOOTBALLER IN THREE DECADES**

They say young footballers go about their craft with a sense of fearlessness, and that's certainly the case where Blackpool forward Jake Daniels is concerned.

The 17-year-old, who signed pro terms with the Championship club in 2022, is yet to make a league appearance for the Seaside, though he has singlehandedly cultivated more column inches than any of his vastly more experienced teammates by coming out as the English Football League's only gay footballer.

For many years, conjecture over the possible treatment of gay footballers – in an environment where terrace banter very often crosses the line between acceptable and not – has clearly led to a huge number of gay footballers afraid to fly their true colours.

That's what makes Jake's revelation all the more brave – namely that someone right at the start of his football career has the confidence and honesty to nail his LGBT colours to the mast and declare, as would Gloria Gaynor, "I am what I am".

He said: "I can't really put a date on it, but I was probably five or six years old when I knew I was gay, so it's been a long time that I have been living with the lie."

"Now is the right time to speak. I feel like I am ready to tell people my story. I want people to know the real me."

"I have been thinking for a long time about how I want to do it, when I want to do it. I know now is the time. I am ready to be myself, be free and be confident with it all."

The UK's first openly gay footballer since Justin Fashanu way back in 1990, Jake is correct in his assertion that attitudes and values have changed. And while the late Fashanu was derided for his honesty and bravery, the fact Jake Daniels has been roundly praised shows just how far society has come since then.



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TRAVEL

# HIRE CAR *high-fives*

CLEVER TRICKS TO CONSIDER WHEN HIRING A CAR

**B**eing taken for a ride when hiring a car is probably one irony too many, but it's possible to steer clear of hire car horror and save some additional money by following a few clever tricks.

**INSURANCE INSANITY:** Car hire companies profit from every level of insurance they sell, and as with most policies, you'll not need it 99.9 per cent of the time. Beware convoluted offerings, including a super collision damage waiver which, despite the name, still won't save you having to pay your excess. Others can take the excess down to zero but will cost you more than arranging private insurance. Alternatively, see what's covered on your credit card benefits.

**THE POWER OF THE HOUR:** Beware returning your hire car after hours – bringing it back late may well cost you an extra day's hire. Alternatively, think about the free trick on car hire when it comes to having a car on a day when the

rental centre isn't open. You'll find the cost for hiring Friday to Sunday is the same as Friday to Monday – in other words, you're getting a free day.

**THE FUEL RULE:** It always pays to return the car with the same fuel level in the tank. Returning it having not refilled will incur additional fees.

**BOOK IN ADVANCE:** As is usually the case, booking in advance will save you money. And in the COVID-19 era, many rental centres are insisting on pre-uploading your driver's licence and other ID documents, meaning you can save time on collection.

**THE AIRPORT AGGRO:** As we get back into the mindset of holidaying abroad, try to avoid airport rentals. They are notorious for expensive add-ons at a time when people are in a tense state of mind. The better solution is to get a taxi to a nearby town to pick up a prearranged rental.



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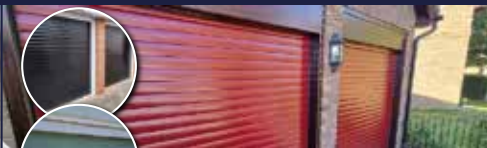
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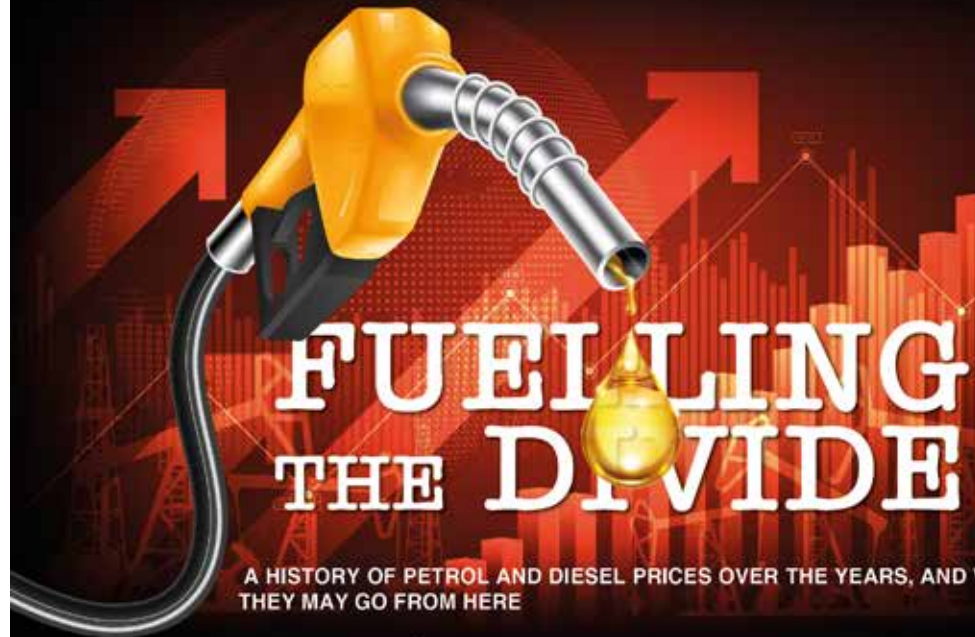
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MOTORING



# FUELLING THE DIVIDE

A HISTORY OF PETROL AND DIESEL PRICES OVER THE YEARS, AND WHERE THEY MAY GO FROM HERE

The devastation caused by the conflict in Ukraine has affected no one more than those immediately impacted by the war; and while it feels churlish perhaps to complain about the price of fuel at the pumps, it's not unreasonable to highlight the extraordinary increase in the price of filling up, and the very real impact it's having on home shores.

The current cost-of-living crisis is about much more than fuel, but the extent to which we rely on the ability to transport both ourselves and our goods around the UK means that even small fluctuations in petrol and diesel can have an onward effect across all retail and service sectors.

It's not just the war either – there is a multitude of other global factors contributing to an increase in logistics and refining costs.

Going forward, the threat of a full EU ban on Russian energy imports could see the cost of fuel climb even higher above the record prices we've seen – around £1.83/litre for petrol and £1.88/litre for diesel.

Even as recently as 2017, filling up at the pump was more than 30 per cent cheaper, and back in 2005, the amount we spend today would have got us twice as far down the road.

### PETROL PRICES OVER TIME

15 years ago (Jun 2007)	96p/litre
10 years ago (Jun 2012)	£1.32/litre
5 years ago (Jun 2017)	£1.15/litre
3 years ago (Jun 2019)	£1.27/litre
1 year ago (Jun 2021)	£1.30/litre
7 months ago (Dec 2021)	£1.45/litre
4 months ago (Mar 2022)	£1.67/litre

### DIESEL PRICES OVER TIME

15 years ago (Jun 2007)	97p/litre
10 years ago (Jun 2012)	£1.37/litre
5 years ago (Jun 2017)	£1.16/litre
3 years ago (Jun 2019)	£1.31/litre
1 year ago (Jun 2021)	£1.32/litre
7 months ago (Dec 2021)	£1.49/litre
4 months ago (Mar 2022)	£1.78/litre



# NATURAL SUNBURN REMEDIES



## Don't put your life on hold

Nuffield Health Brentwood Hospital

According to a poll by the British Association of Dermatologists, 35 per cent of Brits have been sunburnt in the last year. Although we all know the dangerous effects of the sun's powerful UV rays, we can all be guilty of being a bit lax when it comes to applying sunscreen, so here's what to do if you start feeling the burn.

### BAKING SODA AND OATMEAL

If your skin is feeling sore after too long in the sun, an oatmeal and baking soda bath is just what you need. Adding a few tablespoons of baking soda to a cool bath can help to minimise sun damage, and adding a cup of oats can soothe any irritation and help the skin to retain moisture.

### COCONUT OIL

Once your initial sunburn has calmed down, coconut oil can be applied to the skin to moisturise and hydrate it. Coconut oil is also good for dry or peeling skin, as it helps to lock in moisture and keep the skin soft.

### ALOE VERA

One of the most common ingredients in after-sun products, aloe vera is known for its cooling and soothing properties. If you have your own aloe vera plant, simply break off a chunk of the plant and apply the gel directly to the affected area. Alternatively, pick up some aloe vera gel at your nearest pharmacy or supermarket.

### CHAMOMILE TEA

Did you know chamomile tea can soothe not only your mind but also your skin? To use chamomile as a sunburn remedy, brew a cup of tea as you usually would and then allow to fully cool. Soak a clean cloth in the tea and apply to the skin. Do not use this treatment if you are allergic to pollen.

### WHAT NOT TO PUT ON SUNBURNT SKIN:

Petroleum jelly (Vaseline) | Ice or ice packs | Fragranced moisturisers.



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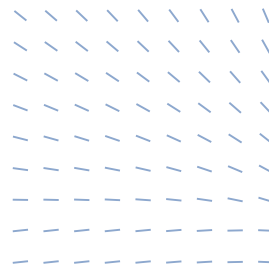
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HEALTH & FITNESS

**T**alking therapies are becoming increasingly popular in the UK as people seek out alternatives to mental health medication. There are several different types of talking therapies available, most of which are covered by the NHS.

### Who can benefit from talking therapies?

While anyone who feels like they need someone to speak to can benefit from talking therapies, some specific issues that can be dealt with are: Mental health problems | Low self-esteem | Traumatic past events | Bereavement | Redundancy | Relationship problems.

### What are the different types of talking therapies?

#### Cognitive behavioural therapy (CBT)

CBT involves looking at how your thoughts and beliefs affect your feelings and behaviours. This type of therapy tends to be short term, between six and 12 sessions, and often involves tasks or practising the skills you have learnt.

**Good for:** Depression | Anxiety | Obsessive compulsive disorder | Eating disorders | Post-traumatic stress | Schizophrenia

#### Dialectical behavioural therapy (DBT)

DBT is an adapted form of CBT that is designed to help people who experience intense emotions by

helping you to cope with stress.

**Good for:** Borderline personality disorder | Addiction | Depression | Self-harm/suicidal thoughts | Eating disorders

#### Psychodynamic therapy

Psychodynamic therapy explores how your childhood and unconscious mind influence your current feelings and behaviours. This therapy involves talking freely about what is on your mind and understanding your past relationships.

**Good for:** Depression | Anxiety | Post-traumatic stress | Eating disorders | Long-term physical health problems | Addictions

#### Humanistic therapy

Humanistic therapy involves exploring your entire self rather than just a specific problem. It is designed to help people grow and become their true self.

**Good for:** Obsessive compulsive disorder | Post-traumatic stress | Personality disorders | Anxiety | depression

#### How to find a therapist

Your GP or another health professional may be able to refer you to a qualified therapist or you can self-refer if you live in England. It is worth noting that there are often long waiting lists for NHS therapists.

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# Strawberry LEGS: SYMPTOMS, CAUSES AND TREATMENTS

While this may be one of the more cute-sounding skin conditions, strawberry legs can be more than a little annoying, especially when you are getting ready to bare your pins for summer.

## WHAT ARE THE SYMPTOMS OF STRAWBERRY LEGS?

- ◆ A dotted or pitted appearance on the skin of your legs
- ◆ The darkening of open pores on your legs
- ◆ The appearance of brown or black spots after shaving

## WHAT CAUSES STRAWBERRY LEGS?

- ◆ **Shaving:** If you shave with an old or dull razor or you fail to use shaving cream, this can sometimes result in ingrown hairs which can lead to strawberry legs. Razor burn can also cause this condition.
- ◆ **Clogged pores:** The skin on your legs contains thousands of pores and these can become clogged with bacteria, dead skin and other debris. Known as open comedones, when the oil inside the pores is exposed to air, it oxidises and turns black.
- ◆ **Folliculitis:** Caused by shaving, waxing or other hair removal techniques, folliculitis occurs when a hair follicle becomes inflamed. This leaves the follicle open and more at risk of exposure to bacteria.
- ◆ **Very dry skin:** Although dry skin does not directly cause strawberry legs, it can make you more susceptible to irritation after shaving, which can cause razor burn or folliculitis.

## HOW TO TREAT STRAWBERRY LEGS

Depending on the cause and the severity, you can choose to treat strawberry legs at home or you can seek professional help.

**Home remedies:** Shave in the direction of hair growth with a moisturising shaving cream | Use an epilator to avoid traumatising the skin | Moisturise the skin on your legs daily | Dry brush the skin daily | Use a body wash that contains salicylic or glycolic acid.

**Professional treatments:** Electrolysis | Laser therapy.



BEAUTY







# How to deal with...

The average total debt for an adult in the UK is a whopping £32,053. If you are one of the many people struggling with debt, it can feel all-consuming. Fortunately, there is light at the end of the tunnel.

### Step 1: Make a list

If you have been burying your head in the sand about your debt, then now is the time to make a list of everything you owe. Although it can be scary to see this on paper, this is an essential task in becoming debt-free.

### • Court fines

These debts need to be paid back first as they could result in you losing your home or being disconnected from a service.

### Step 3: Work out a budget

A weekly or monthly budget helps you to see what your monthly income and expenses are and allows you to find out how much you can realistically pay your creditors. If you need help working out a budget, the MoneyHelper offers a free budget planner at [www.moneyhelper.org.uk/en](http://www.moneyhelper.org.uk/en)

### Step 4: Communicate with your creditors

Once you know what you can afford to pay back, you should contact your priority creditors to talk them through your situation. Make sure you are realistic about what you can afford to pay and don't assume you will be able to pay more in the future.

### Step 5: Get independent advice

You can get free advice on dealing with debt from charities such as Step Change. Visit their website at [www.stepchange.org](http://www.stepchange.org) to find out more.

### Step 2: Prioritise your debts

The next step is to put your debts in order of importance; these are known as priority debts. These may include:

- Mortgage repayments
- Rent
- Secured loans
- Utility bills
- Taxes



## ON THE MONEY

Financial advice from our financial adviser **Karyn Vogel**  
Contact 01277 654153



### BACK IN THE DRIVING SEAT

Many people have used the last couple of years to make positive life changes. Three in five people have questioned what is important in life, while half feel their priorities have changed<sup>1</sup>. Two in five credit the pandemic with encouraging them to build more long-term savings. However, one in four now feel less comfortable about coping with unforeseen events than they did before the pandemic. Likewise, one in five feel less secure about their financial future, rising to one in four among the 35 to 44 age group.

suspended or cancelled a planned life event during the pandemic. Of those affected, 16 per cent put off starting a new job, 13 per cent postponed a house purchase, 12 per cent reconsidered plans to start a new business, 10 per cent stopped trying for a baby and 10 per cent delayed a wedding.

### THIRTIES AND FORTIES

Although 35 to 44 year-olds are the largest cohort to face disruption to their retirement plans, they are also the most likely to feel compelled to save more as a result of the pandemic (54 per cent). While 14 per cent of the same age group fear they may have to push back their retirement date, one in 10 have been able to put extra money towards their retirement because of lockdown.

### TAKE CONTROL

With 2022 hailed the 'year of the squeeze,' with outgoings increasing due to a higher energy price cap and National Insurance contributions, and real pay stagnating because of the effects of inflation, the number of households 'just about managing' is set to grow. We can help you make informed choices about your money and build your financial confidence and resilience. However the pandemic has affected you, we can help refocus your goals and get your plans moving again – so you are well equipped to take control of your financial future.

**For a free review of your current financial situation, please contact Karyn Vogel on 01277 654153.**

### LIFE ON HOLD

Meanwhile, more than half of UK adults have

<sup>1</sup> Aviva, Nov 2021

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# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

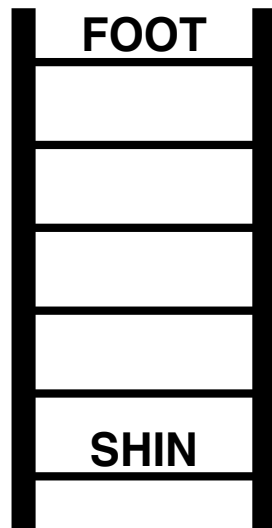
- ▶ ALUMINIUM
- ▶ BERYLLIUM
- ▶ CAESIUM
- ▶ CALCIUM
- ▶ CARBON
- ▶ COBALT
- ▶ GOLD
- ▶ IRON
- ▶ LEAD
- ▶ LITHIUM
- ▶ MERCURY
- ▶ NICKEL
- ▶ OXYGEN
- ▶ POTASSIUM
- ▶ RADIUM
- ▶ RUBIDIUM
- ▶ SILVER
- ▶ SODIUM
- ▶ STRONTIUM
- ▶ ZINC

D	R	A	A	M	U	I	L	L	Y	R	E	B	V	E
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E	X	S	T	Q	T	A	A	K	U	A	T	L	A	K
L	R	M	N	E	G	Y	X	O	U	J	O	T	L	Y
M	M	M	U	M	O	L	T	L	R	G	C	L	U	N
U	U	X	T	I	U	O	N	A	S	F	N	I	M	I
I	I	A	R	L	D	I	D	O	P	N	I	T	I	C
S	D	S	N	L	A	I	S	G	R	Y	Z	H	N	K
E	O	C	G	O	U	B	B	S	R	I	O	I	I	E
A	S	A	Y	M	B	M	O	U	A	V	A	U	U	L
C	K	R	S	Q	O	R	C	C	R	T	K	M	M	A
S	S	I	L	V	E	R	A	I	L	V	O	T	R	R
M	S	W	T	N	E	P	E	C	S	H	T	P	T	D
O	O	S	R	M	U	I	T	N	O	R	T	S	A	A
I	Y	E	P	I	T	A	S	E	R	A	B	M	H	I

## DID YOU KNOW?

- ▶ Every planet in the solar system could fit in the space between the Earth and the moon.
- ▶ On Venus, one day (one rotation) is equal to approximately 243 days on Earth, but its year (a trip around the sun) is approximately 224 days on Earth. This means one day on Venus is longer than one year.
- ▶ Lightning can occur in space. It's caused by black holes.
- ▶ As a gas giant, Saturn is less dense than water. It would be able to float on water.
- ▶ The sun rises and sets on the International Space Station around 15 times a day.
- ▶ In space, no one can hear you scream. Sound is vibration travelling through molecules in the air, but as space is a vacuum, there are no molecules to vibrate.

## 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.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

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

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