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Editor's notes...



Hello and welcome to this month's edition of VISIONBrentwoodOngar. When is fast food not fast? When it takes 18 minutes for a cheeseburger and chips to be served, or when you're asked to park up and wait after ordering a solitary Happy Meal in the drive-thru.

McDonald's has a problem; and it is not alone. The root of this mass inefficiency that has swept through our fast-food joints comes in the form of those with large boxes strapped to their back, and their accompanying electric bikes and L-plate-adorned scooters.

The appeal of Just Eat, Uber Eats and others is decimating the

experience of those who still want to eat the old-fashioned way... in person. On my last visit to McDonald's, where so great was the population of huddled delivery drivers that I was forced to queue outside.

At that point, I decided enough was enough. No more of this nonsense - I am now ordering my food from the independent local restaurants and cafés that I know value my custom, who prioritise real people, and who can empower their staff to stick to their establishment's blueprint, because fast food that takes 15 minutes is no longer fast food!

Nik Allen

This is your town's hyperlocal magazine, delivering to homes and businesses every month.

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CONTRIBUTORS | Tabatha Fabray, Dean Shaw, Bryn Holmes, Reuben Rosso-Powell, Ruby Ward

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





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THE AMAZING IMPACT DAME DEBORAH JAMES DBE HAD ON OUR AWARENESS OF BOWEL CANCER, AND THE COURAGE TO FIGHT THIS DISEASE

NO BUTTS

t's a marker to the strength and resilience of Dame Deborah James DBE that, even in her final days fighting against cancer, she was still able to laughingly refer to herself by a nickname that had done more than just provide a natty piece of alliteration for headline writers.

The self-confessed Bowel Babe, Dame Deborah James, had immersed herself in a wholly public battle with cancer after being diagnosed with the illness back in 2016. She was just 35 at the time. When she received the news that she had stage 4 bowel cancer, Deborah immediately threw herself into work as a patron for Bowel Cancer UK.

And rather than recoil at the shock of the news, Deborah, who at the time was working as a teacher at The Matthew Arnold School in Staines-upon-Thames, found incredible support across social media. Her outspoken voice was picked up by *The Sun*, for whom she began working as a journalist and columnist.

BBC 5Live stepped in shortly afterwards to take on her original, no-holds-barred podcast, entitled *You, Me and the Big C*, with its unapologetic, graphic and unrelenting portrayal of the many elements of cancer gaining admirers from all quarters.

'Find a life worth enjoying; take risks, love deeply, have no regrets, and always, always have rebellious hope. And finally, check your poo—it could just save your life'

In October 2018, her book, F*** You Cancer: How to Face the Big C, Live Your Life and Still Be Yourself, became a cult read. However, while she publicly continued to show strength and courage, the scourge of her disease sometimes made the easiest parts of everyday life difficult.

Two years on, she revealed that her body's tolerance to the drugs was waning. By May 2022, she posted on social media that she was receiving hospice-at-home care and was, ultimately, entering the final stages of the disease. Within 48 hours, more than £3million had been raised for her Bowel Babe campaign, and just two days after that she was awarded the title Dame Commander of the Order of the British Empire. Her damehood was conferred on her by Prince William, Duke of Cambridge, at her parental home.

Dame Deborah passed away on June 28, 2022, leaving behind a husband and two children. At the time of her death, she had raised a colossal £7million to fund clinical trials and research into personalised medicine for cancer patients, and to support campaigns raising awareness of bowel cancer.

This inspirational person used her platform to put perhaps the most candid slant on cancer treatment we have ever seen in the public space. As she said: "Find a life worth enjoying; take risks, love deeply, have no regrets, and always, always have rebellious hope. And finally, check your poo – it could just save your life." For more information, please visit www.bowelcanceruk.org.uk

IT'S THE SOAP OPERA THAT PERMEATED BRITISH CULTURE – AND OUR POP CHARTS – LIKE NO OTHER, BUT THE RAMSAY STREET ERA IS APPROACHING AN END

bhal

Some of us are old enough to remember the early episodes of *Neighbours* in the UK, when a sparky mechanic named Charlene (AKA future global superstar Kylie Minogue) was caught apparently breaking and entering the home of Madge Bishop by her son, Scott (Jason Donovan, no less).

As the storylines unfolded, so the characters became part of our teatime routines, as Aussie life seemed a sun-drenched fantasy world that became all the more accessible as its stars swapped Erinsborough for record contracts and model photoshoots in London.

When the Reg Watson-produced series was first picked up by the BBC in 1986, the UK was some 18 months behind episodes being created Down Under, yet such was the efficiency of the team in Melbourne that it would take three years for UK viewers to catch up.

The success was extraordinary, however. At its peak, 16 million UK viewers watched

the daily lives of these cool kids and their parents – that's more than the population of Australia.

ONGER

Yet the advent of the internet brought a new era of TV consumption, where viewers no longer wanted to be tied by time. In 2008, the BBC gave up the rights to *Neighbours*, and only Channel 5's interest kept production alive in Australia.

When Channel 5 stated its aim to end the commitment, the death knell finally sounded in Ramsay Street.

Across almost 9,000 episodes, hundreds of stars – including Margot Robbie, Holly Valance, Guy Pearce, Liam Hemsworth, Natalie Imbruglia and more – have gone on to impressive careers in entertainment, and with an instantly recognisable theme tune, *Neighbours* has occupied a special place in our hearts.

And there was no better way to go out than to see Kylie, Jason and a host of other alumni return on July 29 for a special reunion show.

The original cast



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"...THAT'S WHEN GOOD NEIGHBOURS BECOME GOOD FRIENDS

The 2020 cast

V8





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THE WORST COLOURS TO USE IN YOUR BATHROOM (AND THE BEST)

ecorating a bathroom can be tricky, as you need to create a space that is restorative, practical and stylish. When it comes to colour schemes, there are certain colours that you should avoid at all costs.

PEACH

The colour peach can make a bathroom feel both outdated and unappealing. It may also make you want to spend less time in the room owing to its ability to decrease energy and make a space feel uninviting.

RED

You don't see many red bathrooms, and there is a good reason for this. While this vibrant shade can bring about feelings of empowerment, it is not very good for creating a relaxing atmosphere, which is paramount in a bathroom.

OLIVE GREEN

Although green bathrooms are becoming increasingly popular, you need to make sure you select the right shade of green. While dark greens such as forest green and bottle .green can create a great contrast with white bathroom furniture, olive greens can make the space look drab and dull. Goldish ye

Goldish yellow and beige colours are a big commitment for a bathroom as it can be hard to find tiles and finishings that go with these tones. These shades also date quickly, so you may find yourself having to redecorate sooner than you would like.

BROWN

As you might expect, brown is not a great choice of colour for a bathroom. Not only can it create dark corners which can make it more difficult to clean, but it is also not very visually appealing.

BEST COLOURS FOR BATHROOM

- > Rich greens these are bold and provide a fresh and vibrant feel.
- > Black this can add contrast and depth when paired with a lighter colour.
- > Blue-grey this is airy and tranquil without being overpowering.

Colour Code

Banjo Beale INTERIOR DESIGN WHIZZ AND HIS DRIVE FOR DESIGN

Anyone who has seen the BBC's Interior Design Masters series will have been wowed by the verve, voracity and vision of some of the country's most impressive amateur interior designers.

The series was eventually won by sparky designer Banjo Beale, and the Australian revealed after the show that he employs an unconventional technique when it comes to styling the perfect space.

"I still feel like a fraud when it comes to colour," he said. "I always picked my colour last. I don't know if that's what interior designers do, but because I'm a collector and curator first, I like to take a step back and look at my pieces, then pick a colour that might tie it all together."

Beale's confession, that his priority in a room is always to provide a base of variety and personality that inspires and entertains the mind, may not be a first for interior design, but it's an original perspective as far as the expected norm of makeover shows goes. Previously, there has been an almost assumed start point that the colour of a room is the first thing, not the last, that's decided upon.

Subverting that expectation not only meant the visionary won first prize, but it has also set him on the path to potentially a full-time career

in the design world from his sleepy home on the Isle of Mull in Scotland.

He added: "I always say interior design is 99 per cent logistics and one per cent design, and through the contest hopefully I've given others the chance to look at projects from a different angle too. It's been a brilliant ride."







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s your glassware looking grubby? Your dishes a little dirty? If the answer is yes, this could be because your dishwasher is in dire need of a deep clean.

Dish the

HOW TO CLEAN YOUR DISHWASHER

Once a month, give your

dishwasher a deep clean. Fill a bowl with one cup of lemon juice or one cup of white vinegar, place it on the top rack and then run your machine on an empty cycle. This will help to banish bad odours, counteract the effects of hard water and keep your dishes sparkling clean.

2. CLEAN THE SPINNING ARM

Dishwashers work by spraying out water from their spinning arms, so if these are not working properly or they are full of dirt and debris, then they will not be able to effectively clean your dishes. You can remove any build-up with a toothpick or small pair of pliers.

3. CLEAN THE FILTERS

Over time, the filters in your dishwasher can become clogged, which means your appliance is not able to clean as efficiently as it should. To remedy this, remove the filters, rinse with hot water and replace. Do this monthly

for best results.

HOW TO KEEP YOUR DISHWASHER PERFORMING AT ITS BEST

- > Use it regularly at least once a week to keep the motor seals working
- > Scrape food off your plates but do not pre-rinse
- > Clean the seals after each use
- > Keep your rinse aid reservoir full
- > Do not overcrowd or overload your appliance
- > Use a high-quality dishwashing detergent.

Marvellous MARBLE,

arble accessories for the home have never been more popular, yet they can be expensive to buy. So why not make your own at home?

Check out our simple guide to marbling and start upcycling your household items today.

WHAT KINDS OF OBJECTS CAN YOU MARBLE?

One of the best things about marbling is that it works on almost any material. You can marble wrapping paper, Christmas baubles, coasters, candle jars, plant pots and so much more. If you are new to marbling, it can be a good idea to practise on paper first.

WHAT YOU WILL NEED TO MARBLE AT HOME

2 x marbling inks or nail polishes in different colours | A tray (plastic or metal) or a bowl | A waterproof tablecloth | Water | A cocktail stick | Your chosen item

HOW TO MARBLE AT HOME

- 1. Cover your table with a waterproof tablecloth to protect it.
- 2. Next, fill your tray or bowl with room-temperature water two-thirds of the way up.
- **3.** Pour a small amount of ink or nail polish across the surface of the water, swirling in a zigzag shape.
- 4. Repeat with your second ink or nail polish, layering the new colour on top of the other.
- **5.** If you are using marbling ink, use a cocktail stick to mix the colours together.
- 6. Place your chosen item on top of the water and ink mix and then fully submerge it.
- 7. Gently pull it out and leave to dry this can take up to 24 hours depending on the item.

TOP TIPS FOR MARBLING AT HOME

- > Wear gloves
- > Dip quickly as marbling inks don't take long to set
- > Pick your colour combinations carefully
- > Use one marbling solution per object
- > 3D items should be dipped in a bowl that is deep enough for the object rather than a tray, and may require double-dipping
- > Don't be afraid to experiment with more than two marbling ink colours.



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MONASTERIES FINDING NEW LIFE THROUGH SENSITIVE REINVENTION

are we say it, there may just be something godlike about the way British designer John Pawson has masterminded an incredible range of renovations across Europe.

The realities of religion's dwindling appeal (at least in the sense of parishioners needing to congregate in a towering space) has created an availability of incredible buildings - churches, monasteries and more - the sensitive reinvention of which into extraordinary, iconic hotels has certainly saved them from disrepair and, in some cases, total collapse.

Pawson represents a breed of architects taking the best traditional features and enveloping these former religious spaces in a veil of luxury and style.

With huge ceilings, elegant windows, sumptuous arches and a wondrous feeling of space and freedom, these are structures so extroverted and unrestrained that they would never make it past first base were they designed as hotel spaces from scratch today.

Pawson says the technique used is almost at odds with itself. "You need to accentuate what is already a huge space," he says, "yet at the same time be respectful and cautious that you are not interfering with the sensibilities of generations who have gone there for comfort and solace.

"I think if we were turning these buildings into nightclubs or shopping precincts, we may encounter more pullback, but the reality is we're repurposing them with a similar goal - to offer those who go there calm, hope and mindfulness." From the Jaffa Hotel in Tel Aviv to the conversion of an old chapel in Antwerp by Belgian architect Vincent Van Duysen, to all manner of ecclesiastical bases across famously religious countries like Italy and Romania, the sweeping tide of change is creating incredible travel experiences for those on a pilgrimage looking to try something a little different.

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id you know that dusting sprays contain toxic ingredients that are bad for the environment and your health? Fortunately, there are several natural alternatives that promise to banish dust without any negative side effects. Plus, all you need is a few storecupboard staples to make them.

DIY CITRUS SPRAY

Ideal for all types of surfaces, this homemade citrus spray will eliminate dust and make your home smell wonderful.

You will need:

1 cup water 1/4 cup white vinegar 2 tsp olive oil 10-15 drops orange essential oil

Pour all the above ingredients into a spray bottle and shake vigorously.

DIY VINEGAR SPRAY

The simplest DIY dusting spray available, vinegar is a versatile all-purpose cleaner which cuts through grime and acts as a disinfectant. Ideal for use in the kitchen and bathroom. You will need:

1/2 cup water 1/2 cup white vinegar Add both to a spray bottle, shake, and spray where desired.

DIY ESSENTIAL OILS SPRAY

Similar to the citrus spray, this DIY recipe will

effectively get rid of any dust and fill your home with lovely scents. This spray is perfect for creating a relaxing vibe in the bedroom. You will need:

DIY NATURAI

1 cup water 1/2 cup of witch hazel or vinegar 1 tbsp olive or sunflower oil 1 tbsp unscented liquid soap 15 drops of lemon essential oil 1 drop tea tree oil Add all ingredients to a spray bottle and shake vigorously.

DIY WOOD DUSTING SPRAY

This DIY dusting spray is specially designed for use on wooden surfaces and will effectively remove both dust and dirt.

You will need:

1 cup water 1/2 cup vinegar 2 tbsp olive, sunflower or grapeseed oil 10 drops lemon essential oil 5 drops cedarwood essential oil Mix the ingredients together in a spray bottle and spray directly onto any wooden item or surface.

Once sprayed, all of the above DIY dusting sprays should be wiped with a clean cloth, preferably a microfibre one.

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NEWS



BRENTWOOD PROPERTY NEWS



Peter Garland-Collins

The Brentwood Realtor

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 Rightmove reported that even though the housing market remains hot, it's movina 'from a boil to a simmer' as we head into the second half of the year. They say this is because we're starting to see the huge levels of buyer the very busy market of last year.

Personally I think concerns amongst all of us about the cost of living and rising interest rates are big factors that will see the market start to shift gradually to a 'normal' state and possibly through to a potential 'buvers market' early next year with more options becoming available.

Summerfest' event at Warley Primary School. We were thrilled to have been asked by the PTA at the School to be a headline sponsor, along with our local mortgage partners, Nicholson Brown, to help raise funds for the school.



I'm delighted to say the event managed to raise a staggering £5268, with our BBQ stand selling over 550 burgers and sausages!!

Feel free to get in touch if you would like any property advice or if you are thinking of moving soon and would like to discuss.

Local Property Statistics

Current number of homes for sale in CM14.	181
Avg. sold price per Sq.Ft. (last 12 months)	£474
Avg. current asking price	£439k

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PRS

BRENTWOOD Ħ **Council tenants in** poverty as rent arrears grow

Aquarter of Brentwood Borough Council (BBC) Atenants could be living in poverty with a disposable income of less than £2 a week, according to a review. The review was discussed by the BBC Housing Committee as rent arrears have reached a record high.

The level of rent arrears is at £817,000 and could get worse if BBC chooses to increase rent next April.

The amount it can increase rent by is capped by government rules, but it could go up by as much as 10 per cent.

lan Winslet, strategic director at BBC, said: "The good thing, if there is one about the government's rent formula, is it's a maximum. The council doesn't have to apply it, and so in the end, the council through its budget-setting processes can decide what rent increase to apply.

"So what we'll be presenting as I say is kind of a stress-tested position which shows what the housing revenue account business plan would look like without a rent increase at all, what it would look like with the full increase and what it might look like perhaps with an increase that we applied last year, which was 4.2 per cent, or something like that.

"I think there's lots of flexibility to apply what we think is reasonable and is affordable by BBC tenants."

Historic cathedral given Grade II listed status

The historic Brentwood Cathedral has been given Grade II listed status by the Department for Digital, Culture, Media and Sport after being recommended by Historic England. Nigel Huddleston MP, who was appointed as Heritage Minister in 2020, said: "It is fantastic that the magnificent Brentwood Cathedral has been listed at Grade II.

"The cathedral's classical design, unusual in modern churches, is testament to architectural skill and vision. It's the first classical cathedral built in the country since St Paul's; its stunning design deserves this recognition, and the listing will help to preserve the cathedral for generations to come."



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demand drop slightly compared to

Last month saw a number of local events in the area, with plenty of school fetes/family fun days and even a French Day on Crown Street, celebrating Brentwood beina twinned with Montbazon in France.

Our highlight was the 'Warley

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Man accused of killing two teenagers found not guilty



Aman has been found not guilty of murdering two Ateenage boys in Brentwood last year.

Frankie Watson, 20, of Baker Street, Orsett, was found not guilty of two counts of murder and two counts of manslaughter at Basildon Crown Court on July 21.

He was, however, found guilty of the charge of carrying a knife in a public place, for which he was sentenced to 18 months' imprisonment. This prison term has already partly been served, as Watson has been in custody since October of last year.

In the early hours of October 24, 2021, Watson was part of a group that became involved in a confrontation with another group in Regency Court, Brentwood. This second group included 16-year-old boys Charlie Preston (pictured inset) and Frankie Gater.

Shortly afterwards, a fight broke out between Watson and the other group. During the confrontation, Charlie and Frankie suffered fatal stab wounds.

Essex Police have announced that they are not looking for anyone else in connection with their investigation into the deaths.

Detective Chief Inspector Stuart Truss, who led the investigation, said: "This is an absolutely tragic case in which two 16-year-old boys needlessly lost their lives.

"I would like to pay tribute to Frankie's and Charlie's families, who have carried themselves with dignity and understanding throughout our investigation and throughout the trial.

"I cannot imagine the loss they are feeling."

Application submitted for new Irish bar in High Street

The site of a former McDonald's restaurant in Brentwood could be turned into an Irish bar after a licence application was submitted to Brentwood Borough Council.

London City Pub Group Ltd, trading as McCafferty's, has applied for a new premises licence for the site in

the High Street.

The application outlines plans for the new bar to open from 8am to 1am from Sunday to Thursday, and 8am to 2am on Fridays and Saturdays.

On its website, McCafferty's explains: "All of our bars have a warm and welcoming traditional Irish pub atmosphere that is popular with both locals and tourists alike."

The application can be viewed on BBC's website by searching for reference 22/00008/LAPRE.

Talented Tom wins prestigious award

Atlanted teenager from Brentwood has been crowned as the winner of the prestigious Essex Young Musician of the Year 2022 competition.

Tom Hodgkinson, 17 (pictured below centre), who is a guitarist and attends Brentwood School, captivated the audience at the final, held in Ongar on July 3, and also won the Audience Prize.

In addition to the £1,000 prize and the Essex Young Musician of the Year trophy, Tom will be offered various professional recital engagements.

He was presented with his prize by Deputy Lieutenant Nicholas Alston CBE, the High Sheriff of Essex.

Mr Florian Cooper, director of music and performing arts at Brentwood School, said: "This competition has an age category of under 25 and therefore Tom was up against many post-graduate conservatoire students and young professional musicians. To win is testament to Tom's sincere musical gift, his dedication to his art and an uncompromising work ethic.

"Tom is equally versatile as a classical, jazz or rock guitarist and as such is at the forefront of the majority of music making at Brentwood School.

"As the principal guitarist in the school's big band, performing in the pit in musicals or as a soloist with the Symphony Orchestra or in chamber ensembles, Tom raises the profile and quality of all music here."





LOCAL NEWS BRENTWOOD

Tennis aces serve up national success



Young athletes from Brentwood School are celebrating after they won the first national tennis title in the school's history.

The Independent Schools Tennis Championships, which took place at Eton at the start of July, saw the best players from 75 schools across the country compete against each other.

Brentwood's inaugural title was won by Daisy Edwards and Edie Griffiths (pictured above left and right), both in Year 8, who took home the U13 Ralph Cake Trophy

following a confident and determined performance.

The girls progressed through the initial group stages with wins against Hymers College, Colston's School, Kingston Grammar School and Lady Eleanor Holles School to advance to the main draw.

There followed good wins against Wimbledon High, Queen Anne's and Sevenoaks.

Edie and Daisy advanced to the final and gave a remarkable performance to beat a strong partnership from Queenswood School.

Mr Simpson-Crick, head of Brentwood School's Tennis Academy, said: "We are all so proud of the girls, who have worked hard this year to achieve this result.

"Daisy and Edie's desire to win, teamwork and resilience were truly admirable and will serve them well moving forward in their sporting careers."

Tickets on sale to see world's best snooker stars

Tickets are on sale now to see snooker's top stars when they come to the Brentwood Centre to compete later this year.

The Doddinghurst Road venue will host the English Open, a world ranking event and part of the Home Nations Series, from December 12 to 18.

More than 70 players, including the top 16 seeds, will be playing in the tournament.

Winners in recent years include Ronnie O'Sullivan,

Judd Trump, Mark Selby and current champion Neil Robertson.

Steve Dawson, World Snooker Tour chairman, said: "We are delighted to bring a World Snooker Tour event to the Brentwood Centre for the first time. It is a fantastic venue and right in the centre of a traditional snooker heartland as so many great players have come from Essex over the years, including Ronnie O'Sullivan, Ali Carter, Stuart Bingham and many more. "This is a fantastic opportunity for local fans to see

"This is a fantastic opportunity for local fans to see the very best players in the world competing for a prestigious title."

Tickets are on sale now from £10. For details, visit www.wst.tv/tickets

School fete a hit thanks to community support

Aprimary school in Brentwood raised more than £5,000 during its summer fete thanks to the support of the community and local businesses.

Warley Primary School held its successful summer fete on July 2, with huge crowds coming along to enjoy the entertainment and activities on offer.

The event was supported by local businesses, including Peter Garland-Collins estate agents, which sponsored the barbecue and bar.

It was a busy day for the local business, which sold 560 burgers and raised £1,500.

Peter Garland-Collins (pictured below right) told VISIONBrentwoodOngar: "It was great to be a part of an amazing day and the amount raised is fantastic. "The money will be reinvested in the school so it will

benefit the children who attend. "We first got involved with the school because we

we first got involved with the school because we wanted to play our part. We sponsored the Santa grotto, so to now help out with the fete was brilliant.

"On the day, there was something for everyone, including training sessions from West Ham United coaches and discos, plus loads of other activities.

"I'd say we are now friends with the school and the parent teacher association. They now want us to get involved on an ongoing basis."





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News from

Man cycles 185 miles for charity

An inspirational man from Brentwood has cycled has miles across the Outer Hebrides to raise money for charity.

Alex Gibson (pictured above, second from left), who was diagnosed with motor neurone disease (MND) in 2018 and is the founder of the charity Challenging MND, took on the challenge on July 5.

Alex is no stranger to remarkable achievements. having taken on a number of challenges in the past including breaking a Guinness World Record when he travelled the 125 miles of the Thames in a pedalo.

Together with former international rugby player Andy Long (pictured above, left), Alex completed the Outer Hebrides challenge in 20 hours and 25 minutes, using a Hase Pino semi-recumbent bike, and raised nearly £3,000 for Challenging MND.

Alex said: "It was a massive challenge, but what a fantastic achievement - not just for Andv and me, but also for the support team and every crew member.

"We all played our part in coming together in a huge team effort to smash yet another world record for Challenging MND.

"I want to thank everyone involved and am immensely proud of what the money raised through us doing this challenge will do for people living with MND."

To support Alex's efforts and donate to Challenging MND, visit www.justgiving.com/campaign/Outer Hebridestandemrecord

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LOCAL NEWS BRENTWOOD

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those of us who choose to holiday in the UK, there are more aircraft than holiday jets to keep us entertained in the skies over the Brentwood and

Ongar constituency. I spent a very happy morning at North Weald Airfield admiring some of the finest and most historic planes I've seen in a while.

I was delighted to be invited to see Peter Teichman's famous Hangar 11 Collection and hear Peter's tales of the history of his Spitfires and Mustang. Further down the airfield, a two-seater Spitfire, flown by Aero Legends, was ready for take-off. This is one of the Spitfires that now fly regularly over Brentwood. I was hoping to catch up with the crew of the Essex & Herts Air Ambulance (EHAA), but the helicopter had barely landed at North Weald before it had to take off again to attend another emergency. The EHAA Trust has only moved to the airfield in the last year, and its building and facilities are outstanding.

The Essex Police helicopter is stationed a short walk from the air ambulance base and, like the air ambulance, is a regular sight over Brentwood and Ongar. David and Paul, two of the specially trained helicopter police officers, talked me through the skills needed to run an operation from the air.

My final visit was to the Squadron Café, with some excellent tea and cake available. We are fortunate to have such a facility within the constituency, and I will certainly be checking the skies to see the North Weald aircraft flying this summer.

Residents have say on strategy

Brentwood Borough Council has invited residents to have their say on the new Environment Strategy. Residents can give their views on the strategy, which is set to be in place between 2022 and 2025, via an online survey. The survey offers three main categories with multiple-choice questions alongside a comments section to gain specific feedback.

The strategy is part of the council's plans to become carbon neutral, which include installing 47 electric vehicle chargers in council car parks over the next 18 months.

Councillor Will Russell, chair of the Community,

Environment and Enforcement Committee, said: "We are encouraging the local community to give us feedback on our new Environment Strategy. We all want to do our part locally and this survey is a good start, as people can express their views with us.

"Many councils, including Brentwood, have set targets for carbon neutrality. We have a responsibility to act within our community and wider area, as part of the global efforts to protect the planet – by reducing emissions caused by human activity."

To give your feedback, visit www.brentwood.gov. uk/-/environment-strategy-consultation

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Another customer said: "I had an old shed at the

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thoroughly recommend Dennis."

turned up time and cleared up each day. The quality of his work was outstanding, exactly what my wife and I wanted."

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Footballer makes move to Premier League club

A former Ongar Town FC footballer says he has made his dream move after signing for Premier League side West Ham United.

Flynn Downes, 23 (pictured above), joined the Hammers from Swansea City on July 7 on a five-year contract.

Born in Brentwood in 1999, Downes played for Ongar Town at junior level before going on to play for Ipswich Town and Swansea.

Flynn is a lifelong West Ham United fan who has gained a reputation as a gifted passer, strong tackler and combative all-round player who is already closing in on 150 career appearances.

He said: "It's a surreal feeling to have joined my boyhood club. I feel like I'm dreaming.

"It's been my dream since I was a little boy to join this club; it's an absolute privilege. This is my club, so I couldn't be more delighted. I'm glad to be here and I can't wait to get started.

"I want to be the best I can be and this feels like the perfect opportunity to test myself against the very best players in the Premier League.

"Players have come to West Ham from the Championship and progressed to international honours. That's something you can't ignore. The manager's track record of bringing players through was a big motivation in me joining the club.

"I'm so grateful for the opportunity to be a West Ham player."

West Ham manager David Moyes said: "We are pleased to have signed Flynn and are looking forward to bringing him into the group.

"We think he's got good energy. We think he's got a lot of things that we have about our team, which we would want to keep and want to add to. I'm looking forward to it.

"We bought Jarrod Bowen from a similar situation at Hull, so we're always trying to find boys from the championship who we think are going to step up to become Premier League players.

"I'm hoping that Flynn does. I think there's a good chance as he's got an awful lot of good attributes."



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Photo credit: Essex Police. Ruby Ward @the



Former councillor jailed after abusing boy

The former chairman of Ongar Town Council has been jailed after being found guilty of abusing a 14-year-old boy.

Keith Tait, 77 (pictured left), who has a 36-year association with Ongar Town Council as a parish and latterly a town councillor, was given a six-and-a-half-year sentence at Chelmsford Crown Court after he was convicted of five counts of indecent assault.

Tait, who lives in Halstead, denied the abuse, which took place in the 1980s.

His involvement with the council ended in 2013, having served the Shelley ward since 1977.

He had also served spells as council chairman and vice-chairman.

Ongar Town Council marked his departure from the council with a reception and plaque unveiling at Bansons Way in February 2014.

Tait is also a former headteacher.

In a written statement, Tait's victim said: "I was still a child, but that was about to change.

"I wanted to go to Chelmsford that afternoon to just hang out. I liked the bustle; I liked watching the people.

"But I had no money for a bus. Naively, I stuck my thumb out for a lift.

"The man who picked me up was the headteacher of a primary school. He was a member of Ongar Town Council. He was involved in loads of charities.

"Little did I know then that Keith Tait was a monster."

Food stolen from High Street charity food bank

 $A^{\rm charity}$ that provides food for those in need has reported that food was stolen Afrom a storage unit on Ongar High Street.

On July 5, the thieves took the entire contents of the storage unit, which were due to be distributed to struggling local families and individuals.

The charity's founder and chair of trustees, Pesh Kapasiawala (pictured right), said: "This is a shameful act by a professional gang profiting from a food bank and the community we support. How low can these criminals get?"

With the rising cost of living, this year has seen unprecedented demand for food banks across the country.

A spokesperson for Essex Police said: "We are investigating a business burglary, which took place at a charity on Ongar High Street at around 1am on Tuesday, July 5.

"Enquiries are ongoing, and this remains under investigation. If you have any information, CCTV, dashcam or other footage in relation to this incident, then please get in contact with us."





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MP resigns from government position



A lex Burghart. MP for Brentwood and AOngar, resigned as Parliamentary Under-Secretary of State for Apprenticeships and Skills last month.

The news came amid the outcry against Boris Johnson's government that led to the Prime Minister's downfall.

In a co-signed letter to the Prime Minister on July 6 which included the signature of four other MPs, Mr Burghart MP called on the Prime Minister to resign.

The letter said: "We hugely admire your fortitude, stamina and enduring optimism. You can be rightly proud of the significant decisions which you have, by common acclamation, got right.

"However, it has become increasingly clear that the government cannot function given the issues that have come to light and the way in which they have been handled.

"In good faith, we must ask that, for the good of the party and the country, you step aside."

Boris Johnson announced his resignation on July 7, but will stay on as Prime Minister until the autumn.

Housing refurbished as part of new scheme

▲ sheltered housing complex in Ongar has become Athe first buildiing to be refurbished as part of a new initiative by Epping Forest District Council (EFDC).

Council officers worked with Buckingham Interiors, which is part of registered social enterprise and charity Furniture Resource Centre Group, on the refurbishment of Frank Bretton House in Bansons Way.

Residents chose the colour schemes, furniture, carpets and fabrics that were used throughout the buildina.

At an open afternoon on June 21, residents of

Frank Bretton House; councillor Mary Sartin, chair of EFDC; councillor Holly Whitbread, cabinet member for housing and community; other local councillors and housing officers saw for themselves the transformation of the housing complex.

Cllr Sartin said: "A lot of hard work has gone into this project, and it's lovely to have seen the changes first hand."

Cllr Whitbread said: "It is wonderful to see the changes that have been made. This is a fantastic start to the regeneration of our sheltered housing. The enhancement of our sheltered schemes is at the very heart of the regeneration of our council stock.

"It is important they are modern and welcoming, a place where people want to live as they get older and a more attractive option to those who wish to downsize."

More of the council's sheltered housing is due to be refurbished in the coming months.

Fire crews praised after tackling scrapvard blaze

Lirefighters have been praised for their professionalism after tackling a fire in a scrapyard in Ongar.

Crews were called to the premises in Woolmonger's Lane at 7.53pm on July 14 and found a fire in two places.

Firefighters worked quickly to stop the fires from spreading. Two heavy goods vehicles, a car, a skip lorry and five tonnes of refuse were destroyed.

The fires were extinguished by 9.16pm. The cause is undetermined.

Ben Stapleton, watch manager from Essex County Fire & Rescue Service, said: "I would like to give credit to all of the crews for their professionalism on July 14.

"Everyone worked really hard in tough conditions to get water onto the fires to stop them from progressing. Their efforts and teamwork meant that we could put such a quick stop to this incident."





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When talking to the Manager of Cloudv2Clear windows Chris Miller it became clear that these values have been held dear for a number of years. Since starting the business some years ago Cloudv2Clear 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 "Cloudv2Clear 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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KHANYT

ADIL RAY OBE CELEBRATES 25 YEARS IN THE ENTERTAINMENT INDUSTRY

e're in an era where some claim the path for ethnic minorities is blocked by prejudice, bias, racism and more. Adil Ray OBE, the DJ, presenter, scriptwriter and unashamed cricket fanatic, is one man who roundly disputes that assumption. In fairness, the 48 year old need only look at the success of his own career to see how a constant battle to innovate, inform and enthuse an audience will not only create great TV or radio, it will also keep an ambitious career moving forward.

"I'm not blind enough to suggest there aren't challenges for a lot of people in our society, pretty much all across the board," begins Adil, "and that applies to indigenous members of the population too.

"Yet my own experiences are that if you are original, open, confident and malleable to the norm while also looking to push beyond it, you really can get on, and when that happens, life gets exciting."

Adil kicked off an impressive voyage through the entertainment world in pirate radio during his degree at the University of Huddersfield. Before graduating with a 2:1 in marketing in 1997, the son of a Pakistani father and Kenyan mother had already landed a gig with Choice FM, and he was swiftly to move on to Galaxy 105, Century Radio in Manchester, and Ministry of Sound.

Things really began to accelerate when he joined BBC Asian Network in 2002, with the station having just gone digital to a nationwide audience. His award-winning stint included hosting the *Breakfast Show* and led him to BBC 5 Live, where he quickly worked his way across to TV projects, with presenting duties on *The One Show*, as well as taking on a number of documentary commissions, notably about community, Asian integration and, of course, cricket.

Versatility had always been at the heart of what Adil preached, and back in 2012 he cowrote the comedy *Citizen Khan*, featuring central character Mr Khan and his long-suffering family. The sitcom was taken up by the BBC and went primetime, and to date has returned for five series and 34 episodes, clinching four Royal Television Society Awards along the way. In recent times, Adil has switched allegiance to ITV, filling in for former host Piers Morgan on *Good Morning Britain* and, as if to push his versatility even further, has entered the space of quiz show host, as in 2021 he began fronting *Lingo*.

Fans of the cult word game Wordle, which has gone viral over the past year, will recognise the format, where contestants have to identify a word using correctly and incorrectly placed letters from past attempts.

"I've always loved words and wordplay, so this one has fitted into my portfolio nicely, to be honest," laughs Adil.

"Mostly, what interests me is moving forward with new ideas. I've still got a big box of them at home – most are rubbish, but you only need to get one right, and that could lead to a lucky break.

"TV execs these days are looking for something a bit different. Shock factor will work, for a while at least, but courage and charisma will always carry people forward the furthest." KIDS

GARDEN GAMES

FOUR GARDEN GAMES YOU CAN MAKE FOR YOUR KIDS TO ENJOY THIS SUMMER

SIMMET

orried about how you are going to keep the kids entertained all summer long? Check out the below DIY garden games that you'll have fun making and children will love playing with.

JUMBO KERPLUNK

You will need:

A bucket | Cage mesh or tomato plant cages | 2 wooden planks | Wooden sticks | Soft play balls How to make:

- > Roll the mesh into a cylinder and secure with black tape.
- > Place the two planks on top of the bucket and rest the mesh cylinder on them.
- > Push the wooden sticks through the holes in the mesh.
- > Fill with coloured balls.

GIANT LAWN DOMINOES

You will need:

28 ft of 2-inch x 6-inch wood board Chalk paint Saw | Hand sander | White paint How to make:

- > Cut the wood into 28 individual dominoes and
- sand down to prevent splinters. > Paint using chalk paint.
- > Paint on the dots using the white paint.
- > Leave to dry.

POOL NOODLE TENNIS

To make two rackets you will need:

2 foam pool noodles | Mesh vegetable or fruit bag | Duct tape | Lightweight sponge rubber ball How to make:

- > Cut off 4 inches from one end of each noodle.
- > Make an angled cut on each end.
- > Fold the noodle so that the two angled cuts meet to make the head of the racket and secure with duct tape.
- > Use one of your 4-inch cut-offs to create a handle by securing to the base of the racket head with duct tape.
- > Insert the noodle racket into the mesh bag and secure with more duct tape.

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You will need:

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- > Place the bottles in the crate.

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Bakewell

A ational Bakewell Tart Day falls on August 11 this year. But let's face it, any day is a great day to enjoy this delicious treat. Legend has it that these lovelies originated in Bakewell, Derbyshire, in the 1860s. A pub landlady asked a member of staff to make a jam tart, but instead of mixing the almonds and eggs into the pastry, the cook poured the mixture on top. The result was a baking sensation. So much

so that a local lady got hold of the recipe and made a handsome living off the back of it. It's a great story. However, the recipe had apparently already featured in a cookbook published 15 years previously.

Food historians also squabble over the tart's topping. Viewers of *The Great British Bake Off* took to social media to share their outrage when the bakers decorated their tarts with white icing and glacé cherries. Your traditional Bakewells are apparently topped with just a smattering of flaked almonds. Those other ones are Cherry Bakewells.

THE RECIPE

Ingredients for shortcrust pastry base:

- 175g plain flour
- 75g cold butter55ml water
- John Water

Ingredients for filling:

- 1 tbsp raspberry jam
- 125g butter
- 125g caster sugar
- 125g ground almonds
- 1 egg, beaten
- 1/2 tsp almond extract
- 50g flaked almonds

Method:

Make the shortcrust pastry in the normal way and use it to line a 20cm flan tin. Chill for 30 minutes. Preheat oven to 200°C/180°C fan/ gas mark 6. Bake blind (using foil and baking beans) for 15 minutes. Remove beans and foil and bake for another 5 minutes. Spread the jam all over the base. Melt the butter. Then stir in the sugar, ground almonds, egg and almond extract. Pour the mixture into the tin over the pastry and sprinkle over the flaked almonds. Bake for 30-35 minutes (cover with foil if the almonds are browning too quickly). Chill and enjoy.

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COURGETTE

ncredibly underrated, the humble courgette is in abundance this month, so why not step outside your veg comfort zone and try one of these tasty and nutritious courgette recipes?

COURGETTE PIZZA

Pizza is a family favourite in most households, but there are several ways that you can incorporate courgette into a pizza. Thinly slice and use as a topping, make some courgette pizza boats, or bake your own courgette pizza base using the below recipe. 3 medium grated courgettes 30g cornflour 2 cloves crushed garlic 1 large egg 300g shredded mozzarella 50g parmesan

Add the courgette, egg, garlic, cheese and cornflour to a bowl, mix and season with salt and pepper Stir until completely combined and make into a dough Transfer to a baking tray lined with parchment and pat into a crust Bake for 25 minutes at 230°C/210°C fan/gas mark 8 until golden Add your preferred toppings and bake for a further 10 minutes.

COURGETTE FRITTERS

For fussy kids who don't like to eat their greens, this is a simple dish that allows you to sneak in one of their five-a-day with ease.

2 medium courgettes 2 tbsp self-raising flour 25g parmesan or vegan alternative 1 tbsp olive oil

> Grate the courgette and combine in a bowl with the flour and cheese Shape into walnut-sized balls and then flatten Heat a non-stick frying pan over a medium heat and add the oil Fry each fritter for 2-3 mins on each side until golden.

COURGETTE NOODLES

If you are looking for a lowcarb version of spaghetti, then courgette noodles are a great idea. All you need is a julienne peeler or a spiralizer to cut your courgettes into courgetti.

2 medium courgettes 2 cloves garlic Zest of 1 lemon 150g crème fraiche

Add your courgetti to a hot pan with oil Add all the other ingredients Cook for 2-3 minutes Serve as you would spaghetti with ragu or a tomato sauce.

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FIVE THINGS YOUR DOG IS REALLY TRYING TO TELL YOU

hink that panting means they are thirsty? That rolling over means they want their belly scratched? Read on to discover five canine behaviours that owners

• Head on to discover five canine benaviours that owners often misinterpret.

1. TAIL WAGGING

If your dog wags their tail, you may automatically think that they are happy or excited. However, this can also be a sign that they are frustrated or overstimulated. If your dog holds their tail up high, this could be because they are feeling confident or aroused.

2. TEETH CHATTERING

While teeth chattering in humans most often means they are cold, in dogs this indicates something completely different. In most cases, teeth chattering in dogs is a sign of a dental health problem such as an abscessed tooth or periodontitis. It can also be a sign of anxiety.

3. LICKING THEIR LIPS

Although this could indicate that they are looking forward to a meal, licking their lips could mean that your dog feels sick or afraid. It can also be because they are nervous about something, with dogs licking their lips as a sign of appeasement to avoid injury.

4. EXPOSING THEIR BELLY

Do you always assume your dog wants their belly rubbed when they lie on their back and expose their stomach? Although this may sometimes be the case, it can also indicate that they are feeling nervous or threatened, which may result in aggressive behaviour if you touch them.

5. PANTING

While you may think that panting means that your dog is overheated, it can also be a sign of stress. If your dog is panting and they do not seem hot or tired, then try to identify any triggers that could be causing them stress or anxiety and look to avoid these.





V58

OUTDOOR PLANTS ot particularly green-fingered but still want OUTDOOR PLANTS

N ot particularly green-fingered but still want a thriving garden? Check out these outdoor plants that promise to grow in spite of you rather than because of you.

Plus, our top tips for creating a stress-free, low-maintenance garden.

GERANIUMS: Geraniums are a popular choice for the garden owing to their vibrancy, vivid colours and stunning scents. However, they are also known for coping with even the most inhospitable situations and will thrive in the sun or shade.

EUDNYMUS: Euonymus is an evergreen shrub that can bring brightness to your garden all year round. Ideal for climbing up walls or alongside brickwork, this vibrant plant requires little to no maintenance and will tolerate inferior soils, exposed areas and windy corners.

PRIMROSES: Primroses make a stunning addition to any garden and come in a wide variety of colours. This flowering plant loves both the sun and shade and will seed itself about the garden without ever becoming a nuisance. **BAMBOD:** Bamboo is a versatile plant that can survive in most conditions and is ideal for bringing a touch of the exotic to your garden. It comes in a variety of colours, heights and foliage types and is great for creating bold focal points or living screens.

ASTRANTIA: If you have damp soil in your garden, then Astrantia, also known as Hattie's pincushion or masterwort, is a great choice. Boasting attractive blooms, astrantia is another selfseeding plant that is perfect for low maintenance and wilder garden schemes.

HOW TO CREATE A LOW-MAINTENANCE GARDEN:

- Keep plant variety to a minimum
- Replace fine turf with hard-wearing seed or turf mix
- > Focus on hardscaping
- > Ditch the decking
- > Add a thick layer of mulch to your garden beds to reduce the need for weeding.



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August is the perfect month to collect seeds from your garden plants so you can sow them next spring and enjoy them all over again. It's simple and quick to do – all you need is some secateurs or sharp scissors, a few paper bags and some envelopes. And it costs you absolutely nothing.

Some seeds are easier to collect and grow than others. Annual plants are ideal because they produce lots of seeds.

Here's a list of some of the best: Allium Aquilegia Cleomes Dahlias Larkspur Marigolds Morning Glory Nasturtiums Petunias Poppies Snapdragons

When you're planning to collect your seeds, choose a dry day. Seeds definitely don't like getting damp. And make sure it's not too breezy, or your seeds could blow away before you catch them. Now let's get started. All you do is trap the seed head or pod in your paper bag and snip it off the plant. Before you do this, write the name of the plant on the bag. You might think you'll remember, but often this isn't so.

lovers

When you're done and back inside, tip the seed heads onto a piece of plain white paper or kitchen towel. Remove any bugs or debris and check the seeds are completely dry. Then tip them carefully into named envelopes and keep them somewhere cool and dry. For something a little special – a great idea if you're going to give them as gifts or swap them with friends or family – why not decorate the envelopes?

Remember, it's usually better to choose heirloom, open-pollinated plants rather than hybrids. This is because the seeds of hybrids won't usually produce plants identical to their parents – not that it isn't fun to experiment. Happy gardening!





HORTICULTURAL HERO: ADAM FROST

Speak to almost any horticulturalist and they will praise the considered, calming and relaxing virtues of spending time in the garden – an escape from everyday life.

Yet for most of us, when we bring out the shovel and the spade, our first reaction is to embark on a tornado-like tour of our beds, lawns and pots.

Gardeners' World presenter Adam Frost is one man looking to change things. With an eye on grindingly slow green-fingered activity, Frost declares that good gardening is all about letting nature dictate the pace at which our wild spaces evolve.

Adam, who is a popular face at the Chelsea Flower Show, explains: "How do I treat problems in my garden? I don't. Even if you get greenfly on a plant, you can guarantee that within one or two weeks, something will come in and clear it. The moment you start interfering, you are unbalancing what's going on."

Instead, the award-winning gardener would rather we undertake a more passive approach to all aspects of our garden, even if encouraging wildlife to undertake jobs we would otherwise do ourselves means slightly scruffier spaces.

He continues: "Of course, there is always the lure for perfection, but even the best manicured garden requires regular maintenance; and rather than always chasing that perfect look, why not see the beauty in how nature takes over a space?"

While mowing and weeding can still be added to the checklist, slow gardening is about letting your garden discover its own voice. Assuming you have provided it with good soil, plenty of water and the right shade in certain areas, Adam believes the flora and fauna will do the rest.

He adds: "Nature has always known what it's doing, and seeing it make its own decisions, rather than having us lead, is a real thrill."

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n August 2020, the English Football Association broke new ground with the appointment of the first non-British permanent manager of the women's national football team.

That selection was the Dutch coach, Sarina Wiegman, and the effect has been dramatic.

It's August 3, 2017, and at the De Grolsch Veste in Enschede, Netherlands, the Leeuwinnen (Lionesses) beat the Lionesses – that's the Dutch women's national team seeing off their English counterparts to advance to the final of the UEFA Women's Euros. The hosts would go on to win the final 4-2 and secure their place in history.

Their manager that day, Sarina Wiegman, has this summer found herself sporting the livery of our very own Three Lions, and amid the finesse and the fanfare, our first overseas manager is gradually raising the England women's team to become the very best in the world.

Now, at the time of going to print, England find

themselves preparing for their first major final in 13 years – against former world champions Germany no less – and playing a brand of soccer that leans on the Total Football principles of past Dutch greats. Wiegman has hardly come from nowhere. In fact, for her performance as manager of the Oranje, there will soon be a statue unveiled in the garden of

the Dutch Football Association - the first woman to

be honoured in this way. Hooking up with the England game – with the Women's Premier League at its highest ebb and the national team's new generation showing real promise – was an easy decision to make for Wiegman, even if COVID-19 stalled her involvement as the Lionesses powered past the likes of Austria, Northern Ireland, Norway and Spain.

The 52-year-old's appointment signals the intent the FA has in growing the women's game to new heights and now, not for the first time, just the Germans stand in our way.



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5 unspoken rules of BOTTOMLESS BRUNCH

Bottomless brunches seem to be popping up everywhere – at chain restaurants, luxury hotels, your local pub... the list goes on. However, how do you navigate these events with dignity and decorum? Or at least without waking up the next morning with the dreaded 'beer fear'.

1. DO NOT MAKE PLANS FOR AFTERWARDS

Think you are going on a bar crawl after a bottomless brunch? Planning to take a leisurely walk around the shops? You are sadly mistaken. If you are attending a bottomless brunch, do not make any plans for afterwards as you'll most likely want to spend the rest of the day catching up with the same friends and family you went to brunch with.

2. ARRIVE ON TIME

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Find out below.

Whether it's one, two or three hours, bottomless brunch hosts can be ruthless, and they will stop

> serving you when your time slot is over. Therefore, if you want to get maximum bang for your buck, make

sure everyone in your party arrives on time and that you order asap.

3. BE POLITE TO YOUR SERVER

Manners cost nothing, but they can help you to have a more enjoyable bottomless brunch experience. Even if you and your friends are getting a little rowdy, that doesn't mean that you can't be polite when ordering your drinks.

4. CHOOSE YOUR FOOD WISELY

Although brunch conjures up images of scrambled eggs, smoked salmon and avocado on toast, most bottomless brunch packages offer much more substantial food choices such as burgers, pizzas and even pancakes. To avoid all that fizz going to your head, make sure you stock up on plenty of stodge.

5. HAVE FUN

Rather than stressing about your empty glass or worrying about how much time you have left, just sit back, relax and have fun with your family and friends. BUSINE

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FANCY BUYING A BRACH HUTC

According to recent statistics, beach huts are now one of the most popular property purchases in the UK. However, are they really a good investment? Discover the pros and cons of buying a beach hut below.

PROS OF BUYING A BEACH HUT

✓ Access to prime coastal locations If you love going to the beach when

holidaying in the UK, then a beach hut can give you access to stunning beach spots

without the need to lug your belongings back and forth each day.

✓ Income from summer rentals

Renting out a beach hut to tourists during the summer months offers a great way to earn a little bit of extra cash. This is particularly true if you live near a popular holiday destination.

✓ Enjoy the outdoors

Beach huts are not just for summer; you can enjoy them all year round so you and your family can get

out in the fresh air and away from screens.

✓A solid investment

Beach huts are in short supply in the UK, despite them being high in demand. This means that they tend to hold their value over the long term.

CONS OF BUYING A BEACH HUT X High maintenance costs

As beach huts are located near the coast, they are more susceptible to damage from harsh weather conditions such as heavy rain and strong winds, as well as the close proximity to sea water. This can mean higher maintenance costs than other types of properties.

X Limited space and facilities

Beach huts are typically small, which means there is not a lot of space to store your belongings. Also, some do not have basic facilities such as water and electricity.

XSeasonal availability

Some local councils only permit the use of beach huts during the summer months, which means you get less use out of your investment. Financial advice from our financial adviser Karyn Vogel Contact 01277 654153



THE POWER OF PURPOSEFUL WEALTH

Most people would agree that wealth is not about hoarding money, but the financial freedom and flexibility it affords us to achieve our passions and goals. Wealth essentially has the capacity to create a powerful purpose within our lives, provided we can unlock its true value.

UNDERSTANDING YOUR 'WHY'

A good starting point for unlocking the value of wealth is to develop a clear understanding of what you want from life and what mark you want to leave. Do you want to travel, start your own business, support your family, create opportunities for others, or leave a legacy? Establishing the type of things that you really care about can provide a genuinely powerful purpose to wealth.

SHARING YOUR WEALTH

One of the best ways to find fulfilment in your wealth is by sharing it; there is certainly no joy in holding onto wealth you will never use. Using wealth to help family, for instance, can be a particularly rewarding experience that allows you to positively change loved ones' lives. Indeed, as the cost-of-living crisis

continues to weigh heavily on household budgets, there has perhaps never been a better time to offer financial support to family members.

INTERGENERATIONAL PLANNING

A recent report¹ shows that one in three advised families now share the same financial adviser, with many turning to them for help with wealth transfers and planning. As well as cost-of-living pressures, the increasing need for intergenerational advice has also been fuelled by the Chancellor's decision to freeze Inheritance Tax allowances until at least 2026, which will result in a growing number of people becoming liable for death duties.

UNLOCKING THE REAL VALUE OF YOUR WEALTH

At HCR, we can help you develop a clear understanding of what you want to achieve with your wealth and then provide the support and advice required to fulfil those goals. For a free review of your current financial situation, please contact Karyn Vogel on 01277 654153.

¹ M&G, 2022

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 HERITAGE OPEN DAYS THIS SEPTEMBER

Are you keen to find out more about England's rich history and culture? Heritage Open Days brings together more than 2,000 local organisations, as well as tens of thousands of volunteers, to celebrate what makes our great country unique.

WHAT IS HERITAGE OPEN DAYS?

Heritage Open Days is England's largest grassroots festival which brings together people from all over the country to celebrate their heritage, community and history. Offering a chance to explore new places and try new experiences without needing to travel far from your home, in 2022 you can expect more than 5,500 local events across England.

WHERE DOES IT TAKE PLACE?

Each year, a huge variety of venues take part in Heritage Open Days, including country houses, collieries, museums, gardens, country parks and more. Events can showcase re-enactments, treasure hunts, film screenings, walks, street festivals, and food and drink tasting sessions. You can find your nearest event on the Heritage Open Days website at www.heritageopendays.org.uk by simply entering your postcode.

WHEN DOES IT TAKE PLACE?

This year, Heritage Open Days takes place between September 9 and 18. Coordinated by the National Trust and with support from the People's Postcode Lottery, all participating venues are completely free.

TRAVEL

HOW TO GET INVOLVED

If you would like to volunteer to be an organiser in your local area, you can register your interest at www.heritageopendays.org.uk. Some areas may already have a local coordinator who can help you with the registration process.

HERITAGE OPEN DAYS TO VISIT:

- British Vintage Wireless and Television Museum September 10 and 11, Greater London
- Buckland Abbey, Garden and Estate September 10 and 17, Devon
- Heritage Day and Classic Car Rally September 11, Greater London
- > Bobbit's Hole Nature Reserve September 11 and 18, Essex
- St Michael Tilehurst A Celebration of Church Bell Ringing – September 17, Berkshire
- Electra Boat Heritage Weekend Adult and Family Talks – September 17, Buckinghamshire,





PUZZLE

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end of The VISION Listings

ACROSS

- 1. Guinea pig (4) 3. E.g. resident of Cairo (8)
- 9. Cause to absorb water (7)
- 10. Wanderer (5) 11. Large Brazilian city (3,2,7)
- 14. Short sleep (3)
- 16. Explore or examine (5)
- 17. Our star (3)
- 18. Someone skilled in
- penmanship (12)
- 21. Pale orange tropical fruit (5)
- 22. State emphatically (7)
- 23. Estimating (8)
- 24. Change (4)

DOWN

- 1. Orderly and logical (8)
- 2. Record on tape (5)
- 4. Command to a horse (3)
- 5. Persistence (12) 6. Turns upside down (7)
- 7. Standard (4)
- 8. Butterfly larvae (12)
- 12. With a forward motion (5)



DID YOU KNOW?

- Art competitions used to be part of the Olympic Games from 1912 to 1948. This included disciplines such as mixed painting, sculpture, literature and music.
- The Olympics have been hosted by several countries that no longer exist, including Yugoslavia who hosted the Winter Olympics in 1984.
- ▶ The netball final at the 2018 Commonwealth Games was the first time since 1998 that the final did not feature both Australia and New Zealand. Australia and England faced off in the final, with England taking the gold.
- Sergio Agüero holds the record for the highest number of goals scored in the English Premier League by a football player for one club. He scored a total of 184 goals for Manchester City between August 15, 2011, and May 23, 2021.

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N ot heard of colour blocking? You're in for a treat. Offering a fun and vibrant way to express your style personality, read on to discover everything you need to know about how to wear this trend.

What is colour blocking?

Colour blocking involves the use of block colour in your outfit to create bold and eye-catching looks. It can be rocked by people of all ages, skin tones and body types.

Three ways to use colour blockin

1. Monochromatic: To get the monochromatic look, you need to pick one colour and then layer different shades and tones of it. This is a great choice for people who have a favourite colour or those who know that one specific shade suits them best. It is also ideal for fashionistas who prefer a

more understated look.

2. From the same colour family: If you want to be a bit bolder in your look, then you can choose different colours from the same colour family. For example, purple, green and blue shades come from one colour family and yellow, orange and red are from another. When colour blocking this way, choose one side of the rainbow and stick with it.

FASHION

3. Contrasting tones: The brightest and boldest of the three colour blocking techniques, contrasting colours are the way to go if you want to create a 'look at me' vibe. This involves choosing colours from opposite ends of the colour wheel, such as blue and orange, or yellow and purple. Be warned: this can be tricky to get right, but if in doubt, choose a saturated colour and block it with a softer shade rather than two opposing vivid colours.

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Why is pineapple good for your skin?

- It contains antioxidants that protect against free radicals
- It contains bromelain, which has antiinflammatory and antibacterial effects
- It can gently exfoliate the skin and remove dead skin cells
- It has a high water content so can hydrate the skin
- It can clear up acne and prevent future breakouts
- It can be used to stimulate collagen production.

DIV pineapple face masks Mask for oily skin

You will need: 1 tbsp pineapple purée 2 tsp raw honey 2 tsp oatmeal powder How to make and apply: Mix the ingredients in a bowl to make a smooth paste Apply to a clean face and leave for 10-15 minutes Rinse and apply a lightweight face moisturiser.

Mask for acne-prone skin

You will need: 1 tbsp of pineapple purée 3 tsp rose water 2 tsp oatmeal powder How to make and apply: Mix the purée and rose water together in a bowl Gradually add the oatmeal powder until you have a smooth paste Wash your face and apply while skin is still slightly damp Leave on for 10 minutes Wash off with warm water and a gentle cleanser.

Mask for dry/dehydrated skin You will need: 1 tbsp pineapple purée | 2 tsp cucumber purée | 1 tsp rosehip seed oil

How to make and apply: Mix the pineapple and cucumber purée together in a bowl | Add the rosehip oil and mix again | Wash your face with a gentle cleanser and apply the mask | Leave on for 15 minutes and, during that time, regularly apply more of the mixture Wash off the mask and apply a face cream.



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How's it

ave you ever tried exercising upside down? Also referred to as an inversion, there are many physical and mental health benefits to upside-down exercises. Discover them below.

1. ENHANCED MENTAL FOCUS

When you hang upside down, oxygen-rich blood flows directly to your brain. Although it may feel weird at first, as you adjust, you should start to experience better brain function and enhanced mental focus.

2. TO TREAT BACK AND JOINT ISSUES

Inversions are the ideal exercise for back and load-bearing joint issues as they help to reverse the harmful effects of gravity. Focus on straight alignment exercises such as headstands and handstands and you should notice a significant improvement.

3. REDUCED STRESS LEVELS

If you suffer with unhealthy levels of stress, then upside-down exercises can help you to unwind and relax. Enabling you to let go of any negative thoughts and feelings, even 10 minutes a day of inversion exercises can make you feel less stressed.

4. STRENGTHENED CORE MUSCLES

Upside-down exercises can help to push your body out of its comfort zone as many different muscle groups are needed to hold these types of positions. As well as strengthening your core, inversions can help to improve your balance, flexibility and posture.

5. POSITIVE INFLUENCE ON ALL FOUR BODY SYSTEMS

When you carry out inverted exercises, you can enjoy a positive effect on all the four main systems within the body. These are the cardiovascular system, the lymphatic system, the nervous system and the endocrine system.

BEST UPSIDE-DOWN EXERCISES TO TRY:

- Headstand this requires you to activate your core and builds upper body strength
- > Forearm stand this pose builds strength and needs a lot of mental focus
- > Handstand this requires concentration, technique, strength and flexibility. It can be done against a wall to give you more stability
- > Plough pose this can relieve tension in the neck, shoulders and back
- > Inverted V plank this tones your core and improves stability and flexibility.

YOU SHOULD NOT DO INVERSIONS IF YOU HAVE:

High blood pressure | A heart condition | Glaucoma | A back or leg facture | Osteoporosis | A hernia | You are pregnant, obese or overweight.

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Learn a anguage

ave you always wanted to learn a new language? Whether you want to 'hablar español' or 'parler français', these apps are just what you need to learn a new language.

🚨 Busuu

Busuu is a UK-based app which features courses in 12 different languages. This app is suitable for beginners through to upper-intermediate learners. You can download this app for free on iOS and Android, with the option to upgrade to the premium model for £5.83 per month.

🚾 Babbel

Babbel offers self-based learning in the form of short, context-based lessons. The app is userfriendly and provides courses for beginners and more advanced learners. Babbel is available to download on iOS and Android, with prices starting at £5.99 per month for a 12-month subscription.

🧧 italki

italki is a unique language learning app that involves

conversing with a tutor to learn a language. Not the best option for the timid, this app will push you out of your comfort zone and dramatically improve your vocabulary. Sessions cost around £10, but you can trial tutors at discounted rates. Available to download on iOS and Android.

Rosetta Stone

A well-known name in the world of learning languages, Rosetta Stone is one of the more expensive apps, but it does have an excellent reputation. The lessons are highly interactive, and you only learn in your target language, without English translations. Prices start at £11.99 per month with a three-month commitment.

🧧 Duolingo

Duolingo is one of the top-rated language learning apps which forgoes teachers and books in favour of gamification. With a choice of 39 languages which you can all learn for free, Duolingo is ideal for those taking their first steps in learning a new language. Free on Windows, iOS and Android devices.

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