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HM King CHARLES III

Monarch ascends the throne in historic ceremony

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Editor's notes...

JUNE 2023



Nik Allen, Editor

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

In this month's edition, we reflect on the King's coronation. It was a momentous occasion that brought together people from all walks of life to celebrate the rich history and tradition of our great nation.

The coronation was a reminder of the importance of this institution and the values it represents - duty, service and devotion to country.

It was a moment of pride for all of us to witness the pageantry and splendour of the coronation, from the grand processions to the historic venues that hosted the ceremony. The event showcased the best of British

culture and tradition, and reminded us of the deep roots that connect us to our past.

Most importantly, I hope you had a chance to use the coronation as a reason to catch up with family and friends and to celebrate together. There were a number of street parties, afternoon teas and community events taking place across the local area, allowing neighbours to get together and commemorate an occasion most had never before witnessed.

As we enter the summer months, it really was a great way to reconnect, reflect and look forward to the rest of the year. I hope you enjoy this month's edition.

Nik Allen

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Having experienced numerous turbulent periods in the monarchy's history, King Charles III possesses a keen awareness of the Republican sentiment prevailing among certain sections of the British population. While the late Her Majesty Queen Elizabeth II enjoyed immense

As a man who has skirted both sides of the popularity divide over the decades, the opportunity to cement himself as an exemplar for a modern royal family is surely one he won't pass up.



A FINAL FAREWELL TO

SOCCER

AM

SOCCER AM'S SATURDAY FUN IS OVER, BUT THE LEGACY REMAINS

While the popularity of football is seemingly unending, not all survive the sport's continued evolution, with *Soccer AM* becoming the latest entity to be consigned to glorious retirement.

For a long while, the Saturday morning Sky show was a ground-breaking, perfectly unrefined piece of footballing irreverence. It set up the weekend's action with a laddish, lager-tinged layabout appeal that original presenters Tim Lovejoy and Helen Chamberlain lapped up.

A show that bolstered the careers of the likes of Andy Goldstein, Max Rushden, John Fendley, Tubes, Rocket and countless 'Soccerettes', its comedic approach saw many of its features permeate modern culture. From 'tekkers' to the Crossbar Challenge, Taxi! to the Save Chip campaign, not to mention the 'easy' chant and associated arm action, and getting the word 'bouncebackability' entered into the Oxford English Dictionary, *Soccer AM* finished up just a year shy of the 30-year mark, with the final show broadcast on May 27, 2023.

The death knell had sounded loudly in the past, though glorious reinvention saved *Soccer AM* from its demise. Yet with ratings continuing to fall, the final whistle has now been blown.

Despite a stellar cast of guests over the years, including Noel Gallagher, Tyson Fury, James Dean Bradfield, Richard E. Grant and Gordon Ramsay OBE, critics have, in the past, pointed to the show's politically incorrect content. Former producer Rocket recently said: "I don't know if that show can exist now because if there's a reason to complain about something, generally someone will."

While the show was always destined to ride the thin line between entertainment and controversy, its cessation became as much to do with the fact that even the biggest and best become tired and staid.

Regardless, *Soccer AM* ran a course longer than a generation of footballers, and for that reason, it will be remembered as one of the sport's greatest cultural success stories.

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Our new state-of-the-art elderly care home with generous landscaped gardens built in the grounds of our existing Dudbrook Hall

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- Music Room
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- Terraces
- Landscaped Gardens
- Dementia Garden



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St Michaels Homes are looking forward to when we can move across from our existing care home, Dudbrook Hall, into our new state-of-the-art care home Dudbrook House. Currently, we are planning to move into our new home by early September 2023. We are looking forward to welcoming newcomers to our new home, and all current residents at Dudbrook Hall will also be moving across to our new care home facility. At St Michaels Homes, we can offer support with our day placement service, short stay (i.e. for a weekend or week) or respite care. This gives a carer the peace of mind that their loved one is safe and sound, and within a friendly/ social environment where they can enjoy all the same advantages as our residents. This also give you, the main carer, time to relax and enjoy time away from your care duties without worry. Also, if you have any planned or unplanned hospital

operations/surgery, and require help and assistance during your recovery, please don't hesitate to get in touch with us and we will do our utmost to help you back on your feet.

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“It has become my main objective to combat loneliness and isolation within our elderly communities.”

Sean Watson - Director



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How organised are you based on your ENNEAGRAM TYPE?

The Enneagram is a system of personality typing that describes patterns in how people interpret the world and manage their emotions. Based on your Enneagram type, you can get a sense of how organised you are in your home and your life.

Type 1: THE REFORMER:

You are very organised and believe that there is a place for everything. You need your home to be orderly and you favour a minimalist look.

Type 2: THE HELPER: You are incredibly organised when it comes to other people, but not always for yourself. You want your home to look nice, but you tend to hold on to too many sentimental items.

Type 3: THE ACHIEVER: You have people to impress, yourself included, so your life and your home need to be very organised. You have high standards and the drive to make sure things go exactly to plan.

Type 4: THE INDIVIDUALIST: You don't like to do things by the book, but you aren't opposed to

keeping elements of your life organised. You always opt for the most creative solution.

Type 5: THE INVESTIGATOR: Your main priority is information. You don't stress yourself out with the small details of house cleaning, but your bookshelf must be specifically arranged.

Type 6: THE LOYALIST: You need to feel safe and secure in your home, so organisation comes naturally to you. You prefer to keep items out of sight as this makes you feel more at ease.

Type 7: THE ENTHUSIAST: You are not the most organised type, and you tend to take one day at a time. You do have good intentions, but somehow life always gets in the way.

Type 8: THE CHALLENGER: You create a structured plan and stick to it. You thrive off being productive and love nothing more than a handy planner or calendar.

Type 9: THE PEACEMAKER: You may not have the strongest focus on organisation, but that doesn't mean you aren't capable. Though you would like to be more organised, you are content as long as your home is clutter-free.

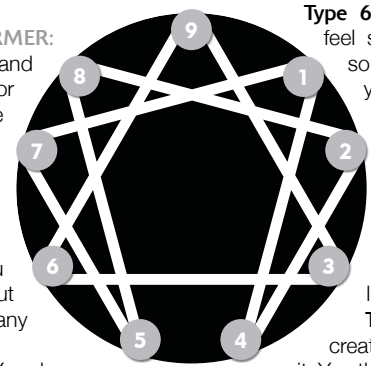


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DIRTIEST

CORNERS OF THE KITCHEN

Although the kitchen may be the heart of the home, that doesn't mean it doesn't harbour a whole host of hidden germs and bacteria. Discover the dirtiest areas of your kitchen below.

KNOBS AND HANDLES

Every appliance in your kitchen has some sort of handle or control panel that is often touched with dirty hands or after handling raw food, which can leave bacteria such as salmonella, listeria and E. coli behind. Clean daily using a disinfectant wipe or disinfectant cleaner and a clean cloth.

THE KITCHEN SINK

Even though water frequently runs down your kitchen sink, there are still lots of microbes lurking on the surface and around the drain. Disinfect your sink daily using a sink cleaner, and don't forget the taps and the counter areas surrounding it.

THE FRIDGE

Despite the cold temperature, harmful bacteria can still grow in your fridge. If you store unwashed fruit and vegetables in this appliance, these can be covered in bacteria and pesticides. Raw meat can also leak out of its packaging and fluid can accumulate. Remove fridge drawers and shelves at least once a month and wash all the surfaces with hot water and a mild dish soap.

CUTTING BOARDS

Cutting boards, especially wooden ones, can harbour bacteria in the tiny nooks and crannies that appear after each use. To avoid cross-contamination, you should have one board for fruit and veg and a different one for meat. Wash each board after use with hot, soapy water and dry with a clean tea towel.

COUNTERTOPS

Every time you place something on your kitchen countertops, such as your purse or shopping bag, you are potentially leaving dirt and bacteria where you will later prepare food. Clean with a disinfectant wipe or disinfectant spray and a clean cloth at least once a day.

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CREATE A VERTICAL GARDEN INDOORS

Indoor plants will improve the air quality in your home, and could also help reduce stress and increase concentration. Also, if you grow herbs, you can harvest them all year round to perk up your culinary creations. One of the biggest home trends of 2023 is the vertical indoor garden – simply a group of plants arranged on a single wall to save precious floor space. Read on to find out how to get started.

YOU WILL NEED:

- > A selection of shelves, containers and hanging baskets. Although you can buy specially designed containers for your plants, recycled items usually look more interesting and are also kinder to the environment. Wooden boxes, wire baskets, tins and even cut-down plastic drinks bottles all work well. Just remember to add drainage holes to containers if necessary.
- > A selection of plants and herbs. Rubber plants, dragon trees and the good old spider plant are excellent choices – they help remove formaldehyde, one of the main toxins in indoor air. Tarragon, thyme, rosemary, basil and mint all grow well indoors. If you're feeling adventurous, try growing cherry or plum tomatoes. But remember, they'll need somewhere warm and sunny.
- > Suitable compost.
- > DIY tools and materials to fix your containers firmly in place, and a sturdy stepladder.

HOW TO MAKE:

STEP 1: Work out how you're going to arrange your plants and containers. You could make a sketch, or lay out the items on the floor. You don't need to be exact and can change things as you go, but a plan is always handy.

STEP 2: Fix all the containers and shelves in place, ensuring they're secure.

STEP 3: Fill all your containers with compost, then add the plants.

STEP 4: Water your plants and work out a routine to take care of them.

STEP 5: Sit back and watch your garden grow.



HOME & DIY

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The company, based locally, offers homeowners the opportunity to maximise their storage space with a loft ladder, 50sqft of boarding and a light - all fully fitted in less than a day from just £444! But it's not just the affordability of the package that makes Home Counties Loft Ladders stand out, as manager Jamie Oakley explains: 'Our

watchwords are Quality, Integrity and Value. Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesmen, so our customers are assured of the best job.

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Our business relies on referrals and we get a huge amount of our calls from people who have been referred to us by our existing customers

- that simply wouldn't happen if we didn't adhere to our overriding principles.

At the end of the day the old adage that happy customers lead to more happy customers is true and we work hard to make that happen for

every installation we carry out!

So, if you want to make use of your loft space, call Jamie free on 0808 301 9551 and he'll be happy to pop round and give you a no obligation quote so you too can make use of your loft!



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INTERIOR DESIGN PROFILE



Echlin is a contemporary interior design house that bases its work on the principles of "wellbeing and craftsmanship", creating looks that are light and spacious – an oasis of calm that is wonderful to observe.

The designs are understated and beautiful, and are excellent examples of how to blend creative design with modern living to create timeless interiors.

ABOUT ECHLIN

Echlin was founded by Mark O'Callaghan (top left) and Sam McNally (top right) in 2011. Both bring a wealth of design experience to the table, and the result is a design house that creates elegant looks with a clear 20th-century elegance. Using different textures such as wood, stone and metal, Echlin designs are made to stand the test of time.

Their designs are stylish but practical and use neutral canvasses brought to life with different materials, including leather and soft velvets, as well as the occasional pop of colour.



LOVING THE ECHLIN LOOK AND LOOKING FOR INSPIRATION?

Recreate this incredible design style in your home using the following tips:

- ⌚ Keep spaces **LIGHT** to make them feel open and airy. Choose lighter neutral shades for walls and floors, like creams and greys, and add darker contrasts through furniture and accessories.
- ⌚ Look for **UNIQUE** items that will stand out as a focal point for the space. A statement headboard or large piece of art can draw the eye, without taking away from the rest of the room.
- ⌚ Add a refreshing touch with pops of **COLOUR** using cushions, curtains and occasional chairs.
- ⌚ Keep your interior **UNCLUTTERED** and make the most of available storage for a clean space that will promote serenity.



HOME & DIY

Photo credit: echlinlondon.com



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FROM YOUR AREA

School hosts public speaking challenge



Photo credit: The Ongar Academy

The regional final of a scheme aiming to amplify young people's voices was hosted at The Ongar Academy last month.

Jack Petchey's Speak Out Challenge gives local students a chance to share their stories and ideas, build their confidence and develop their public speaking skills.

A spokesperson for The Ongar Academy said: "We are so proud of the students of West Essex; congratulations to you all. The Ongar Academy has been so proud to host this event and welcome so many families, esteemed guests and students.

"Thank you to Mr Adekunle (pictured centre) for your hard work behind the scenes; the wonderful Sienna (pictured right) for your incredible musical talents; to Sammy (pictured left), the reigning champion of The Ongar Academy, who graciously handed over his crown; and to the fabulous Jade, who represented the school after just five weeks with us."

Conservatives lose majority in council elections

For the first time in eight years, the Conservative Party no longer has a controlling majority on Brentwood Borough Council.

In the local elections on May 4, the Liberal Democrats won three seats previously held by Tories. This means the two parties have drawn level with 17 councillors each. Labour has two councillors, and the councillor for Brentwood South Ward Andy Wiles is Independent.

Lib Dem councillor Mark Lewis was elected in

Brentwood North, Labour councillor Tim Barrett was elected in Brentwood South, and Lib Dem councillor Steve Mayo was elected in Brentwood West.

With no ruling majority in place, talks are ongoing as to who will lead the new administration.

New champions scheme to support sport superstars

Up-and-coming athletes in Brentwood now have the opportunity to train alongside Olympians.

Everyone Active's Sporting Champions scheme has helped thousands of athletes achieve their potential by providing free access to more than 200 Everyone Active leisure facilities, including The Brentwood Centre.

Sporting Champions also have the chance to receive mentoring and guidance from a panel of elite athletes.

The scheme's all-star line-up of Olympians and Paralympians includes Jennifer and Jessica Gadirova, Lutalo Muhammad, Richard Kilty, Lauren Steadman MBE, Kadeena Cox OBE and Maisie Summers-Newton MBE.

Olympic medallist Colin Jackson CBE (pictured below third from right) will also continue in his role as ambassador, working to make sport more accessible.

Tom Fletcher, Everyone Active's area contract manager, said: "We are delighted to be once again supporting athletes from Havering on their journey to success.

"As a leisure provider working in partnership with Havering Council, we feel it is important to cater for all sections of the community. We hope to continue making a real difference to our athletes' success."

To find out more about the scheme, please visit www.easportingchampions.com



BRENTWOOD PROPERTY NEWS

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LOCAL MARKET ROUND UP



Over the last 12 months the average sales price in Brentwood was **£458,112**. The total value of sales was **£379,284,273**.

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Transactions by price band over the last 12 months

NATIONAL

BRENTWOOD



- less than £100k
- £100k-£250k
- £250k-£500k
- £500k-£750k
- £750k-£1m
- £1m-£2m
- £2m-£5m
- £5m+

House price growth over 1 year and 5 years

1
+5%

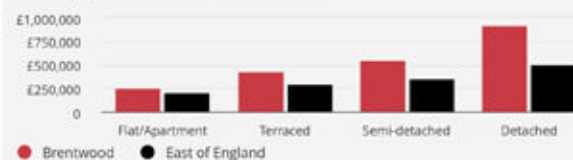
5
+10%

Top transaction in last 3 months

£2,250,000

PRIESTS LANE
CM15

Average prices over last 12 months



Source: Datafift, Land Registry

NATIONAL MARKET



Peter Garland-Collins
REAL ESTATE TEAM

Bringing you the latest trends in the UK's housing market with a detailed focus on our local market in Brentwood.

House prices

Price moderation of 6.8% is expected for the housing market over the course of 2023/24 according to the latest official forecasts by the Office of Budget Responsibility. Price growth of over 19% was recorded for 2021-22.

Economy

The base rate of interest has risen to 4.5%, its highest rate in 14 years. The Bank of England has however upgraded its growth forecast for the UK economy, which is now expected to return to its pre-pandemic size by the end of this year.

Transactions

The HMRC report 89,560 sales took place in March 2023, a rise of just 1.3% on February. Non seasonally adjusted figures however suggest there was a 26% rise.

The Brentwood Realtor



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Alex Burghart MP for Brentwood and Ongar



LOCAL NEWS



What a glorious weekend of celebrations we had across Brentwood for His Majesty the King's coronation on May 6. It was magnificent to see an abundance of flags, bunting and red, white and blue shop window displays across the area and to see all the street parties and public celebrations marking this rare and very British occasion.

I watched the ceremony at home with family and friends and was mesmerised by the chance to watch this most ancient ceremony, which has taken place in Westminster Abbey for almost 1,000 years. On the Sunday, I joined worshippers at St Martin's Church in Ongar for their Coronation Commemorative Service to mark the crowning of our new King.

Brentwood Borough Council pulled out all the stops with an afternoon of free entertainment and sport in King George's Playing Fields on bank holiday Monday. I took my family there to enjoy fire lighting with the Scouts, fundraising with the Friends of Wallace Kennels, and very good conversations with the volunteers from Brentwood Foodbank, Brentwood

Rotary Club and the Brentwood Air Cadets, whose young members did an outstanding job organising the parking.

The young musicians of the Brentwood Imperial Youth Band were as polished as ever, and were joined by the Brentwood School Big Band and massed choirs of St Thomas's Church for a spectacular concert.

For the Imperial Youth Band, this was their second big event for the coronation weekend, having been the main attraction at the Herongate and Ingrave Parish Council celebrations too. Crown Street traders also held a bank holiday event, with activities for all the family.

Huge congratulations to the organisers and volunteers who, as always, worked so hard for all local residents. Despite the rather grey weather throughout the coronation weekend, it was a magnificent chance for everyone across the Brentwood and Ongar constituency to come together to celebrate the crowning of His Majesty King Charles III.

God Save the King.

WWW.ALEXBURGHART.ORG.UK



YOUR LOCAL EVENTS

BRENTWOOD ART TRAIL

Various locations

Saturday, June 3 to Sunday, June 25, various times



This year's Brentwood Art Trail, sponsored by the Brentwood Business Partnership, Blue Serif and Baker Labels, will showcase a record number of artists in Brentwood, Shenfield and Ingatestone. With more than 60 venues on the trail this year, visitors can see more art on display than ever before.

New venues include CREATE Business Hub, Malina Patisserie, Nest Creperie, Prodigy Menswear, Schmidt Kitchens and Taylor Wines, while all three branches of Beresfords will take part for the first time.

Events are hosted by local artists and can be booked via www.eventbrite.co.uk/o/brentwood-art-trail-33626242465

LUCKY STIFF

Brentwood Theatre, 15 Shenfield Road, Brentwood, CM15 8AG

Wednesday, June 14, to Saturday, June 17, 7.30pm every night, 2.30pm matinee on Saturday
Lucky Stiff is a hilarious farce that tells the story of shoe salesman Harry Witherspoon, who is fed up with his dull life and prospects. A telegram informs him that he has inherited a fortune, but there is a task to fulfil before he can get his hands on it.

Tickets cost £18 to £20 and can be purchased from www.ticketsource.co.uk/brentwoodtheatre/e-ggazdg

EPPING ONGAR STEAM GALA

Epping Ongar Railway, Ongar Station, Station Approach, Ongar, CM5 9BN

Friday, June 23, to Sunday, June 25

Services start every day at 10am

The annual Epping Ongar Steam Gala will see its

home fleet of steam locomotives, along with star visiting locomotive 4079 Pendennis Castle and British Railways pannier locomotive 9466, put through their paces over some of the most challenging gradients in preservation.

Tickets can be purchased on the day or online via www.eorailway.co.uk/events/steam-gala

VEGAN & WELLNESS DAY

Hopefield Animal Sanctuary, Sawyers Hall Farm, Sawyers Hall Lane, Brentwood, CM15 9BZ

Saturday, June 24, 10am – 4pm

A variety of vegan and ethical businesses will be on display at this event, including jewellers, animal welfare charities and cosmetics. There will be street food, live performances and workshops, inflatables to keep the little ones entertained, and much more.

You can also wander around and meet 'rescued residents', read their stories and find out why they ended up in care.

Tickets can be purchased from hopefield.org.uk/events/vegan-wellness-day

MIND BODY SPIRIT AND CRAFT FAYRE

Budworth Hall, 205 High Street,

Chipping Ongar, CM5 9JG

Saturday, July 1, 10am – 3pm

A day packed with spiritual therapies, health advice, beauty advisers, psychic readers, tarot readers, sweets, jewellery, craft stalls, gift stalls and more. This event is suitable for those with disabilities.

Admission is £2 for adults. Those aged 17 and under go free.

You can purchase a ticket or enquire about a stall at www.theessexspiritualcentre.co.uk/event-details/mind-body-spirit-craft-essex



Photo credit: Essex Spiritual Centre



BRENTWOOD ART TRAIL



3 - 25 June 2023

Enjoy the work of local artists in pop-up galleries and attend creative activities in a wide variety of venues in Brentwood, Shenfield & Ingatestone



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A piece of wartime history lost to industrialisation

This month, we remember Belmont Castle, an Essex site rich in history, which survived German artillery from above only to succumb to the gradual creep of industry from below ground.

A once-grand architectural gem, Belmont Castle stood majestically atop a hill in Grays. Erected in 1795 by Zachary Philip Lynch, this Grade II listed building was a symbol of wealth and prestige, boasting a rich history that spanned more than two centuries.

The castle was designed in the Gothic Revival style by Samuel Wyatt, and showcased an impressive façade characterised by tall, pointed arches, intricate stone carvings and a symphony of decorative elements. The building was adorned with battlements and turrets, creating an imposing silhouette against the Essex skyline.

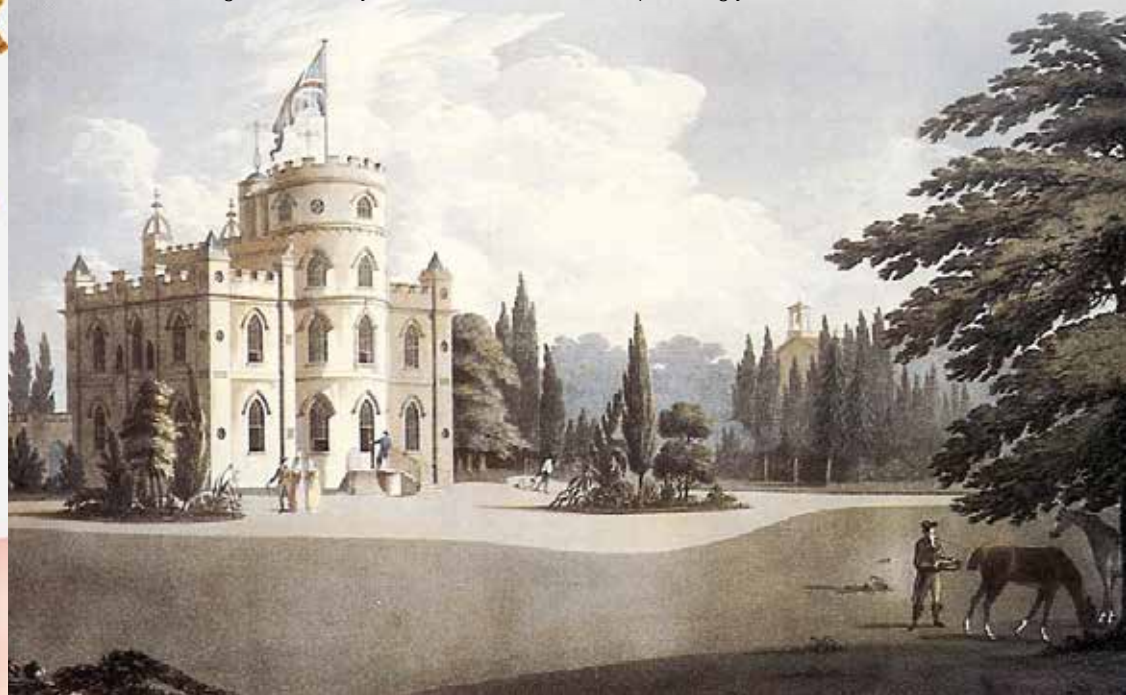
Its grandeur was further accentuated by an expansive estate featuring vast gardens, meandering pathways and lush, verdant landscapes.

The castle played host to various notable figures and events throughout its history. It is rumoured that

the renowned English poet, Lord Byron, once stayed at the castle as a guest of its original owner, Zachary Philip Lynch.

In 1815, it was acquired by James Walker, a prominent civil engineer. He added an observatory, making the castle one of the few private residences in England to feature such an amenity. During the Second World War, Belmont Castle was requisitioned by the British Army and served as the headquarters for the Royal Artillery's Anti-Aircraft Division.

Many may have thought it was in good hands, having been returned to the state, yet in truth the move sounded the building's death knell. This was despite it being an exemplar of grandeur and a reflection of the opulence of a bygone era, and irrespective of its rich history, illustrious guests and unique features. Belmont Castle was forced to make way for the relentless expansion of the huge Grays Chalk Quarry, which had crept unerringly towards it in the preceding years, and was demolished in 1943.



LOCAL FEATURE



TECHNOLOGY



Ride ELECTRIC

We see these casual speedsters effortlessly and gracefully gliding their way along the roads, and the realisation is that the days of pumping pedals may be on its way out.

It appears the electric bike revolution is here to stay; yet with the price of these magnificent machines is considerably more than their manual counterparts, handlebar aficionados are instead exploring ways to convert their existing rides into battery-powered versions.

It turns out it's not actually that difficult. Conversion devices can suddenly transform our humble bikes into rapid, resplendent electric vehicles.

These devices work by replacing a normal bike's rear disc-brake rotor with its own drive, which looks and works just like a traditional disc-brake rotor.

A weighty unit housing the battery and a 250-watt-hour motor clips onto the bike frame, with the rotor slotting into the clip-on unit and engaging with the gearing inside. Internal gearing turns the

special brake rotor, spinning the rear wheel and, hey presto, you're away.

You should be able to achieve almost 40 miles of assisted cycling, and be able to propel the vehicle at speeds of almost 20mph.

Recharging takes around two-and-a-half hours, and the unit can be easily unclipped and charged inside.

Pedal bikes have long been an incredibly green way to travel – it's the reason there are 20 million on Britain's roads. While those who use them as part of their job – think food delivery driver or parcel courier – may like the added speed and energy conservation of an e-bike, the stronger target market for this product is those keen to ditch the car for short trips, but who need some kind of propulsion when it comes to embarking on two-wheeled adventures.

Whatever the reason, users choosing an e-bike look certain to light the path... or road!

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TAKE THE PAIN OUT OF YOUR PROPERTY INSURANCE CLAIM



A leak from a bath waste went unnoticed, the ceiling below was lath and plaster which absorbed the water with no visible damage until it became so heavy a large section crashed to the floor.

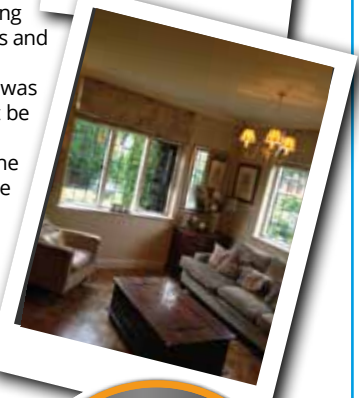
Resolve was recommended to the policy holder by a relative and we sent out a dedicated claims manager. When we arrived the ceiling debris was all over the floor and furniture, we removed the debris and carried out a primary clean.

The insurance company had requested three quotes, she was very pleased when we explained the service and they would not be required because we would deal with everything.

We carried out a survey and issued a scope of the repairs to the insurance company. We met the Loss Adjuster and agreed the scope of works and immediately started works.

The room had to be sealed and a dust extraction unit set up. This enabled us to clear the ceiling without contaminating the rest of the property. We installed plasterboard and plastered. The decorations were then completed to a high standard.

All the works were carried out by our team of tradesmen. On completion the customer signed a satisfaction note and the insurer paid the pre-agreed cost.



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PUZZLES & TRIVIA

PUZZLES

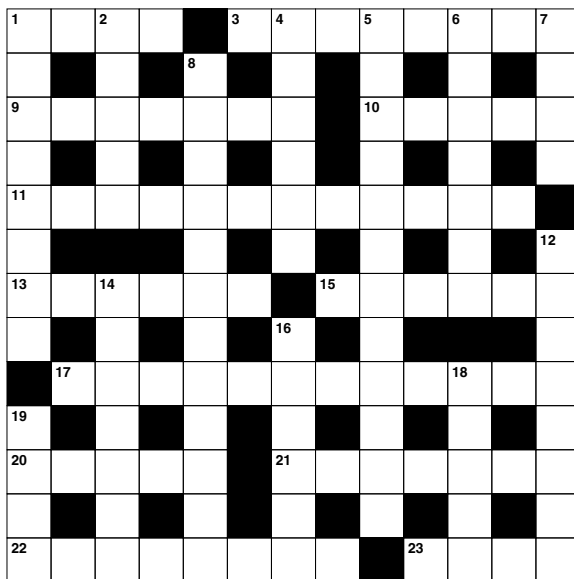
Answers: see end of The VISION Listings

ACROSS

1. Beloved; expensive (4)
3. Break (8)
9. Majestically (7)
10. Giraffes have long ones (5)
11. Uncurled (12)
13. Fierce or domineering woman (6)
15. Dual audio (6)
17. Ruinously (12)
20. Simple (5)
21. Inactive pill (7)
22. Conceptual thinker (8)
23. Arduous journey (4)

DOWN

1. Mocking (8)
2. Ire (5)
4. Sense of musical time (6)
5. In accordance with general custom (12)
6. Uncertain (7)
7. Otherwise (4)
8. UFO (6,6)
12. Exterior of a motor vehicle (8)
14. Print anew (7)
16. Ear bone (6)
18. Give a solemn oath (5)
19. Tuba (anag) (4)



DID YOU KNOW?

- ▶ Your eyes blink an average of 20 times a minute. That's more than 10 million times a year.
- ▶ The entire surface of your skin is replaced every month, which means you have about 1,000 different skins in your life.
- ▶ If you live to age 70, your heart will have beaten around 2.5 billion times.
- ▶ Laid end to end, an adult's blood vessels could circle the Earth's equator four times.
- ▶ Bodies give off a tiny amount of light that's too weak for the eye to see.
- ▶ Your left lung is approximately 20 per cent smaller than your right one.
- ▶ You produce about 40,000 litres of spit in your lifetime. Or to put it another way, enough spit to fill around 500 bathtubs.

SUDOKU

		5				3		
	9						1	6
	6		2					
2			8	7				
3		6				7		1
				9	6			2
					8		6	
1	2						7	
		4				2		

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The coronation of
KING CHARLES III
and his wife Queen Camilla

SATURDAY 6 MAY, 2023

GOD SAVE THE KING

Princes, princesses, presidents and pop stars alike crowded into Westminster Abbey to witness the historic coronation of His Majesty King Charles III, and what a marvellous day it turned out to be.

On Saturday, May 6, 2023, the world's gaze turned to Westminster Abbey in London. More than seven months had passed since we said a final farewell to our beloved Her late Majesty Queen Elizabeth II, and what bittersweet joy it was to witness King Charles III's official ascent to the throne.

Naturally, comparisons were not drawn between this event and the Queen's funeral, but instead to her coronation 70 years previously. This was the first televised coronation, broadcast on radio and television around the world. Both ceremonies were watched by millions, though the King's was the first British coronation to be televised in glorious, high-definition technicolour.

Regardless of your feelings about the monarchy, it can't be denied that when it comes to pomp, ceremony and splendour, no one does it like Great Britain.

The journey from Buckingham Palace to Westminster Abbey alone was a thing of wonder, with joyous fans lining the streets as more than 4,000 members of the Army, RAF, Royal Navy and Commonwealth forces in immaculate dress uniforms accompanied the Diamond Jubilee State Coach.

One BBC commentator remarked how the coach – drawn by eight Windsor Grey horses – looked like something from a fairy tale, before admitting that so ancient are ceremonies such as these, that the fairy tales are more likely based on them.

Inside the abbey, proceedings took on an even more timeless quality, with the two-hour ceremony effortlessly fusing the old and the new. One poignant example of this was during the presentation of the orb, sceptre and other regalia – pieces from the Crown Jewels that hold “incalculable cultural, historical, and symbolic value” and date back to the 17th century – by various faith leaders, and the carrying of the Sword of State by a resplendent Penny Mordaunt MP.

Another poignant moment was when the King was screened from the public as he was anointed with holy oils by the Archbishop of Canterbury, because this is an event historically regarded as taking place between the sovereign and God. The anointing was carried out using an ampulla and coronation spoon, which is believed to date back to the 12th century.

Finally came the moment all had been waiting for as His Majesty sat resplendent in the Robe Royal – made for King George IV's coronation in 1821 and one of four robes worn during the service – and was adorned with St Edward's crown. After crowning Charles, the Archbishop boomed, “God Save the King”, a sentiment that was then echoed by all in attendance.

Shortly after, Her Majesty Queen Camilla was also crowned, with Queen Mary's Crown placed on her head. Interestingly, she was granted the title of Queen on the late Queen Elizabeth II's request.

The late His Majesty Prince Philip, on the other hand, was never given the title of king. This is because a ruling queen's husband is called a Prince Consort, as the title of king is only given to a monarch who inherits the throne. If King Charles passes away before Queen Camilla, Prince William, who is the heir to the throne, will become king. Queen Camilla will not become a reigning queen; her title will change to queen dowager, the official term for the widow of a king.

Following the ceremony, the King and Queen were joined by the other senior royals and their children on the balcony at Buckingham Palace for the traditional Royal Air Force flypast which, despite the rain and subsequent need to simplify the air show, drew to a close to a most historic and memorable day for all.

A new King, a new set of values, and a new era for all.



Enchanting ELDERFLOWER

Elder trees are very common in the UK and, come late May, start to develop masses of tiny white flowers which eventually turn into purple elderberries. The elderflower is known for its light and floral taste and makes a great addition to cordials, cakes and more.

ELDERFLOWER CORDIAL

YOU WILL NEED: 2 ½kg granulated or caster sugar | The zest of 2 unwaxed lemons | 20 fresh elderflower heads | 85g citric acid – you can buy this online or at your local pharmacist

HOW TO MAKE:

- > Gently heat the sugar and 2 ¾ pints of water in a pan until the sugar has dissolved.
- > Bring to the boil and turn off the heat.
- > Add the elderflower heads, the lemon zest and the citric acid to the pan and stir well.
- > Cover the pan and leave to infuse for 24 hours.
- > Line a colander with a clean tea towel and set it over a large pan.
- > Ladle in the syrup and let it slowly drip through.
- > Pour the leftover liquid into a sterilised jar. You can sterilise a glass jar either on a hot rinse cycle in the dishwasher or in the oven for 15 minutes

at 160°C/140°C fan/gas mark 3.
> The cordial is ready to drink and can be kept in the fridge for up to six weeks.

ELDERFLOWER DRIZZLE CAKE

YOU WILL NEED: 175g softened butter | 175g golden caster sugar | 3 eggs | 140g self-raising flour | 85g ground almonds | ½ tsp baking powder | 100ml milk | 4 tbsp elderflower cordial | 4 tbsp white or golden granulated sugar

HOW TO MAKE:

- > Heat the oven to 160°C/140°C fan/gas mark 3.
- > Grease and line a 900g cake tin.
- > Beat the butter and 175g sugar until light and fluffy.
- > Add the eggs, flour, almonds, baking powder and milk, then whisk until smooth.
- > Pour into the tin and bake for 45-50 minutes until risen and golden.
- > Prick the cake all over with a skewer.
- > Mix the cordial and extra sugar and pour all over the cake.
- > Leave to cool in the tin and drizzle with icing if you wish.



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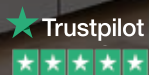
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The German Kitchen

King Charles' CORONATION QUICHE

With the coronation still fresh in everyone's minds, why not have a go at making your very own King Charles coronation quiche? This dish was chosen to celebrate British seasonal produce – and also because the King loves eggs and cheese.

YOU WILL NEED: (serves 6)

FOR THE PASTRY: 125g plain flour | 25g cold butter, diced | 25g lard | 2 tbsp milk | Pinch of salt

Or 250g block of readymade shortcrust pastry

FOR THE FILLING: 125ml milk | 175ml double cream | 2 medium eggs | 1 tbsp chopped fresh tarragon | 100g cheese | 180g cooked spinach, lightly chopped | 60g cooked broad beans | Salt and pepper | Pine nuts for garnish, if desired | You will also need a 20cm flat tin and baking beans

HOW TO MAKE:

1. To make the pastry, sieve the flour and salt into a bowl. Add the butter and lard and rub the mixture together using your fingertips until you have a breadcrumb-like texture.
2. Add the milk a little at a time and bring the ingredients together to form a dough.
3. Cover and leave to rest in the fridge for 30-45 minutes.
4. Lightly flour your work surface and roll out the dough into a circle approximately 5mm thick.
5. Lightly grease the tin with butter and line with the pastry, being careful not to

make any holes. Cover and rest for a further 30 minutes in the fridge.

6. Preheat your oven to 190°C/170°C fan/gas mark 5.
7. Line the pastry case with greaseproof paper, add baking beans and bake for 15 minutes.
8. Take the case out of the oven, remove the paper and beans, and leave the pastry case to one side.
9. Reduce the oven temperature to 160°C/140°C fan/gas mark 3.
10. To make the filling, beat together the milk, cream and eggs.
11. Scatter half of the cheese into the blind-baked base and then top with spinach, broad beans, tarragon and seasoning.
12. Season and pour over your liquid mixture of milk, eggs and cream.
13. Sprinkle over the remaining cheese.
14. Place in the oven and bake for 20-25 minutes until set and lightly golden.
15. Garnish with pine nuts if desired.

Photo credit: Daniel Leal/AP/Shutterstock



FOOD & DRINK



STAYING ALIVE!

Unless you have someone looking after your garden while you are on holiday, you may be wondering how you are going to keep your plants alive and well until you return. Discover our top tips below.

WATER BEFORE YOU GO:

Before you leave for your holiday, make sure you give all the plants in your garden a thorough watering. Soak any pots, containers and hanging baskets at the plant base until the water rises above the soil. Allow this water to soak in and then repeat.

MOVE POTTED PLANTS:

Move potted plants into shady areas of your garden to slow the rate at which they dry out and to help them stay hydrated. Avoid using shade cast by the eaves of your home as this can prevent any natural rainwater from reaching them.

MAKE SOME MULCH:

A thick mulch can help to reduce the evaporation of water and lock moisture into the ground. You can

make mulch from woodchips, gravel and decorative stones or even with just a few handfuls of good quality compost. Place around the base of your plants in a doughnut shape.

INVEST IN AN IRRIGATION SYSTEM:

If your budget allows it, an irrigation system will deliver a controlled amount of water to reach your plants at set times during the day. This is a good choice if you are away for a longer period of time, or you go away frequently.

TOP TIPS FOR HOUSEPLANTS:

- > Move any houseplants away from direct sunlight to cooler, darker areas of your home
- > Give them a good, deep soak for around 10 seconds but make sure to drain any excess water
- > Place one end of a damp cloth into a glass of water and the other end in the soil. When the plant becomes thirsty, it will absorb moisture from the cloth
- > Gather your houseplants together to create a humid microclimate.

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Belladonna is one plant that you do not want growing in your garden. Belladonna, sometimes referred to as deadly nightshade, is extremely toxic to humans, dogs and cats, and needs to be quickly identified and removed.

WHICH PARTS ARE TOXIC?

All parts of the belladonna plant are toxic to humans and domesticated animals, including the leaves, flowers, fruits and roots. It is not toxic to birds and wildlife, although when honeybees feed on belladonna, the honey they produce can also be toxic.

HOW TO IDENTIFY BELLADONNA

Belladonna is a tall and bushy perennial that grows three to four feet high and wide. It boasts dark green leaves that are oval and unevenly sized. On the bottom part of the plant, the leaves are solitary but on the upper parts, they grow in pairs. Belladonna blooms from June through to early September, with dull purple or lavender flowers that are slightly scented.

The fruit ripens between late August and September and is black and shiny like a cherry.

HOW DOES BELLADONNA SPREAD?

Belladonna spreads very quickly, just like a weed. This plant dies back in winter and then regrows in spring from its thick, fleshy roots. Birds that eat the seeds can spread the plant to other areas via their droppings.

HOW TO REMOVE BELLADONNA FROM YOUR GARDEN

You must protect your skin when handling belladonna, so make sure you wear long sleeves, long trousers, boots and gloves. If the plant is particularly tall and there is a risk of it coming into contact with your face, then you should wear goggles.

- > Dig out the plant with all its roots
- > Dispose of the plant in your garden waste bin
- > Disinfect any tools you have used
- > Wash your work clothes immediately and separately from your other clothing.



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SEASONAL LAWN TREATMENTS

Early summer is when your lawn really starts to become alive, and when you're probably going to start regularly using your garden for things like BBQs and parties.

At this time of the year our core treatment focuses on ensuring your lawn has all the things it needs to grow lushly thick and verdant throughout the season.

Lawn feed

We use our own, specially formulated, summer fertiliser which has been created to avoid scorching your lawn, even if there is very low soil moisture. Our fertiliser will nourish your lawn and give it the leg up it needs to develop into a rich, deep, green colour.

Weeds

As your lawn springs into action, so do the weeds. The warm weather will cause common weeds to germinate and spread. These don't just look unsightly, but they also leach nutrients from your lawn. If necessary, we will apply our own weed-control solution during your treatment to eliminate all unwanted plant life from your lawn.

Aeration

Aeration can be an excellent complement to your seasonal treatment. Aeration allows water, air and nutrients to reach the grass root where it's needed, while

also combating soil compaction. We offer two different types of aeration: hollow tine and spiking.

Hydration

Lack of moisture can be a major concern in the warmer months. Our hydration service uses a professional wetting agent that works within the soil to optimise your lawn's use of water, helping it stay hydrated.

Overseeding

Barren patches of lawn can be caused by multiple things such as wildlife, mower damage or lack of moisture. In conjunction with either scarification or aeration, overseeding sows grass seeds over your turf allowing this damage to be repaired far quicker than if you left it to regrow unaided.

Fungicide

While we might think of lawn fungus as being an autumn concern, it can also be prevalent over the summer too, caused by things like mulch. Our specialist fungicide service uses a powerful fungicidal agent to eliminate various pervasive fungal infections in the lawn.

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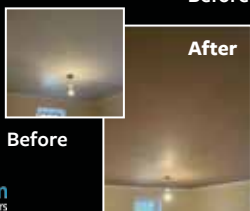
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Prescriptions

ALL ABOUT

How much does a prescription cost in England?

The prescription charge in England is £9.65 per item. However, you can get an NHS prescription prepayment certificate (PPC), which can help you save money if you need more than three items in three months or 11 items in 12 months.

A PPC costs:

- £31.25 for three months
- £111.60 for 12 months

You can purchase a PPC either online or with any registered pharmacy.

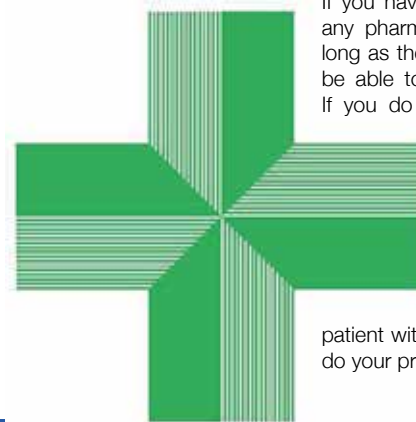
Who is eligible for free prescriptions?

You are eligible for free prescriptions if you are:

- ✓ Aged 60 or over
- ✓ Under 16
- ✓ Aged 16-18 and in full-time education
- ✓ Pregnant or have had a baby in the last 12 months and have a valid maternity exemption certificate
- ✓ Have a specified medical condition and a valid medical exemption certificate
- ✓ Have a continuing disability that prevents you from going out and have a valid medical exemption certificate
- ✓ Hold a valid war pension exemption certificate and the prescription is for your accepted disability
- ✓ An NHS inpatient

You are also entitled to free prescriptions if you or your partner receive certain benefits, or if you are under 20 and the dependent of someone receiving certain benefits, such as income support and income-based Jobseeker's Allowance. Contraception is free for everyone in England.

Is it possible to get an emergency prescription?



If you have a prescription, you can visit any pharmacy to get your medicine as long as they have it in stock, or you may be able to use an NHS walk-in centre.

If you do not have a prescription, you may be able to get an emergency supply from your local pharmacy. Take your old prescription or the medicine's packaging with you if you have it. If you are away from home, you can register as a temporary

patient with another GP and ask them to do your prescription for you.

Can you get your prescription delivered to your door?

If you are unable to leave your home, your local pharmacy may be able to deliver it to your door free of charge. Alternatively, some retailers such as Boots will deliver your prescriptions for a small fee.



Is a bad hip stopping you from doing everyday things?

Nuffield Health Brentwood Hospital reveals the signs you might need a new one.

What is a hip replacement?

This is a procedure to remove your damaged hip joint and replace it with an artificial joint. It's used to treat hip pain, most commonly hip osteoarthritis, which is gradual wear and tear of the joint. During the procedure, the damaged joint is removed and replaced with an artificial ball and socket joint (a prosthesis). There are many different types of hip replacement and your surgeon will recommend the one that's best for you.

There are no set rules when it comes to hip replacement. While the surgery is commonly associated with older patients, in truth it's a life-changing procedure for anyone with a worn hip joint.

The following signs may indicate hip arthritis or be symptoms of other problems. The best way to accurately diagnose the state of your hip is to speak to a specialist and have an x-ray.

1. Hip or groin pain

Pain around the hip or groin area can be one of the major indicators that there may be an underlying problem with your hip joint. Let's look at some of the different ways it can manifest.

Pain when walking

If hip or groin pain is preventing you from walking normal distances for you or completing your usual daily activities, then speak to a specialist.

It's important to remember that this can be relative to you. For some, being able to comfortably stroll a short distance to the post box or local shop is enough. For others, being unable to complete a five-mile walk is unthinkable. It all depends on your lifestyle.

You may find yourself compensating with a limp, relying on a walking stick, or even needing painkillers just to cope with the pain of walking or other activities such as climbing the stairs or getting into a car.

Pain during exercise

Soreness or pain during or after exercise which is stopping you from being as active as you normally would, be it jogging, swimming or other physical activities, can be a sign of hip arthritis.

The pain is usually localised between your hip and knee. If the pain is lower down towards the ankle the problem might be caused by back problems.

Pain at night

If hip pain makes it hard to fall asleep or you find yourself waking up because of the pain caused by your movements in the night – talk to someone about it. There are a number of hip or joint-related issues that could be affecting your sleep.

2. Stiffness

Difficulty putting your shoes or socks on is a common sign of stiffness in your hip, especially if one foot is more difficult than the other. You may also start to feel your hip joint clicking, popping or grinding in ways which impair your normal range of movement. If this is an ongoing problem, you should speak with a specialist.

3. The one leg test

If you can't stand on your problem leg for longer than a minute – even with the support of a door frame or table-top for balance, then you might have a problem with your hip.

There are some other exercises you can try at home to see if you could benefit from hip pain treatment. For instance:

- Lying on your back or sitting, can you bring your knee to your chest? Assist with your hands if you need to.
- Lying on your back, can you move your leg out to the side without moving your trunk?
- Sitting on a chair, can you place your ankle on the opposite knee and let the knee drop down as far as possible?

For each test, compare both sides of your body. You may find the test easier on one side than the other, and many people notice this.

4. No relief from other treatments

Most hip problems can be resolved without a full hip replacement. There is a range of treatments available, including physiotherapy and medication that may better address your symptoms.

If your hip pain is not severely limiting your daily life, or you have found ongoing relief from these less invasive treatments, then it indicates a hip replacement is likely not the right option for you yet.

At Nuffield Health Brentwood Hospital our experienced team of orthopaedic surgeons are experts in lower limb procedures and provide quick access to hip replacement surgery.

How to book a consultation at Nuffield Health Brentwood Hospital

If you are interested in hip replacement surgery or want expert advice from a professional, you will need to book a private consultation with one of our orthopaedic experts before proceeding with any treatment. To book a consultation, please contact our dedicated hospital enquiry team on:

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Stroll YOURSELF SLIM

Finding the time, not to mention the inclination, to exercise after having a baby can be hard. However, what if you could combine taking your baby for a walk with getting fit? Welcome to the world of stroller fitness.

WHAT IS STROLLER FITNESS?

As the name suggests, stroller fitness is a workout where you use your baby's buggy or stroller to get fit. Perfect for parents of all fitness abilities, a stroller workout can be as intense or as gentle as you make it. Plus, no babysitter is needed, as your baby will be with you every step of the way.

WHAT ARE THE BENEFITS OF STROLLER FITNESS?

One of the best things about stroller fitness is that it allows you to get back into exercise without having to leave your baby. Depending on the exercises that you choose to carry out, stroller fitness can provide a full body workout, or it can be used to target specific muscle groups or problem areas.

FOUR STROLLER EXERCISES TO GET YOU STARTED

Walking lunges: If you want to tone and strengthen your lower body, then walking lunges are a great choice. Take long strides as you push your buggy and lower your body until your front thigh is almost parallel to the ground. Continue for one minute, rest for 30 seconds, and repeat.

Jump squats: These burn more calories than standard squats. Use your buggy for balance, engage your core, push up through your heels as you jump up, focusing on soft knees as you land. Continue for 30 seconds, rest for 30 seconds, and repeat.

Pram chest press: Work your chest, arms and core with the pram chest press. Push through your shoulders, tensing your core as you push your buggy away from you and then pull it back towards you. Do 15 reps, rest, and do a further 15.

Pram chest press with lunge: To increase the intensity of your workout and up your heart rate even more, alternate walking lunges with the pram chest press. This exercise will work your whole body. Continue for 30 seconds, rest for 30 seconds, and repeat.



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KIDS

SLEEP *like a baby?*

Are you thinking of co-sleeping but not sure if this is the right choice for you and your baby? Discover five benefits of co-sleeping below. Plus, five factors that mean you should NOT co-sleep.

1 You can meet your baby's immediate needs

Most babies require feeding, changing and soothing throughout the night. If you are close to your baby, then you can meet their needs without having to get out of bed. You can also do this with minimal disruption, which means your baby is more likely to fall quickly back to sleep.

2 You can build up your milk supply

For breastfeeding mums, co-sleeping can help you to maintain a good milk supply for your baby. As breastmilk production works on a supply-and-demand basis, if you are sleeping with your baby, you are in the ideal position for frequent night-time feeds.

3 Your baby can practise self-rousing

Although sending your baby into a deep sleep may sound appealing, babies are not actually meant to sleep in this way. Babies who co-sleep are frequently roused when close to their mothers, which can help them to learn how to use their self-preservation instinct to rouse when there is any danger.

4 Your baby can develop stronger bonds

Research suggests that infants who co-sleep develop stronger emotional relationships both with their parents and with other people. It may also help children to grow up with higher self-esteem and less anxiety, and to become more independent.

When you should **NOT** co-sleep:

- > You have been drinking alcohol
- > You are a smoker or use e-cigarettes
- > You have taken any drugs that may cause drowsiness
- > Your baby was premature (born earlier than 37 weeks)
- > Your baby had a low birth rate (less than 2.5kg or 5.5lbs).





Photo credit: Meaning March/Shutterstock.com



A Very BRITISH RACKET

Nothing conjures up a British summer better than Wimbledon, the oldest tennis championship in the world. In true British fashion, it's not all about who wins – or even the lovely sound as the racket whacks the ball. Think strawberries and cream, bizarre tennis outfits, celebrity spotting, and an endless obsession with the weather.

To mark this year's contest, which takes place from July 3 to 16, let's look at a few fun facts.

- The first Wimbledon took place in 1877, but only involved men's singles. Ladies weren't allowed to compete until 1884.
- Wimbledon attracts around 500,000 spectators, and millions more from around the globe catch up on TV.
- During an average tournament, players go through around 55,000 balls.
- The grass on the Wimbledon lawns has to be precisely 8mm high.
- There's a strict rule that Wimbledon players must wear white clothes – though a small dash of colour is now allowed. The tradition started in the 1800s to avoid sweaty patches showing up on dark clothing.

• Yellow tennis balls were introduced in 1986 because they were more visible on TV than the white ones.

• At the last Wimbledon tournament, spectators consumed almost 2,000 servings of strawberries and cream, along with a staggering 250,000 glasses of Pimm's.

• The tournament employs around 250 ball boys and girls, selected from 27 nearby schools, who must pass a test to ensure they can stand still for at least three minutes.

• The longest tennis match in history was held at Wimbledon in 2010. It lasted for 11 hours and five minutes over three days between Frenchman Nicolas Mahut and the eventual winner of that year's championship, American John Isner.

• This year's tournament marks Rufus the Harris's Hawk's 16th year as chief pigeon scarer, making sure matches aren't interrupted by unwanted avian guests. Follow him on Twitter or Instagram.

So whether you're lucky enough to attend in person or will be watching the competition from the comfort of your own home, sit back, relax and enjoy this prestigious display of sporting prowess – Pimm's optional.

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Cashback earnings	page 9	-£28.76
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PLANE sailing

Love family holidays but dread flying with young children? Discover five ways to keep your kids occupied on a plane, with options for all ages.

BOOK A WINDOW SEAT

If your budget allows for it, booking a window seat is a great way to keep your children entertained during take-off and landing. Whether they just gaze at the views below or look for animals in the cloud shapes, children of all ages can enjoy looking out of the window during a flight.

ACTIVITIES TO KEEP THEM OCCUPIED

Remember to pack colouring and puzzle books in your hand luggage to help keep boredom at bay. Alternatively, bring blank paper and pens and ask your children to draw what they can see out of the window, or what they imagine your destination will look like.

You can also bring travel games or even a pack of playing cards; simple games like snap are perfect for little ones, while older children can enjoy more advanced games like solitaire.

DOWNLOAD AN AUDIO BOOK

If you want a bit of peace and quiet but you don't want your kids glued to a screen the entire time, then an audio book is a great alternative. There are so many books to choose from – just make sure you remember to pack headphones.

PACK PLENTY OF SNACKS

Do not underestimate how distracting snacks can be for kids during a flight, especially younger ones. Rather than buying them on the plane, bring a selection of your children's favourite snacks with you in your hand luggage and then give them out sporadically throughout the flight.

TALK ABOUT YOUR TRIP

Chatting about what you are planning to do when you get to your destination and what you are excited about, can be a great way to pass the time and engage with your children. You can also take the opportunity to teach them about the different places you are flying over.



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BEACH SAFETY TIPS FOR DOGS

Most dogs love the beach. They can run around, play in the sand and cool their paws in the sea. However, if you are planning to take your four-legged friend to the seaside this summer, you need to make sure you know how to keep them safe.

CHECK LOCAL RULES

There are lots of dog-friendly beaches all over the UK, so be sure to check the local rules of your chosen spot before you head out to avoid disappointment. You can find this information at www.thebeachguide.co.uk/dog-friendly

TEACH YOUR DOG TO SWIM

Most dogs are not natural-born swimmers, so it can be a good idea to teach them how to swim before you take them to the beach. There are many guides online on how to teach your dog to swim, such as this one: www.purina.co.uk/articles/dogs/behaviour/training/teach-dog-to-swim

PROVIDE FRESH WATER AND SHADE

If you are planning to spend a long time at the beach with your dog, then you will need to provide fresh water and shade to prevent overheating and dehydration. Also, watch your dog to ensure they don't drink too much seawater.

APPLY SUN CREAM FOR DOGS

Dogs can get sunburn in the same way that you can, so you need to make sure you apply

sun cream that is specially formulated for pets. This is especially important for dogs with light skin and short fur.

BE VIGILANT OF DANGEROUS ITEMS

Dangerous items such as broken glass and rocks can easily become buried in the sand and, if trodden on, can injure your dog's paws.

RINSE YOUR DOG

Once you have finished your day at the beach, be sure to rinse off your dog's coat to remove any sand, salt and germs before you head home.





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FASHION

Spotted at Dior, Dries Van Noten, Prada and Lela Rose, florals have dominated the catwalk and are set to be everywhere this summer. Perfect for anyone who loves stand-out fashion, this is one trend that promises to lift your mood and make you smile.

HOW TO WEAR FLORALS THIS SUMMER

Wear with a plain solid colour

Mixing floral prints is very hard to do, so if you are new to wearing florals, it can be a good idea to wear your chosen print with a plain solid colour, preferably in a complementary or matching tone.

Add an edgy twist

If you find florals a bit too girly, then you might want to toughen up your look with something edgy such as a leather jacket or a pair of biker boots. Alternatively, you could add a masculine element with a tailored jacket or boyfriend jeans.



Experiment with accessories

For those who don't want to go full on with the floral trend, why not invest in a few floral accessories, such as a floral handbag, jewellery, scarf or hat?

Rock a floral shirt

A floral shirt is the way to go for style as appropriate for the office as it is for time with friends. Team with a pair of smart jeans for a casual day look, or wear a floral t-shirt with a tailored suit for a more playful take on your standard office attire. Or to test the water, why not invest in a floral tie?

HOW TO PICK THE RIGHT FLORALS FOR YOUR BODY SHAPE

* If you have a fuller figure, avoid oversized prints as these can make you appear wider than you actually are

* If you have a slim build, then a medium floral print works best

* Smaller prints work for most body shapes, including pear-shaped and hourglass

* Use a large floral print on any areas of your body that you want to make look larger

* Use a small floral print on any areas of your body that you want to make look smaller

* Play with different proportions to see what works best for you.



Photo credit: ASOS.com

Goodbye GREASE

If you struggle with greasy hair, then these hairstyles are just what you need to skip a hair wash and still look and feel great.

BABY BRAIDS: If the front of your hair is prone to oil, then baby braids offer the perfect way to conceal this. Start by working a little bit of dry shampoo through your hair and then section out the front strands. Braid them as tightly or loosely as you like and secure with a clear hair band.

A SNATCHED PONY: Delivering a super sleek look, a snapped pony is bang on trend and perfect for days when you don't have time to wash your hair. Separate your hair into two sections (top and bottom half) and apply a smoothing serum. Then brush from roots to ends, making sure that the front is smooth and tight. Join the sections at the crown and secure with a hair band.

WET-LOOK WAVES: Rather than try to hide the natural oils in your hair, embrace them with wet-look waves. To start, dampen your hair and add a liberal amount of heat protectant spray. Then gently blow dry your hair and add waves using a curling iron. Apply hair oil to complete the look.

A ZIGZAG PARTING: Add a playful touch to a low ponytail with a zigzag parting. Perfect for distracting from greasy roots, you need to invest in a tail comb to get a zigzag parting right. Start at the centre of your parting and then use the comb to form a zigzag along the parting line. For best results, keep all the zigzags within the same one-inch margin.

A SILK SCARF: If your curls are looking a little oily, then pile them high on your head and add a silky scarf for added visual interest and to conceal grease at the roots.



Photo credit: Instagram @justinemarjan, capellistyle.it, Pinterest/goldfishkiss.com, terrifictresses, Etsy



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HOW TO PROTECT YOUR CAR IN HOT WEATHER



MOTORING

When temperatures soar, your vehicle requires a little bit of additional TLC. Unless, of course, you don't mind having to fork out for expensive repairs.

PARK IN THE SHADE: Although this may seem obvious, it is really important that you try to park your car in the shade when the sun is at its hottest. This will help to prevent your dashboard from drying out and cracking.

USE A WINDSHIELD PROTECTOR: A windshield protector can help to keep your car cool and prevent sun damage. These are low-cost and easy to use; simply unfold and slide into place on your dashboard.

WAX YOUR CAR: If a heatwave is on its way, it can be a good idea to wax your car as this provides a layer of protection between your car and the sun's powerful ultraviolet rays.

CHECK THE TYRE PRESSURE: Hot pavements and low tyre pressure are a dangerous combination and can lead to a blowout. Therefore, you should make sure that you regularly test your tyre pressure when the warm weather hits.

USE SEAT COVERS: As well as protecting both leather and fabric seats from spillages and stains, seat covers can also help to keep them cool and prevent sun damage.

CHECK YOUR COOLING SYSTEM: To prevent your engine from overheating, you need to make sure that the cooling system is in good working order. Have the belts checked and the antifreeze drained. Also, make sure that you change the belts and fluids on a regular basis.

WASH AND DRY OFTEN: Both sun and heat can cause your car's exterior to crack and fade. However, frequent washing and hand drying can help to remove dirt and dust particles that can cause scratches and dull your car's finish.



Photo credit: Anton Ukolov/Shutterstock.com, motor1.com

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