

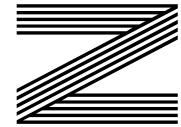
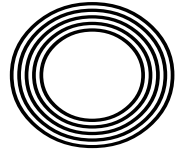


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Editor's notes...

JULY 2023



Nik Allen, Editor

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

As we enter the heart of summer, July brings forth a special milestone for many families in our community. Summer is a time of transition and excitement as our little ones embark on a new chapter in their educational journey - the leap from preschool to primary school.

As a father currently going through this, I marvel at how quickly the years have flown by and reflect on the wonderful memories created during this time.

In particular, I want to highlight the efforts of our local preschools and primary schools in ensuring a smooth and successful transition for our young learners.

It is heartening to see that our local educators understand the importance of building strong foundations for our children from the very beginning. They recognise that a supportive and nurturing environment during this critical transition phase can make a world of difference in shaping a child's educational journey.

Investing time and effort in ensuring our children settle in well and have the best possible start demonstrates the commitment of our educational institutions. Such collaborative efforts between nurseries and primary schools lay a solid foundation for our children's academic, social and emotional development.

I hope everyone enjoys their summer holidays before the new school term.

Nik Allen

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

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MARTIN TYLER'S fantastic finish

Celebrating both the career and the caressing tones of Martin Tyler, one of the most revered and celebrated football commentators of the modern era, who has left Sky Sports after 33 years of service.

"Manchester City are still alive here... Balotelli... AGUERROOOO! I swear you'll never see anything like this again. So, watch it. Drink it in."

Martin Tyler's almost indelible words that accompanied Manchester City's first Premier League title in 2011/12 came more than two decades into his service as lead commentator for Sky Sports, the leading UK broadcaster of the English top-flight since its inception in 1992.

To link the Chester-born wordsmith with the pioneering, game-changing nature of Rupert Murdoch's pay TV revolution is an appropriate fit. Both supported each other in the growth of a football product that, rightfully, was to present our domestic league as the very best in the world.

That piece of iconic commentary came on a day when the blue half of Manchester scored two injury-time goals against QPR to wrestle the title away from their city rivals United. Many regard it as being right up there with the sport's other legendary narratives – from Kenneth Wolstenholme's "They think it's all over... it is now" in the 1966 World Cup Final, to Brian Moore's "It's up for grabs now" as Arsenal won the league title with virtually the last kick of the 1988/89 season at Anfield.

Indeed, that spine-tingling commentary is held so dear by the club's fans that many have it painted on walls, or inscribed on body parts – a goal and a string of words that kicked off a football revolution that now sees Manchester City as truly the dominant side in this country.

Tyler has always seen his vocal variations matched with awards – included in these are multiple gongs for Football Supporters' Federation Commentator of the Year Award, plus the much-cherished Premier League Commentator of the Decade.

Away from the satellite giant, he has voiced for Fox SBS (Australia), was the default commentator on the FIFA video game franchise between 2005 and 2022, and has also worked at the Euros and World Cup, having started out at ITV.

While the broadcaster is associated with the very top rung of the professional game, his inherent football passion comes much further down the ladder, given he is a supporter of National League side Woking.

Upon hanging up his microphone, Tyler said: "It's been a privilege to play a small part in the broadcasting history of the greatest league in the world."

"Working alongside wonderful professionals, I thank them for their support and expertise. It's been an honour as a member of a very gifted team."

Tyler, with his mannerisms, his turn of phrase and his presence that could fill the emptiest of front rooms on a Sunday afternoon, will be a hard act to follow, yet Sky Sports commentary is in good hands as Peter Drury takes the hot seat for the new season, starting in August 2023.



Photo credit: Mike Hewitt

Weird and Wonderful

festivals around the world

Summer is the time when crowds flock to music festivals, but did you know there are also a host of weird and wonderful festivals and events that take place throughout the year?

INTERNATIONAL HAIR FREEZING CONTEST: In the cold province of Yukon, Canada, the International Hair Freezing Contest takes place every February at the Takhini Hot Springs. With temperatures that reach below -30 degrees Celsius, participants dunk their heads in the hot water of the pools and then create frosty hairdos by shaping their locks as they freeze in the cold air.

BABY JUMPING FESTIVAL: Known to the locals as El Colacho, this unusual event takes place in Spain 60 days after Easter during the feast of Corpus Christi. It involves men dressing in traditional 'devilish' clothing to scare the crowd before running down the street and jumping over carefully placed babies.

WIFE CARRYING WORLD CHAMPIONSHIP: Fancy carrying your wife around a 253.5-metre track that is riddled with obstacles? Then you need to head to the two-day Wife Carrying World Championship in Finland. A hugely popular annual event that takes place in late June/early July, the winning team is awarded a prize of their wife's weight in beer.

LA TOMATINA: You may have heard of this popular Spanish festival that involves A LOT of tomatoes being thrown about the streets of Valencia. Essentially an hour-long tomato fight for the chosen 20,000 participants, this event is held on the last Wednesday in August each year.

MONKEY BUFFET FESTIVAL: The Monkey Buffet Festival in Lopburi, Thailand, is, as the name suggests, a buffet for monkeys that takes place annually among the ruins of a temple on the last Sunday of November. The local monkey population in Lopburi is around 2,000-3,000, and all are welcome to the annual feast of fruits, cakes, vegetables and candies.

Photo credit: alissadiscua.com, nationalgeographic.com, wife-carrying.org, donicorio/Shutterstock



Home Counties Loft Ladders, Quality You Can Trust!

These days most homeowners suffer from a lack of storage space. So many precious items that need to be kept - but where to store it all? That's where Home Counties Loft Ladders come in.

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.

Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and value in that we offer our services at a price people can afford.

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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NEW CARE HOME COMING MID SEPTEMBER 23

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

Dudbrook Hall has been building a new care home within the rear of the existing Dudbrook Hall. This will feature:

- 62 Ensuite Bedrooms
- Residential Care ● Dementia Care
- Cafe ● Hair Salon ● Therapy Room
- Activity Rooms ● Music Room
- Library / Cinema Room
- Terraces ● Landscaped Gardens
- Dementia Garden

Dudbrook Hall is registered with CQC – the Care Quality Commission, and independent body responsible for the registration and inspection/monitoring of all homes. Having



continuously achieved excellent reports and recently rated 2 = Good under a new rating system, with a high proportion of sectors receiving scores of 4, which denotes Excellent.

With its slow pace of country living and manor house look, you would nearly imagine you have stepped back in time. However, the home is conveniently located just 10 minutes drive between Ongar & Brentwood

All residents within our current care home Dudbrook Hall will be transferred over to the new state of the art care home at its current lower rate. This offer will only last until end of July 2023 all new placements with us will be at our new rates from 1st August 2023. Dudbrook Hall currently has availability for respite stay and short term placements.

“Caring for the frail & elderly and those with dementia since 1991.”



town centres and all their great amenities.

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 gives 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.

Come enjoy our beautiful surroundings and let our family-run care homes care for your family.



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We also provide a 2-course lunch plus wine, refreshments, etc. The feedback has been excellent. Some of our residents also join in the day and enjoy the company. Carers who attend, share experiences with others and develop new friendships.

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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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LOUISE BRADLEY

Interior designer Louise Bradley has impeccable taste, and it's no wonder she's sought after all over the world to create stunning designs in properties that range from country houses to overseas villas. Louise started her business in 1991, and is a self-confessed perfectionist with an eye for detail.

CLASSIC, CONTEMPORARY BEAUTY

While her styles are striking and timeless, Louise's spaces are designed to be functional too.

Her designs typically feature neutral colours enhanced with darker tones and blacks, with plush fabrics, statement lights and carefully chosen accessories completing the look. Louise's spaces represent a new modern classic style that works in different types of homes, including more traditional homes where the property's original features become elevated with Louise's designs.

RECREATING LOUISE BRADLEY'S LOOK

Some useful tips for recreating this look in your own home include:

- > Keep your layout simple, deciding carefully where furniture should go to help you make the most of the space you have.
- > Choose a muted colour palette that can be enhanced with darker shades to add depth.
- > Dress up the space with cushions and textiles in luxury fabrics. A rug can be a simple way to give a new look to an existing space.
- > Ornate mirrors and statement light fixtures add elegance, and can be an affordable way to dress up your interior if you're willing to shop around.


With looks that are simple yet timeless, Louise Bradley is the ultimate inspiration for contemporary décor that can work in any home.



Photo credit: louisebradley.co.uk

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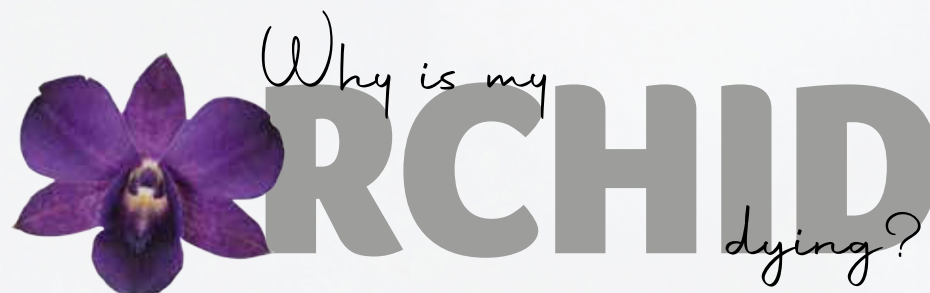
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Growing orchids can be a daunting prospect, even for the most experienced gardener. That being said, when cared for correctly, this beautiful bloom can last between 15 and 20 years.

Six signs that your orchid is dying

1 The leaves turn yellow and drop

While the shedding of leaves is a natural process for almost all plants, if new leaves start to turn yellow or drop off, this indicates that your orchid is getting too much light or water.

2 The leaves have brown tips

When the leaves on an orchid turn brown, this means that they are not getting enough moisture and you need to adjust your watering schedule to water your plant more frequently.

3 The leaves become wrinkled

Wrinkled leaves are a sure sign of underwatering and, in some cases, the leaves may start to fold in on themselves.

4 The aerial roots dry up

If your orchid is not getting enough humidity, its aerial roots may shrivel, become dry and turn brown. If the root is dead, you will need to remove it with a sterilised cutting tool.

5 The leaves have black or brown spots

Black or brown spots on leaves are usually caused by sunburn from too much bright light. If this occurs, move your orchid to a more shaded spot.

6 Your orchid does not bloom

If your orchid is not blooming, then this is almost definitely owing to poor growing conditions or conditions that are not suited to your particular orchid.

How to make your orchid live longer

- > Position your orchid in bright but indirect light
- > Water your orchid once a week with room temperature water
- > Keep them in a room where the temperature is between 18 and 29°C
- > Cut away any blooms that have died
- > When not in bloom, give your orchid a 20-20-20 fertiliser which contains 20 per cent nitrogen, 20 per cent phosphorous and 20 per cent potassium.



HOME & DIY

ALTERNATIVE USES FOR

TOILET PAPER ROLLS



Did you know that the average person uses 100 toilet rolls per year? That's more than 20,000 sheets of paper!

Rather than just throw away the empty rolls, why not put them to better use?

TO STORE CORDS

Most households have a whole host of unused cords that are taking up too much space, either in a drawer or, worse, on the floor. Create a simple storage solution by folding a phone charger or other type of cord into a neat stack and then placing it inside a toilet roll tube.

TO STORE IMPORTANT DOCUMENTS

Are you always misplacing your birth certificate or car

insurance documents? Keep important documents safe and crease-free by rolling them up and placing them inside a toilet paper tube. You can also store your child's artwork.

TO MAKE A FIRE STARTER

Whether you have a wood-burning fire in your home, love to go camping, or like to throw impromptu barbecues, a toilet paper roll makes the process of lighting a fire much easier. Simply stuff a tube with dryer lint, wrap in newspaper and twist at the ends.

TO MAKE A DIY PHONE SPEAKER

Like your music loud but don't want to have to buy an expensive speaker? Why not make your own with just a toilet roll? Start by cutting a long, rectangular hole in the tube which is big enough to slip your phone into. Then use drawing pins as feet to stabilise the speaker.

TO PREVENT CREASES

If your trousers tend to crease where the fabric folds over the hanger, then you can easily remedy this by cutting a slit lengthwise into two toilet rolls and then sliding them onto a hanger.



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Drenched IN COLOUR

YOUR GUIDE TO THE DRENCHING TREND

If you love a little colour, then you're going to love colour drenching. This latest interior craze is helping people utilise their favourite shades and transform spaces to give them a coordinated, striking finish. Check out our simple guide to colour drenching and how to nail the look in your home.

WHAT IS COLOUR DRENCHING?

Colour drenching means taking one colour and using it in various shades throughout a space. From your walls to ceilings and even your woodwork, using the same colour in a room can be super stylish. It's a bold look – one that can make a big impression.

HOW TO ACHIEVE THE LOOK

To achieve a colour-drenched look in your home, choose a colour that can be applied to your walls, ceiling, doors and window frames. You can then play around with accessories in the same or similar shades to help you fill out the space.

This is a fantastic way to make the most of any statement furniture items you have. A contrasting piece or artwork can really shine in a colour-drenched room, with the space creating the perfect backdrop.

WHICH ROOMS WORK BEST?

Colour drenching looks great in spaces like living rooms or dining areas. The less clutter you have, the more effective colour drenching can be. If you have a small space to work with, this can be a good way to create the illusion of a bigger room.

You can opt for light, dark or bold colours with colour drenching, helping to create a range of different effects within your home.

CHOOSING THE RIGHT COLOURS

When it comes to colour drenching, choosing the right colour is important – you're going to be seeing a lot of it, after all.

Some of the colours that work well for colour drenching include rich shades of navy and green, pink and burgundy. White and neutral shades can also work well, especially when paired with wooden details.

You may want to avoid using pastels like yellow, green and pale blue – the room may look too light without any contrasting features.

AN EXTRA TIP

Start with a feature wall in your chosen colour to see how it feels. If you like it and like the way the light hits the space, you can start adding to it until your room is sufficiently drenched.



HOME & DIY

Photo credit: Little Greene via homesandgardens.com, colourtrend.co.uk, sorbid.com



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

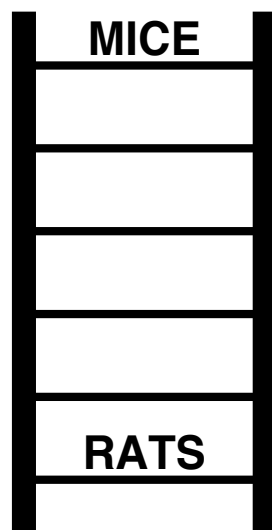
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- ▶ OCICAT
- ▶ PERSIAN
- ▶ RAGDOLL
- ▶ RUSSIAN BLUE
- ▶ SIAMESE
- ▶ SIBERIAN
- ▶ SOMALI
- ▶ SPOTTED
- ▶ TURKISH



DID YOU KNOW?

- ▶ Earth isn't actually perfectly round. Earth's rotation causes the planet to bulge at the equator and flatten at the poles.
- ▶ Coral reefs are Planet Earth's largest living structure. These underwater ecosystems are made up of colonies of tiny animals called coral polyps, which build calcium carbonate skeletons that accumulate over time and form the complex structures we know as coral reefs.
- ▶ The Earth's interior is not solid, but rather has a semi-solid or 'squishy' consistency owing to the extremely high temperatures and pressures.
- ▶ The Earth's diameter (the distance straight through the middle) measures a massive 12,800 kilometres, which makes it the fifth largest planet in the solar system.

WORD LADDER



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

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

DO NOT rearrange the order of the letters.

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



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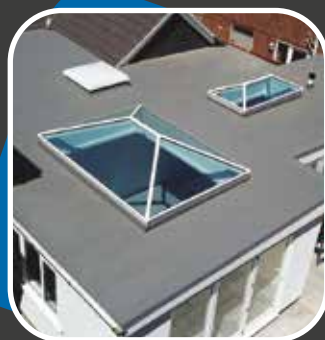


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FROM YOUR AREA

Newly planted trees ripped from the ground



A number of young trees were recently pulled from the ground at a Brentwood park.

Brentwood Borough Council (BBC) has planted trees in several local parks, including St Faith's Country Park. During recent inspection visits, several black pine trees were found to have been torn down. BBC's green spaces team has ruled out wildlife as the cause of the damage and suspects vandalism is to blame.

Councillor Barry Aspinell, chair of the BBC Green and Clean Committee, said: "It's terrible that these trees have been vandalised. This type of irresponsible behaviour and mindless vandalism cannot and should not be tolerated within our community.

"To that end, I will be discussing the issue with our enforcement team, with the possibility of putting in new technologies that could not only identify these vandals as a means of possible prosecution, but also as a preventative measure for the future."

Residents are asked to report any tree vandalism to BBC by emailing enquiries@brentwood.gov.uk

Police treating group assault as hate crime

Police are treating an assault as a hate crime after a video of a teenage girl being attacked by a number of assailants in Ongar circulated online.

The incident took place in Fyfield Road at around 3.20pm on Wednesday, June 7.

The video shows a number of young people circling a brawl as one girl is repeatedly pushed to the ground and beaten. At one point, one of them appears to kick

her in the head, knocking her unconscious.

Thankfully, no serious injuries were sustained by anyone involved.

Police identified five young people who were primarily involved. One was arrested and later released under investigation.

Superintendent Tim Tubbs said: "We are aware of videos of part of the incident circulating and I would continue to ask members of the public to show restraint when using social media and not to share or comment on videos.

"At this stage, this incident is being investigated as a hate crime. A full and thorough investigation is being carried out by detectives at Loughton CID."

Funding to assist formation of wheelchair rugby league

Two Brentwood organisations have been selected to receive government funding.

Brentwood Bowling Club will use the grant from the UK Shared Prosperity Fund to improve its disabled toilet facilities, while Brentwood Eels Rugby League Football Club (RLFC) is hoping to use the money to create and run a wheelchair rugby league.

Brentwood Eels RLFC chairman Anthony Sherwood was overjoyed with the £9,983 grant.

He said: "Wheelchair rugby is such an expensive sport to get off the ground; we're looking at about £3,000 per new chair.

"This year, it's just about getting people in chairs and building a player base. Luckily, wheelchair rugby is really inclusive. Anyone 14 and over, male or female, can play together."

If you are interested in finding out more, get in touch via wheelchair@brentwoodrlfc.co.uk



Photo credit: brentwoodrlfc.co.uk

BRENTWOOD PROPERTY NEWS

SOLD

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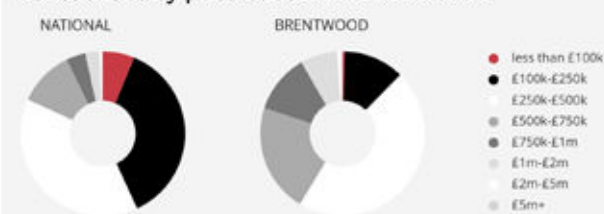
LOCAL MARKET ROUND UP



Over the last 12 months the average sales price in Brentwood was **£459,637**.
The total value of sales was **£378,267,933**.

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Transactions by price band over the last 12 months



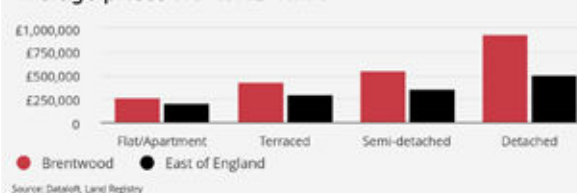
House price growth over 1 year and 5 years



Top transaction in last 3 months

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MOUNT AVENUE
CM13

Average prices over last 12 months



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

Rightmove reported the first monthly drop in asking prices this year with new selling asking prices £82 lower in June compared to May. Rightmove predict an overall 2% annual drop in new seller average asking prices by the end of 2023. Looking at the Brentwood Property Market we have seen a weekly trend of price reductions leading to sales.

Economy

Inflation, the rate at which prices are rising, remained at 8.7% in May, as core inflation remains at its highest rate since 1992. The Bank of England has recently raised the base rate to 5%, up from 4.5%. This rate hike will undoubtedly affect the number of buyers in the market and again lead to more first time buyers continuing to rent in the short term.

Transactions

The HMRC report 82,120 sales took place in April 2023, a fall of 7.9% on March and 25.1% on the same time last year.

Next month we will be focusing on the rental market. If you would like any property advice and would like to discuss your own situation, please feel free to get in touch with me below.



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Alex Burghart MP for Brentwood and Ongar



LOCAL NEWS



St Peter's Church on Claughton Way in Hutton is a true community hub, with its thoroughly inclusive Daily Bread Café, gardening and knitting groups, and food bank, in addition to the services and worship any local church brings to its congregation.

Barclays Bank has now joined the hub, following the closure of its premises on Shenfield High Street. Like so many high street banks, Barclays found the number of customers coming in for face-to-face banking has reduced significantly in the last decade. The new Barclays Local service is designed to provide easy access for customers with digital and complex banking needs, with local colleagues on hand at St Peter's from 9am to 5pm on Tuesdays and Wednesdays to offer

face-to-face financial support and education for customers, without the need to travel.

While it is a shame to have lost the former banking facilities, I appreciate that fewer people were using them as more customers decided to bank online. However, I am delighted Barclays has identified the needs of some customers who prefer to get their banking advice face-to-face and not online, and I am sure this new facility at St Peter's Church will be very helpful. Having the banking advice service taking place while the popular Daily Bread Café is running should work well, and makes the service very accessible.

Ian Lovelock, Barclays deputy customer care director (pictured second from left), said: "We're delighted to launch the replacement banking service here in Hutton. This represents our commitment to customers and the local community who wish to continue to have an in-person banking presence by offering the ability to visit Barclays on their local high street, albeit in a different environment."

Customers visiting the centre will be able to access a wide range of services, including financial reviews, balance requests, opening new accounts and support with digital banking. As St Peter's Church is a cashless site, everyday banking transactions will need to be completed at the local Post Office.



Our next free social café with chair yoga and live entertainment takes place at The Loughton Club, 8 Station Road, IG10 4NX, from 2pm to 4pm on Thursday, July 13.

The café is open to anyone who would like to socialise and is dementia friendly. Sessions are activity-based with singing, word games, puzzles, bingo and more, with free light refreshments. No booking required. Call 01992 842642 for further information.

Our Community Surplus Hub runs every Tuesday from 11.30am to 1pm at The Loughton Club, 8 Station Road, IG10 4NX.

Our message is treating and supporting people humanely, with dignity and respect. Contact us on our website at www.3food4u.org or via email at info.3food4u@gmail.com



Heavyweight promoter stays true to his roots



Photo credit: Gary Carr/INPHO/Shutterstock

The man who runs rings around the world's best boxers, Eddie Hearn is undoubtedly one of Brentwood's finest sporting exports, even if his activities, primarily across boxing, rarely see him break into a sweat.

Hearn, who attended the private Brentwood School before heading to Havering College in Hornchurch, is the son of Barry Hearn and therefore comes from solid boxing promoter stock. Yet over the past decade, Eddie has truly stepped out of his father's shadow.

Hearn's first foray into boxing promotion came in 2004, when he used Brentwood as the base for his first sporting event. The showcase featured a number of up-and-coming boxers, and enabled him to begin to build his reputation.

He has gone on to work with some of the biggest names in the sport, including Anthony Joshua OBE, Dillian Whyte and Kell Brook. He has also promoted numerous world champions, including Carl Froch MBE, Tony Bellew and Katie Taylor, as well as dabbling in management for poker, snooker and darts.

Hearn, who now lives in Billericay with his wife Chloe and their two daughters, is known for his flamboyant personality and an ability to promote fights in a way that generates excitement and interest from fans. He is a master of social media, using Twitter and Instagram to engage with fans and promote his fighters, both male and female.

Despite his success, Hearn is not without his critics. Some boxing fans accuse him of having too much control over the sport, and have questioned his decision to work with streaming service DAZN. This is despite the fact that the multi-million-pound deal disrupted the traditional pay-per-view model, making elite boxing more accessible to fans around the world.

The promoter's biggest fight was the heavyweight rematch between Anthony Joshua OBE and Andy Ruiz Jr, which was held in Saudi Arabia in 2019; yet more recently he brilliantly traded verbal punches with Simon Jordan on talkSPORT.

Hearn's success in boxing has given him an estimated worth of more than £100million, yet he remains fiercely loyal to his Essex roots.



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YOUR LOCAL EVENTS

STEP UP

**Brentwood Theatre, 15 Shenfield Road,
Brentwood, CM15 8AG**
Thursday, July 13, to Saturday, July 15,
various times



Photo credit: Brentwood Theatre

Essex Dance Theatre (Brentwood) proudly presents an uplifting performance by the community's vibrant young people, sharing their love of dance theatre.

The theatre group will be sharing dance pieces prepared throughout the year in a variety of styles, with something to suit everyone.

Beginners will only perform in the Saturday matinée, while primary students and above will take part in all performances.

Purchase your tickets from www.brentwood-theatre.co.uk/event/step-up/all/

THE FUNK SOUL BROTHERZ

**Brentwood Golf Club, Coptie Green Road,
Brentwood, CM14 5RJ**

Saturday, July 22, 7pm – 1am

The Funk Soul Brotherz are on tour in Essex, and will be at Brentwood Golf Club to bring you a night of non-stop jazz funk and soul classics to keep you grooving.

Purchase tickets from www.bitly.ws/JRWV

MINIATURE RAILWAY SUMMER GALA

**Barnards Farm, Brentwood Road,
West Horndon, Brentwood, CM13 3FY**
**Saturday, July 29, to Sunday, July 30,
11am – 4pm**

Hop on Barnards Miniature Railway's two-mile tour and navigate through woodland and sculptures, and

cross bridges over the River Mardyke.

Guests will have the chance to enjoy a variety of steam, diesel and electric locomotives, miniature traction engines and visiting engines.

Tickets can be purchased on the door.

WI-FI WARS

**Brentwood Theatre, 15 Shenfield Road,
Brentwood, CM15 8AG**
Saturday, July 29, 4pm and 7pm

Wi-Fi Wars returns with the live comedy game show where the audience plays along. Log in with your smartphone or tablet and compete in a range of games, puzzles and quizzes to win prizes.

The show is hosted by comedian Steve McNeil, team captain on UK TV's hit comedy/gaming show *Dara Ó Briain's Go 8 Bit*, and aided by Guinness World Record-breaking tech whizz, the award-winning Rob Sedgebeer.

Attendees must be aged six or over for the daytime show and 12 or over at the evening show. Visit www.datathistle.com/event/1986996-wifi-wars to purchase your tickets.

SHOW ME SOUL

**The Brentwood Centre, Doddinghurst Road,
Pilgrims Hatch, Brentwood, CM15 9NN**
Saturday, August 5, 4pm – 11pm

Thousands of people are expected to turn out to hear the biggest soul classics at the Show Me Soul Brentwood Weekender.

The iconic reggae band Aswad are among the headline acts, with Loose Ends, Odyssey, Heatwave, American Four Tops and Kym Mazelle also lined up.

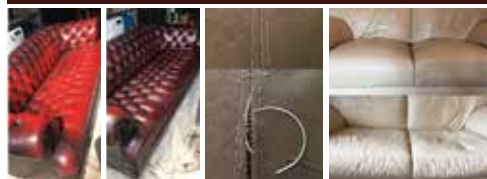
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Photo credit: Aswad

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LOVE PARKS

Week

Love Parks Week is an annual event that gives people across the country the chance to shout about their favourite green spaces. It takes place between July 28 and August 4 this year. Here are some of the best national parks the UK has to offer.

NEW FOREST: Best for nature lovers

One of the largest areas of woodlands in southern England, the New Forest is a great park to visit all year round. In spring, head to Clayhill Heath to stroll through a sea of bluebells, and in summer, look out for forest pony foals outside Beaulieu and Brockenhurst. Later in the year, don't miss the free-roaming pigs that are let loose to scavenge acorns.

SOUTH DOWNS: Best for long-distance walks

The newest UK national park, South Downs boasts rolling hills and stunning views down to the Weald and out to the Channel. The impressive 100-mile South Downs Way covers the entire park from Winchester Cathedral to the beach at Eastbourne, making it a must-do experience for hiking enthusiasts.

EXMOOR: Best for isolation

One of the least visited national parks in the UK, Exmoor is the perfect place for those who want to seek solace. Offering wild moorlands, rocky ravines and breath-taking coastal cliffs, Exmoor is also home to a population of wild ponies who wander around its expansive landscape.

DARTMOOR: Best for camping

If you fancy experiencing the freedom of wild camping, then this is the national park for you. You can just pitch up and explore Devon's wondrous moorlands – the only national park in the UK where this is permitted. Ideal for families, some of the most popular spots are Haytor and Hound Tor or, for adventure seekers, head out to the remote Fur Tor.



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Camilla

THE QUEEN UNVEILED

Fifty years ago this month, Camilla Shand married Andrew Parker Bowles OBE and embarked on what seemed like a conventional life. However, fate had different plans in store.

Her Majesty Queen Camilla first met His Majesty King Charles III in the early 1970s. After a period of dating, they separated. Charles joined the Royal Navy. Camilla married Andrew – her on-off boyfriend of several years – and in 1981, Charles married Lady Diana Spencer.

It's believed that Charles and Camilla rekindled their romance in the late 1980s, though the exact timeline isn't certain. There were rumours, of course, but their affair only became public in 1993, when the press leaked transcripts of the couple's intimate phone conversations. Now more than ever, people blamed Camilla for the breakdown of Charles' marriage.

In the aftermath of the revelations, Camilla shut herself away to avoid the press. Charles admitted their affair on television, and Camilla's husband asked for a divorce.

But despite the challenges, Charles was already paving the way for a future with the woman he loved. In 1996, he and Diana divorced. But a year later, tragedy struck with Diana's untimely death in a car accident. For months afterwards, Camilla kept a low profile. But gradually, Charles introduced her to the public. Despite ongoing criticism, Camilla's positive impact on Charles soon became evident, and more people began to accept their relationship.

The pivotal moment happened in June 2000 when Camilla had a private lunch with Her late Majesty Queen Elizabeth II. In 2003, Camilla moved into Charles' home. In 2005, they announced their engagement and they married later that year. Camilla immersed herself in charity work, gaining admiration from various sources, including the Queen.

Last September, shortly before her passing, the late HM Queen Elizabeth II endorsed Camilla as Queen Consort rather than Princess Consort. And in May this year, King Charles III and Queen Camilla were officially crowned, side by side at Westminster Abbey.

Photo credit: Hugo Burnand/Royal Household/Shutterstock



HISTORY

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your canine!

If your pooch loves lolling their head out of a car window, you could be breaking the law.

It's common knowledge that dogs love to hang their furry heads outside car windows in order to absorb all the fragrant wonders of the world passing by, yet did you know that this could actually be breaking the law?

It is a legal requirement as part of the Highway Code to secure a dog – or any other small animal – in a car when driving to prevent them from causing an accident. This is because they could block your vision, jump in the footwell and stop you braking, or generally distract you with their fluffy cuteness.

In the event that an animal is believed to have caused an accident, the driver of the vehicle can face a fine of up to £5,000 and could receive points on their licence. Worse still, it could also invalidate both your car AND pet insurance – meaning no financial help for Fido should they get hurt.

Mark Tongue, of Select Car Leasing, said: "We'd recommend you don't let your dog

stick its head out of the window.

"Not only does that potentially illustrate that the animal is not restrained properly, but there's also the obvious risk of its head coming into contact with something, like a bush or a tree, resulting in a bad injury. And make no mistake – if you don't have your dog properly restrained, and it's causing distraction, you could be prosecuted by the law.

"Don't take the risk. Make sure both you and your pooch are buckled up properly."

In other words, next time your four-legged friend feels like catching the breeze, make sure you've invested in a dog-friendly harness, or risk finding yourself in the doghouse.



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COMER CHAMELEON



The changing mode of Jodie Comer, and why, in the face of her recent Tony Award win, the British actress's career will surely only continue to ascend.

In the pantheon of British acting royalty, Jodie Comer's journey has been gradual, yet dramatic. The 30-year-old actress has worked her way up through the slightly clichéd ranks, with the usual spread of appearances in TV staples such as *Holby City*, *Waterloo Road* and *Doctors*. Lead-character presence in *Thirteen* and *The White Princess* saw the Liverpoolian build on her early success, with widespread attention on both sides of the Atlantic finally arriving as a result of her portrayal of assassin Villanelle in the BBC drama *Killing Eve*.

Comer's appeal is obvious; she possesses distinctive flair and undeniable talent, with an ability to switch between comedy and drama, romantic segments and thriller sequences.

And nowhere better has that versatility been shown than in her recent triumph at the 2023 Tony Awards, where she garnered the Best Leading Actress accolade for her tour-de-force performance in the Broadway show *Prima Facie*.

"I've never been one to pin everything I do on the idea of winning awards," she begins, "as I believe there is so much good stuff that goes unnoticed. And really, the success or failure of a project is something that only really I can decide upon."

"That said, when recognition comes along, especially with something this big, and in an environment on stage that is a diversion from what I have been doing, it does mean so much to me and I am so grateful."

Comer wouldn't be able to achieve what she has without the eclectic blend of strength, charm and emotional vulnerability that she brings to every role. She is visually striking and phonetically exacting, and with these tools, she manages to engage an audience in a way that few actresses of her age can.

"Drama is about sharing an emotion," she says. "It's not a one-way street – the task is to envelop everyone around you in a character and a feeling."

Comer's journey to the top, while impressive, has been linear. That's what makes the Tony Award her biggest achievement yet – for the fact she stepped out, alone, looking to impress not just those at home, but the fiercely demanding New York Broadway crowd too.

The show, a one-woman play, tells the story of a lawyer who defends men in sexual assault cases, though finds the script flipped when she herself becomes the victim of a sexual assault. The play was also a hit in the West End, with a successful run at the Harold Pinter Theatre.

Beyond the stage, Comer's cinematic work is equally noteworthy. Her role in the upcoming survival film *The End We Start From*, co-starring Benedict Cumberbatch CBE, is eagerly anticipated.

"For me, it's about continuing to move forward – to try new things and to work with new people. I am flattered when I get cast alongside some real heavyweights of the industry, and it is a struggle to feel worthy, at times."

Perhaps that's what makes Comer so popular – a sense of humility and down-to-earth persona. Despite her fame, she remains a humble Liverpoolian who loves her craft and respects her audience.

Photo credit: Jon Sugg



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Beautiful BROAD BEANS

FOOD & DRINK

If you want to try to eat more seasonally, then now is the time of year to embrace the humble broad bean. They're delicious, nutritious and guaranteed to brighten up your day. Discover two of our favourite broad bean recipes below.

TOMATO, MOZZARELLA AND BROAD BEAN SALAD
You will need:
 500g tomatoes | 150g podded broad beans | ½ tsp salt | ½ tsp caster sugar | Handful of fresh basil and chives | 1 tbsp fresh tarragon | 1 tbsp mint leaves | 3 tbsp olive oil | 2 tsp Dijon mustard | 1 lemon, zested | 1 tbsp red wine vinegar | 250g mozzarella balls | 50g toasted and chopped hazelnuts

How to make:

- Cut the tomatoes into slices and place in a bowl.
- Add the salt and sugar and leave to marinate for 30 minutes.
- Bring a pan of water to the boil and add the broad beans.
- Boil for two minutes, drain and allow to cool.
- Remove the beans from their shells.
- Finely chop all the herbs and tip into a bowl.
- Whisk in the olive oil, mustard, lemon zest and red wine vinegar.
- Season and stir in the broad beans.
- Tip the tomatoes onto a serving platter, then top

with the mozzarella and spoon over the broad bean salsa.

- Scatter over the toasted hazelnuts.

BROAD BEAN DIP
You will need:
 300g podded broad beans | 3 tbsp crème fraîche | ½ a lemon | 1 tbsp fresh dill | Flatbreads or pitta bread to serve

How to make:

- Bring a pan of water to the boil.
- Add the broad beans and cook until tender.
- Drain and refresh in iced water.
- Blitz the beans, crème fraîche and a little seasoning together in a food processor.
- Tip into a bowl and squeeze in the juice of the lemon.
- Finely chop the fresh dill and stir through.
- Serve with warm bread.
- You can store this dip in a tightly sealed container for up to four days in the fridge.



THIRST

Water plays a crucial role in our daily wellbeing. From quenching our thirst to fuelling essential bodily functions, staying hydrated is vital. But many of us find it hard to drink enough water or don't know how much we need. If that's you, here are some practical ways to keep hydrated.

HOW MUCH IS ENOUGH?

According to the government's Eatwell Guide, we should consume 1.5 to 2 litres of fluid per day – more if we're exercising or when the weather's hot. Some experts say we should drink more than that, but it's a helpful starting point.

DOES IT HAVE TO BE WATER?

No, it doesn't. Lower-fat milk and sugar-free drinks, including tea and coffee, all count. But caffeinated drinks can have a diuretic effect (increasing urine output), and sugar-free drinks can harm tooth enamel. So only rely on these drinks for some of your fluid intake.

TOP TIPS:

- ◆ Kickstart your hydration by drinking a glass of water first thing in the morning after you've woken up.
- ◆ If you don't like plain water, try infusing it with citrus fruit slices, berries or cucumber – or opt for herbal teas.
- ◆ Carry a bottle of water around with you so you can sip water on the go, whatever you're doing.
- ◆ Make drinking water a habit throughout the day – for example, before each meal or after you've been to the loo.
- ◆ Treat yourself to a smart water bottle or one with times and measurements written on it. Alternatively, download a reminder app, or set alarms or calendar alerts on your phone, to remind yourself to drink.
- ◆ Choose a water bottle, cup or glass that you like – it's easier to drink out of something you find visually appealing.
- ◆ Eat plenty of water-filled foods like fresh fruit and vegetables – they're hydrating as well as being nutritious. Watermelon, cucumber and oranges are all excellent choices.



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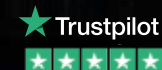
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GET SEATING savvy

With the right seating, you can transform your outdoor space into a comfortable and stylish retreat, whether you've got a simple balcony or something much grander.

GO SCANDI: One popular style for outdoor seating is the Scandinavian look, which often features slim wooden frames. This style embraces simplicity and minimalist designs, and is perfect if you're after something timeless and understated. Pair your Scandi seating with outdoor rugs for a relaxed and laid-back vibe.

EMBRACE INDUSTRIAL CHIC: If you prefer a more edgy vibe, consider industrial-inspired furniture. Look for dark metal frames and sleek designs, and choose metal planters and modern outdoor lighting to complete the look. Industrial seating is ideal for those who appreciate a modern and urban atmosphere.

OPT FOR COUNTRY HOUSE CHARM: If you're after a touch of elegance with a country house feel, look out for rattan lounge sets or daybeds. This furniture blends into the natural landscape beautifully – particularly if you add some terracotta pots and troughs – and evokes a timeless country scene. If you want to go green, choose eco-rattan, a weather-proof rattan lookalike made from recycled plastics.

CREATE A BEACHY PARADISE: For a relaxing holiday resort atmosphere, choose wooden suites you can relax into. With some mood-enhancing lighting and a solar lantern, you'll be transported to a beachy paradise, wherever you are. And if you want to complete the look, why not add a fringed parasol?

CHOOSE CAFÉ-STYLE CHIC: Indulge in the enchanting ambiance of an outdoor café with a budget-friendly bistro set. Ideal for small spaces, these sets are available in various materials, including metal, plastic and wood. Enhance the charm by adding a couple of plants, and voila! Your space becomes the perfect spot for dining al fresco.



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PETAL PERFECTION

Are you planning to throw confetti at your wedding? Then you need to know about petal confetti, also known as biodegradable confetti, and how it can help make your big day both stylish and sustainable.

WHY IS CONFETTI THROWN AT WEDDINGS?

The tradition of throwing confetti at weddings dates back to the Middle Ages, and is used to say congratulations to the happy couple and wish them a lifetime of luck and happiness.

WHAT IS PETAL CONFETTI?

Petal confetti, as the name suggests, is confetti that is made out of real flowers rather than plastic, metal or paper. It is 100 per cent biodegradable, affordable and makes a stunning addition to any style of wedding. You can create bespoke petal confetti mixes or you can order pre-mixed bags online from companies such as Shropshire Petals and Pretty Petals. There is also a confetti field in Pershore, Worcestershire, where you can

carry out pre-wedding photoshoots and purchase petals.

WHAT ARE THE BEST FLOWERS FOR PETAL CONFETTI?

There are many different flowers to choose from for your eco-friendly wedding confetti, with some of the most popular options including delphiniums, wildflowers, roses and hydrangeas. In particular, delphinium petals make wonderful confetti as they are small and delicate. It is worth noting that delphiniums and hydrangeas are harmful to dogs, so if you have any four-legged friends attending your wedding, then rose petals and lavender make a fragrant alternative.

OTHER WAYS TO USE PETAL CONFETTI

As well as being used for beautiful confetti, there are other ways in which you can use petals to make your big day just that bit more special:

- > Create a petal aisle for the bride to walk down
- > Flower girls and boys can scatter petals down the aisle
- > Place piles of petals around other decorations
- > Decorate your wedding tables.



GARDENING

WELLNESS, REIMAGINED.

When you think of wellness, what is the first thing that comes to mind? Most people think of healthy eating, exercise, relaxation, getting enough sleep and taking supplements as being among our top priorities.

What if we told you that most of these healthy lifestyle choices can be enhanced by slipping into a new hot tub, exercise pool or sauna right in your own back garden? The health benefits of regularly being able to use any of these are vast and provide the perfect mix of relaxation, fun and healthy living.



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Did you know?

A study done by the New England Journal of Medicine found that bathing in a hot tub stimulates the beneficial effects of exercise.

Stress Relief

Stress results in tension, headaches, fatigue and soreness.

Regular hot tub use, through a combination of buoyancy, heat and massage relieves tension and stress.

Lower Blood Pressure

A study for the Mayo Clinic recommended relaxing in a hot tub can be beneficial for heart disease patients.

Promotes Weight Loss

In clinical studies, patients who used hot tubs lost an average of 3.5 pounds in weight without any new diet or physical exercise programmes.



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What is a **RESIDENT LANDLORD?**

Have you ever thought about renting out a room in your home to bring in some extra income? Find out everything there is to know about becoming a resident landlord below.

WHAT IS A RESIDENT LANDLORD?

A resident landlord, sometimes referred to as a live-in landlord, is someone who rents out a room or a proportion of their accommodation in a property that they also live in. You are not a resident landlord if the property is split into purpose-built flats, with yourself in a separate flat, or if you are not considered by law to be a resident at the property.

WHAT ARE THE BENEFITS OF BECOMING A RESIDENT LANDLORD?

The main reason that people choose to rent out a room in their home is to earn some extra money which can be used to help pay the mortgage, pay

off other debts, or be put aside for retirement.

ARE THERE ANY TAX BENEFITS TO RENTING OUT A ROOM IN YOUR HOME?

Yes, the government's Rent a Room Scheme allows you to earn up to £7,500 per year tax-free from letting out furnished accommodation in your home. If you earn less than £7,500, then your tax exemption will kick in immediately, otherwise you will need to complete a tax return or opt into the scheme.

CAN I RENT TO MORE THAN ONE LODGER?

Yes, you can. If you have more than one spare room in your home, then you can rent to more than one lodger. However, if you rent to three or more tenants who are not from the same family, this becomes a house in multiple occupation, which has very strict licensing rules.

DO I NEED TO TELL MY MORTGAGE LENDER?

Most mortgage agreements allow you to take in a lodger as long as you live in the property. However, it is worth checking with them first to make sure.





FEEL THE FOAM



If you are into fitness, then you need to know about foam rollers and how to use them. Predominantly designed to help with the recovery of injured muscles, they can also be used as part of your warm-up and cool-down routines to great effect.

WHY USE A FOAM ROLLER?

- To alleviate muscle soreness
- To reduce inflammation
- To aid muscle repair and recovery
- To help prevent injuries
- To increase blood flow
- To improve mobility
- To smooth the appearance of the skin
- To promote relaxation

WHERE ON THE BODY CAN YOU USE A FOAM ROLLER?

You can use a foam roller on your quads, hip flexors,

calves, lats, hamstrings, IT band (the connective tissues that run along your outer thigh from the hip to the knee), the upper back and shoulders, as well as the neck area.

WHEN SHOULD YOU USE A FOAM ROLLER?

You can use a foam roller either before or after a workout. Using a foam roller before working out can help to loosen up your muscles and allow for more efficient movement. Applying a foam roller after a workout can help to reduce muscle soreness and reduce recovery time.

HOW SHOULD YOU USE A FOAM ROLLER?

If you are new to using a foam roller, then be warned that foam rolling can be slightly painful. This is particularly true if you are using it on an area where the muscle or tissue is tight and in need of some TLC.

To use a foam roller for the first time:

- Pinpoint the sore or tight area of your muscle.
- Control your body as you slowly lower the targeted area, so it is centred above the roller.
- Lower your body onto the roller until you reach a point of discomfort.
 - Hold it there for 20-30 seconds.
 - You can roll the foam roller slowly back and forth to further stimulate the area.



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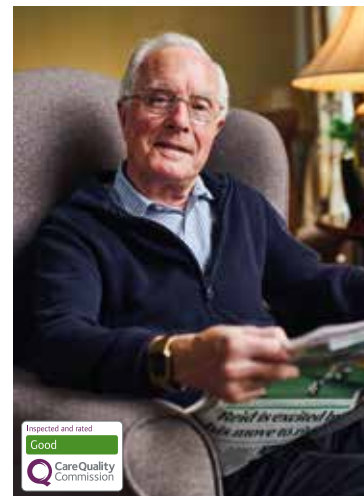
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10,000 a day!



No, not 10k in money but 10k in steps! According to a 2017 study, completing 10,000 steps a day is just as effective as doing five 30-minute workouts a week.

Here are a few more reasons why you should be clocking up some serious mileage.

To strengthen your heart

If you walk 10,000 steps per day, you will have a larger stroke volume than someone who only walks 1,000 steps a day. Your stroke volume refers to how much blood the heart beats per minute, with a larger stroke volume being a sign of greater aerobic capacity and better heart health.

To lose weight

Walking is a great form of aerobic exercise, especially if you walk briskly. This can help you to lose weight when combined with a healthy and balanced diet. Furthermore, you will store less fat than an inactive person and be better able to handle periods of excess, such as Christmas, without gaining too much weight.

To stabilise your blood sugar

People who walk 10,000 steps per day will have a much lower glucose and insulin response in their blood after eating a meal than someone who is inactive. This means that you are less likely to develop type 2 diabetes in the future.

To improve cognitive function

Daily moderate exercise such as walking has been shown to improve one's ability to learn new tasks, grow new brain cells and stave off cognitive decline. Aerobic exercise may also be able to stimulate new cell growth in the hippocampus, which is the part of the brain responsible for emotion and memory.

To reinforce healthy habits

It takes time to develop new habits, but sometimes all it takes is one small commitment to act as a catalyst for change. Start with small increases to your overall step count, before gradually increasing to 10,000 steps per day.



CONVERSE *cleaning*

If your Converse trainers are looking more grimy than gleaming, then you will be pleased to hear that this type of footwear is relatively easy to clean.

All you need is a few simple ingredients and a little bit of elbow grease.

WHAT YOU WILL NEED:

Baking soda | Toothpaste | Washing-up liquid | Stain remover | Water | A sponge | A nail brush and toothbrush | Cloths | Newspaper

HOW TO CLEAN:

STEP 1: Cleaning the laces

Remove the laces from your Converse and then create a cleaning solution using 50ml of washing-up liquid, 1 tbsp toothpaste, 1tbsp baking soda and 200ml of warm water. Soak the laces for two to three hours and then hang to dry.

STEP 2: Cleaning the shoe

Stuff each shoe with newspaper and generously apply toothpaste to the shoe using a toothbrush. Leave for 15 minutes. Wash off all the toothpaste using a nail brush and warm water, then leave to dry

in a warm place. Never apply direct heat to your Converse trainers.

STEP 3: Removing tough stains

For any stubborn stains, apply stain remover directly to the affected area. Leave for five to 10 minutes and then wash off using a nail brush. Leave in a warm place to dry. It can be a good idea to test your stain remover on a section of the shoe that is not visible first, such as the outer edge of the tongue.

NB: You should never machine wash or dry Converse trainers as this can damage the shoes.

How to keep white Converse white

If you have recently purchased a pair of white Converse trainers, spray them with a water and stain repellent spray before you wear them. When a stain occurs, spot clean immediately with an equal mix of warm water and washing-up liquid.

Q&A

with Amy Robinson

Congratulations Amy on your clinic's new look, tell us about the Inspiration behind your brand.

I have been working in the Medical Aesthetics industry for 14 years now (time flies) and, for the last nine of those, have been based in Brentwood where I have some very loyal patients. As of August 2022, I became director of The Brentwood Skin Clinic and channelled my focus to offer more treatments that combined medical aesthetics and beauty in a safe, relaxed environment. The primary focus being to optimise skin health and aesthetic outcome for anyone ranging from 18-180 years' old. I hope that we're seen as a premium, approachable, medically led brand that can fit a wide range of budgets to provide holistic, evidence led treatments.

How does your clinic differ to perhaps other aesthetics clinics in the area?

We offer a bespoke service based on assessing individual needs/wants and working with the patients in order to achieve the best outcome possible for their budget. We do that in a medically led way, which means that all our treatments are evidence based, properly researched and done in a clinically considered and safe way, using the best quality products.



Amy Robinson, director

Tell us what people can expect when they visit your clinic.

Many people are new to aesthetic treatments and may be nervous as to what to expect. I would like to think that people would find the clinic relaxed and inviting when they visit. The first step is always a consultation (in-clinic or video call available initially). A thorough medical history will be taken and this will offer us insight into which treatments/programmes would best suit each individual, and which to avoid. Everyone has a different budget to work with and we always have to bear in mind how to maximise the impact of that budget whilst maintaining a quality service, using quality products.

What are your main passions and how do you incorporate this into working life?

I have always had an interest in skin health and have been fortunate to work with many other very reputable and well-known doctors/surgeons/nurses over the years. I have a particular interest in menopausal skin health and skin rejuvenation. It is often a time where women notice huge changes in their skin and seek help. Thankfully, nowadays we have many treatments at hand to help. I love sharing that knowledge with my patients. There's nothing better to me than diagnosing a problem with a patient, some of which may have been a problem for a long time, and successfully improving their health and mental well-being.

“ 5 stars for this clinic. I've had treatments so far and they are the best I've had! Amy is really consultative, and always checks in to see how it's going between treatments and makes me feel looked after. Lovely clinic and always on time too. 10/10 recommend. ”



As the aesthetics industry is constantly evolving, how do you stay on top of the latest technologies and techniques?

I have completed a nursing degree, BSc and post-graduate prescribing qualification. In addition to this, I have been certified to perform each treatment available in clinic. I spent many years working with some of the most reputable, high profile names in aesthetic medicine and each and every one has fed into my medical knowledge and approach. I'm fortunate enough to count many of them as friends and still continue to touch base with them often. I also regularly attend training updates and exhibitions/conferences to keep myself up-to-date with what is new in terms of techniques, products and approaches and how to tie these all together into a holistic offering.

As a mum to two children, how do you successfully juggle growing your business and family life?

With difficulty. Both my kids, Ava and Toby, are at primary school and you can probably imagine it's sometimes a struggle to juggle homework, clubs, mealtimes with the needs of a growing clinic. Ultimately to me it's about trying to offer them as



much quality time as possible, and that means working hard when I'm at the clinic. I'm not alone though – increasingly, I am finding that the people I treat are in the same boat and have struggled to find time for themselves. As it turns out, even relatively minor changes to a regime can significantly improve the way we feel about ourselves.

We all deserve some time to focus on ourselves – whether you need some advice, you need to 'address that little niggle' or you want a little pamper time, we welcome you to our clinic. Treatments on offer for men and women aged 18 years and over. Most popular treatments include (but are not limited to):

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KIDS



Would you like your children to start helping out around the house, but are unsure of what they should be doing? Use this guide to age-appropriate chores and create the ultimate chore calendar for your family.

AGES 2 AND 3: Most toddlers love to help their parents with chores, although their help may not actually be that helpful! Although you will be needed every step of the way, the below chores are a good place to start with this age group:
Making their bed | Picking up their toys | Helping to feed pets | Helping to wipe up spills

AGES 4 AND 5: Preschool-aged children should still be fairly motivated to help and love one-on-one time with adults. Suitable chores include:
Clearing and setting the table | Dusting | Making

their beds independently | Helping to tidy their room

AGES 6 TO 8: School-aged children are more independent and can keep track of their responsibilities. Chores you may want to entrust to them include:

Washing small plates and bowls | Helping to care for pets | Taking out the rubbish | Sweeping or mopping | Making their own breakfast or snacks | Tidying their room

AGES 9 TO 12: At this age, you can set a schedule and expectations when it comes to help in the home. Chores they are able to take on include:
Helping to wash the car | Learning to load and unload the dishwasher | Cleaning the bathroom | Operating the washing machine | Helping to prepare simple meals

AGES 13 TO 18: Most teenagers are capable of handling any household chore as long as they have been taught how to do it properly. Depending on their school commitments and schedule, tasks you may like to delegate include:

Vacuuming | Doing their own laundry | Cleaning out the fridge | Preparing family meals | Ironing clothes | Mowing the lawn | Caring for pets.



SMILE HQ

Exceptional Dentistry

A Brand New Smile in One Day?

From the outside, Brentwood High Street's SmileHQ looks more like a boutique hotel than a dental practice.

Inside, owner Dr Vishal Patel and a highly skilled team of dental surgeons provide a treatment that transforms much more than just smiles.

The clinic is earning rave reviews for its Same-Day Teeth treatment—a life-changing procedure that gives patients a brand-new replacement smile in just one day.

Dr Vishal and the SmileHQ team are now offering an exclusive 10% discount on the procedure, which could save VISION Magazine readers up to £2,060.



Life Without Smiles

Life without a complete set of teeth isn't just an oral health challenge, says Dr Vishal. "While it sounds trivial, the problem of loose or missing teeth and poorly fitting dentures can be a real blight on lives.

"These conditions prevent patients from

eating their favourite foods and getting the balanced diet they need. It can also be a constant drain on confidence that leaves people feeling afraid to smile."

The Same-Day Solution

In the past, the only option for patients with missing teeth was removable dentures or implanted teeth.

However, dentures often leave wearers facing problems with eating and speaking clearly, while implant surgery is a lengthy process leaving patients without functional teeth during recovery.

SmileHQ's Same-Day Teeth changes this – reversing even the most extreme effects of failing oral health and tooth loss in a single day.

The procedure uses state-of-the-art dental implants to replace loose or missing teeth, so it's also perfect for those who live with the daily inconvenience of dentures.

Results are such a dramatic improvement that Same Day Teeth are often life-changing for SmileHQ patients, says Vishal: "The changes we see in patients after receiving their brand new smiles aren't just cosmetic. For many, it represents

a new lease of life, with improved confidence, a more youthful look and radically improved dental function."

The Science of Same-Day Smiles

Same Day Teeth technology uses a series of strong titanium implants as a substitute root for the replacement teeth. Where traditional



methods require 6-10 implants per jaw and a lengthy recovery time, Same Day Teeth uses just four for a completely new arch of teeth.

Crucially, this means patients can walk into the practice with no teeth and leave the same day with a brand-new smile.

Trust SmileHQ's Same-Day Experts

Dr Vishal and the SmileHQ team have successfully placed thousands of same-day implants and also have extensive experience

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"We believe everyone should be able to enjoy the benefits of a healthy, functional smile without the wait," says Dr Vishal.

His team is offering an exclusive 10% off the treatment for Vision Magazine readers throughout July, August and September.

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*Terms and Conditions apply. Full-price treatment costs £17,000 per jaw. Saving is £1,700 per jaw. Free initial Consultation & Assessment (usually £195) and free CBCT scan (usually £165) only applies if you decide to proceed with treatment. Offers end 28th August 2023.

**A £30 refundable deposit is required when booking a consultation.

Never-ending NAIL POLISH

TOP TIPS TO STOP YOUR NAIL POLISH CHIPPING AND TO MAKE IT LAST LONGER

Do you wish your nails would stay chip-free for longer? Or maybe your favourite nail polishes start to become tacky before you've even used half the bottle? Either way, these tips are just what you need.

HOW TO MAKE YOUR NAIL POLISH LAST LONGER

Keep your nails short: Although you may covet long nails, the sad truth is that these are much more likely to break, chip and peel.

Buff your nails: Before applying nail polish, buff your nails using a glass or crystal file. Avoid harsh emery files which can damage the nails.

Choose the right top coat: Look for a top coat nail polish that boasts chip-resistance, protection and strengthening properties.

Always apply a base coat: The base coat is equally as important as the top coat, although this is a step that many skip. Use a strong base coat for best results.

Reapply the top coat: A top coat is not a set-and-forget type of application and needs to be reapplied once every two to three days to ensure the preservation of your manicure.

Wear gloves: Always wear gloves to protect your hands from water, chemical cleaners and any heavy-duty work.

HOW TO MAKE NAIL POLISH LAST LONGER IN THE BOTTLE

Store it in a cool place: Store your nail polishes in a dark cupboard or drawer. You can even keep them in the fridge.

Invest in nail thinning lacquer: A good-quality nail thinning lacquer can be added to nail polish that has started to thicken in consistency or dry out.

Keep the cap on tight: Every time you use a nail polish, make sure you screw the cap back on tightly as this will ensure that no air gets in and dries it out.

Keep out of direct sunlight: Extreme warmth on the bottle can cause the polish to thicken or dry out, as well as lead to discolouration.



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BRITAIN'S GREATEST
SPORTING MOMENTS...

BOTHAM'S ASHES

This month, we look back at one of the most significant events in British sporting history, when Lord Ian Botham OBE single-handedly derailed the Australian Ashes machine.

It's rare to find a sporting event named after one person, let alone a whole series, yet July sees the celebration of more than four decades of the term Botham's Ashes – a tribute to a one-man masterclass that turned a dramatic series of matches on its head.

Australia came to England in the summer of 1981 keen to win back the urn, and in a low-scoring first Test at Trent Bridge, they bowled the hosts out for 185 and 125 to seize the initiative.

The second Test was drawn, and the Aussies looked to be coasting to success in the third, at Headingley, as they clocked up 401/9, before skittling England out for just 174. Lord Botham's half-century appeared little more than a consolation, and while a follow-on total of 356 (with the talismanic former footballer 149 not out) had the hosts ahead, it

seemed inevitable that Australia would put away the chase target of 129 very easily.

Only once previously in Test history had a team won after following on, yet the Aussies reckoned without Bob Willis MBE's devastating eight wickets for just 43 runs with the ball, and collapsed to 111 all out, allowing England to level the series.

Past that point, it was a Lord Botham masterclass – he took five wickets in the second innings in the fourth Test at Edgbaston with the Aussies requiring just 150 to win; then bagged a century at Old Trafford as England went 2-1 up. It was his third successive Man of the Match performance.

And in a sixth Test at The Oval, another century from 'Beefy' wrapped up a 3-1 Ashes victory.

From a position of apparent hopelessness, Lord Botham's courage, bullshness, power and fortitude guided England to a sensational series win.

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Sandpiper Gardens, a brand new development of 104 homes in Clacton-on-Sea, Essex offers the perfect opportunity to live by the sea and enjoy all the benefits of coastal living. With views over the open countryside and just a few minutes' drive from the sea, this development is the ideal



place to escape the hustle and bustle of the city and enjoy a more relaxed pace of life.

But it's not just the stunning location that makes Sandpiper Gardens so appealing. The development offers a range of amenities and opportunities that make life in Clacton-on-Sea less ordinary. From the traditional charm of the town to the contemporary amenities on offer, there really is something for everyone.



Can't wait to start your dream retirement lifestyle at Sandpiper Gardens? We have taken care of every detail to ensure a seamless transition for you. With four move-in ready and meticulously furnished homes available that cater to your needs and preferences, all you have to do is bring your personal belongings and start enjoying your new abode.

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DROP IT

like it's hot

THE PERILS OF BIRD DROPPINGS ON OUR CAR EXTERIORS, AND WHY YOU NEED TO REMOVE THEM QUICKLY

When a bird decides to lighten its load your head, it's said to be a sign of good luck.

Well, tell that to motor aficionados and they may well disagree, because unequivocally, bird poo is bad for your car's paintwork and should be removed immediately.

The acid in bird poo begins to corrode the shiny coat that sits atop your cherished four wheels within 48 hours. This acid kicks off a rusting process, which can be difficult and expensive to fix.

The fact that birds consume a large amount of gravel in their diet means that not only do you need to be quick in removing deposits, but careful as well, or you'll find that despite being prompt in ridding your paintwork of the mess, it's left behind a horror show of scratch marks too.

Preventing the deposit of bird poo on your car is a near-impossible task, though ensuring you don't park under trees or roofed overhangs will reduce the chance of your car resembling a painter and decorator's radio.

The best and easiest method to get rid of

the mess is simply to spray it with WD-40. This will serve to loosen the droppings. You should then use a sponge or microfibre cloth to pinch them up from the surface of the car.

Baking soda mixed with dish soap and dispensed from a spray bottle can be just as good, while pre-prepared over-the-counter formulas are expensive, but equally effective.

The real trick to ensuring no long-lasting marks on your vehicle where bird poo is concerned is rapid detection, so keep your eyes peeled and leap into action at the first sign of air attack.



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