

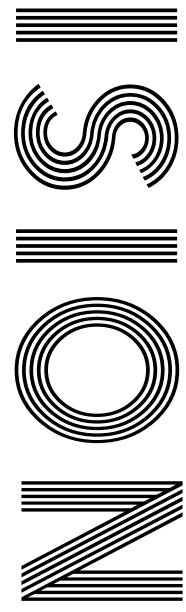


**TOP
TIPS FOR
TANNING
SAFELY**

*Celebrating 50 years
of hip-hop music*

CHERRY PICKED
The latest kitchen colour trend

PROSECCO PAIRING
Top foods to pair with your bubbles



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Shutterstock for Sport Industry Awards

SIMON THOMAS

TV presenter named as new host of iconic show

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Editor's notes...

AUGUST 2023



Nik Allen, Editor

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

Over the last few years, women's football has made enormous strides, breaking barriers and gaining recognition on a global scale.

I'm currently enjoying watching the Women's World Cup, which has evolved into a competition of immense significance as it showcases the exceptional talent, dedication and passion of female footballers from around the world. Gone are the days when women's football was relegated to the shadows; today, it stands proudly in the spotlight, drawing millions of fans and leaving an indelible impact on the sporting landscape.

One striking development that exemplifies the progress of women's football is the France Football advertisement that embraces the potential of artificial intelligence (AI). This innovative advert uses AI to seamlessly blend the men's and women's game, highlighting the similarities in skill, intensity and excitement that both genders bring to the pitch. If you haven't yet watched the advert, I suggest you do.

By employing AI technology, the France Football advert effectively breaks down outdated stereotypes and misconceptions about women's football, proving that gender is no barrier to playing at the highest level. It serves as a powerful statement, celebrating the game's universality and reinforcing the message that talent knows no gender.

Nik Allen

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

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HIP-HOP... AND YOU DON'T STOP

Hip-hop – one of the most explosive, inventive, innovative and celebrated genres of music – celebrates its 50th anniversary in August.

In 1983, David Bowie said that hip-hop music held the only real creative musicians. That's quite a statement from someone who continues – even after his passing – to occupy an iconic aura of melodic and songwriting brilliance. “With black music,” he continued, “there's a very strong social point to make. There's a means of discovery and a purpose, and for that reason, hip-hop stands itself apart from almost anything else.”

At the time, the genre had only been around for a decade. Yet in the 40 years since then, it has evolved to cross over almost every divide you can imagine. It is no longer the domain of a single skin colour or a social demographic, nor is it a set of rules regarding sound, samples and BPM. Its continued growth across popular culture, from its beginnings as the sound of the streets, sees its modern purveyors streaming by the billions and selling out venues of any size.

The original ‘sound of the underground’ style came about via DJ Kool Herc's *Back to School Jam* in 1973 – a track credited as being the first example of a genre that sees artists speak vocals over a backing track.

Over the years, lines have been drawn between the genre and its near-acquaintance, rap. While the latter is arguably the purest form of ‘rapped’ poetry and music, hip-hop also embraces fashion, graffiti, dance and DJing, and envelops female performers as much as male. These influences were seen in the way Kool Herc's booming, crowd-stirring sound soon influenced Grandmaster Flash, who brought in techniques such as scratching, punch-phrasing and the backspin.

Between 1979 and 1983, disco and funk narratives came into the style, with *Rapper's Delight* by The Sugarhill Gang gaining global popularity and serving as something of a blueprint for future tracks. The genre's so-called ‘golden age’ between 1983 and 1997 saw artists such as Run-DMC – whose third single *Rock Box* in 1984 provided the first rap video played on MTV – De La Soul and A Tribe Called Quest build social influence and bring innovation to a sound that was rapidly diversifying.

The 1990s brought gang rivalries onto the scene, not least those involved in the infamous East versus West Coast feuds between the likes of Dr. Dre, Snoop Dogg, Wu-Tang Clan and others. The dispute led to rival sides upping the ante on each new release, culminating in the much-publicised deaths of Tupac Shakur in 1996 and The Notorious B.I.G. the following year.

The Millennium saw the rise of ‘bling bling’ – a term coined by Lil Wayne – with R&B-infused hooks from artists such as J-Lo, Ashanti and Mariah Carey. Kanye West, Eminem and 50 Cent were some of the last to benefit from music sales in physical form as online piracy and streaming sites led to a decline in CDs.

The Eminem Show, from 2002, sold 27 million copies and became the best-selling hip-hop album of all time. The fact that this was achieved by a white artist confirmed the genre's total 360 evolution.

In the modern era, and bolstered by social media, the likes of Nas, Jay-Z, Mos Def, Talib Kweli, and now Kendrick Lamar, Stormzy, Kanye West and Nicki Minaj have worked to build personality into their presentation of the music.

As hip-hop now prepares to celebrate 50 years with a variety of events, celebrations, exhibitions, competitions, and one-off shows and DJ events, it's clear that where the genre goes next will be, as ever, for the music to decide.

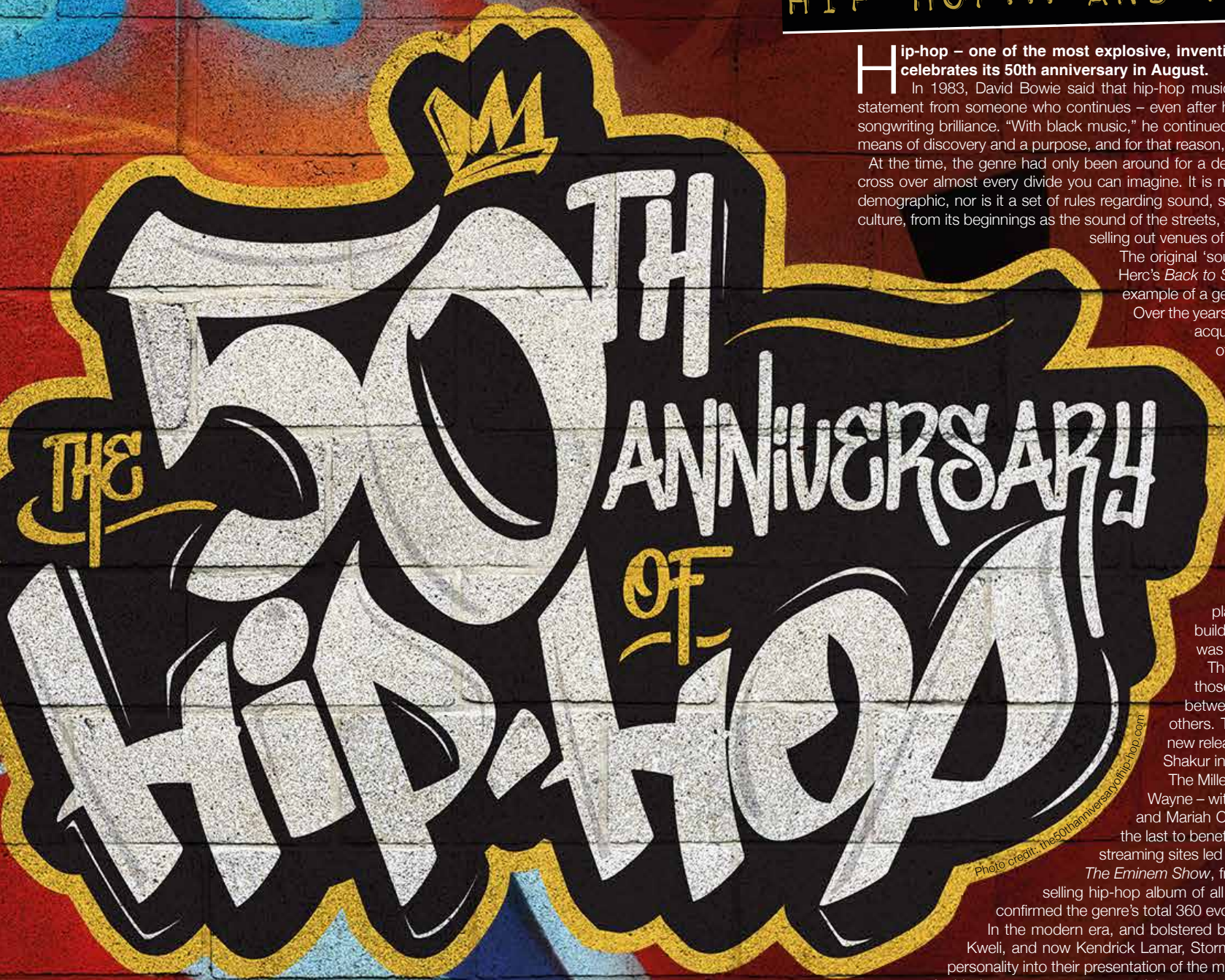


Photo credit: the50thanniversaryofhiphop.com



Slightly sticky®

In the early 1970s, church chorister Arthur Fry was searching for a bookmark that wouldn't fall out of his hymn book or damage it. Then he remembered a not-very-sticky glue created by a colleague in the product development department at the 3M Corporation a few years before.

In 1968, Doctor Spencer Silver developed a glue that was strong enough to stick, but could be removed easily without leaving a sticky mark. You could also easily reposition it. Fry took a bit of the glue, spread it along the edge of a piece of paper, and created the perfect bookmark for himself.

Fry and Silver left 'bookmarks' around their office to communicate with their team. Co-workers started asking for them, too. A year or two later, 3M created the Post-it Note brand and launched into production with its 3x3in sticky notes. They were yellow only because that was the scrap paper the company had on hand.

At first, interest was slow. But in 1979, following a mass free giveaway campaign, the product took off. Everyone had a pad of Post-it Notes to stick on files, computers, desks and even doors.

But the brains behind the product continued their inventing, and Fry and Spencer worked for 3M their whole working lives.

The notes are now available in many shapes, sizes and colours. In 2003 came Super Sticky Notes with stronger glue. In 2019, 3M launched its Extreme Notes, which are water resistant and 100 times stronger than the originals.

The same year saw the launch of the Post-it app, which 3M claims "brings the simplicity of Post-it Notes to your smartphone, tablet and Chromebook".

3M's patent on Post-it Notes expired in 1997, but the name and the original yellow colour remain trademarked to this day – those little paper squares we love, though we never knew we needed them.



Photo credit: cibemijas.com

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Please RSVP to see what the rooms will look like to Dudbrook Hall, Dudbrook Rd, Kelvedon Common, Brentwood CM14 5TQ

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



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.

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Please pop in and see our brand-new Orangery. The views are beautiful from the windows and is such a lovely place to sit and relax with family and friends.

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.

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Sean Watson - Director



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DIY POCKET PILLOW

A pocket pillow makes the perfect storage space for a wide range of household items such as remote controls, newspapers and magazines, books, toys and so much more. Plus, it is great for cuddling!

WHAT YOU NEED:

A pillow insert – these are available in a wide range of sizes | Three types of fabric – one for the front, one for the back and one for the pocket | A pair of scissors | An acrylic ruler | An iron | Sewing machine (optional)

HOW TO MAKE:

Step 1: Cut your fabric

The amount of fabric that you need will be dependent upon the size of your pillow.

- > **For your front piece:** Cut the fabric 2.5cm bigger than your pillow insert all four sides.
- > **For your front pocket piece:** Decide how tall you want your pocket to be and then cut double the length. The width should be the same as your front piece of fabric.
- > **For the back pieces:** Each piece of fabric needs to be the same width as the front and the length needs to be about half the height plus 7-8cms so that the envelope will overlap the back.

Step 2: Fold, press and stitch the fabric

- > Fold the bottom edge of one of the back pieces over 6mm and press.
- > Fold the edge another 6mm and press again. Topstitch to create a finished edge and repeat for the second back piece.
- > Fold the pocket piece in half for enhanced durability, press the folded edge down and topstitch along the top edge either by hand or using a sewing machine.
- > Press the front piece and lay it facing up. Then, lay the pocket piece facing upright on top of the front piece with the bottom edges aligned.
 - > Next, lay one of the back pieces face down on top of the front piece with the raw edges lined up at the top.
 - > Place the other back piece face down on top with the raw edges lined up at the bottom and pin all the way round.
 - > Sew all around the pillow with a 12mm seam allowance.
 - > Cut the corners off at an angle and, if you intend to wash the cover, sew the edges with a zig-zag stitch to prevent fraying.
 - > Turn the pillow cover right side out, lay the cover flat and press the seams.
 - > Place the pillow insert into the cover and adjust so that it is nice and square.

Now all that is left to do is fill your pillow pocket!



Photo credit: Milly and Pip Gifts and Cards via notonthehighstreet.com

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TILE- *Tastic!*



HOME & DIY

If you're looking for an affordable and highly effective way to update your kitchen, then installing new kitchen tiles is the way to go.

With so many different styles and designs to choose from, you are guaranteed to find something you love from our list below.

TONAL SHADES: Neutrals, greys and creamy whites remain a safe but sophisticated choice for your kitchen and promise to make this pivotal space look both fresh and clean. However, rather than sticking to just one colour, why not combine several tonal shades? Choose tiles with a naturalistic finish for a warm and welcoming atmosphere.

COLOUR BLOCKING: If you're not a fan of patterned tiles but you still want to make an impact, colour blocking is a great solution. Put a spin on your standard brick tiles by arranging them in horizontal, vertical or even diagonal stripes of colour. Alternatively, play around with different widths of coloured tiles on the floor to see what looks best.

EXPOSED BRICK: Add character to your kitchen with exposed brick-style tiles that are perfect for both feature walls and splashbacks. Much more affordable than using actual bricks, brick slips, which are tiles that are made to look like bricks, allow you to achieve the same look without breaking the bank.

HEXAGON TILES: If bright colours in your kitchen aren't your thing, then why not add an extra dimension by filling the space with different shapes? For example, white hexagon tiles can be used to create a sleek and contemporary look in a modern kitchen.

3D TILES: 3D tiles have seen a surge in popularity in recent years owing to their ability to add the wow factor to any style of kitchen. Choose from sharp geometric shapes, undulating wave patterns or more subtle textured tiles.

Photo credit: fireclaytile.com, Future PLC/Mark Scott via idealhome.co.uk, tiles360.co.uk, loveproperty.com



Whiffy WASHING

Do you sometimes forget to take your washing out of the machine and it all starts to smell a bit musty? Or perhaps your washing machine is past its best and prone to bad odours? Either way, if you want your laundry to smell amazing, try these top tips and tricks.

TACKLE MUSTY SMELLS

If you have left laundry in your washing machine for too long, it may start to smell a little musty. Fortunately, you can easily rectify this by filling your machine with the hottest water your clothes will tolerate and adding one cup of vinegar. Leave to soak for 10 minutes and then wash as usual but with the addition of one cup of baking soda. Voilà no more musty smells!

PRE-TREAT SMELLY STAINS

If an item of clothing has a bad odour owing to a smelly stain, then simply mix one tablespoon of baking soda with a little bit of water to form a paste and then apply directly to the offending spot.

Allow it to sit for 10 minutes and then wash in your washing machine on its usual cycle.

MAKE YOUR OWN DRYER SHEETS

Dryer sheets have a number of uses, such as to soften, eliminate static and remove bad odours, and you can easily make your own. All you need is a small piece of cotton fabric from an old t-shirt or sheet and 5-10 drops of an essential oil such as lavender or eucalyptus. Place in your dryer for the last 10 minutes and your clothes will smell amazing.

USE SCENTED DETERGENTS OR FABRIC SOFTENER

One of the simplest ways to make your washing smell good is to use a scented washing powder or fabric softener. However, it is worth noting that these can leave residue in your machine, which can cause mildew over time.



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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GREAT BRITISH INTERIOR DESIGNER:

VEERE GRENNEY ASSOCIATES



HOME & DIY



Veere Grenney started his interior design company back in 1996, and since then has continued to feature on the list of leading interior designers, not just in the UK, but in the world. His style introduces traditional details to contemporary spaces, creating individual looks that are anything but dull.

ABOUT VEERE GRENNEY'S MAGICAL STYLE

Interiors expert Dara Caponigro (creative director of F. Schumacher & Co, former editor in chief of *Veranda* and editor at *ELLE Decor*) perfectly pins down Grenney's style: "He knows when to pull out the stops and when to show quiet restraint, creating interiors that are, at once, serene and exciting, and never forgetting that rooms should be comfortable and livable."

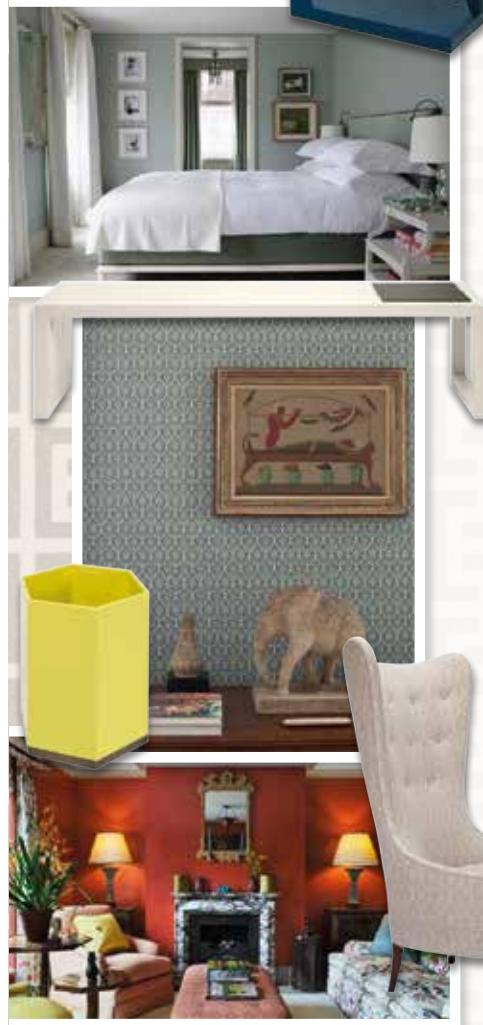
Wall art is a key feature of many of Grenney's interiors, alongside classic fabrics and interesting colour palettes that help bring together classic and modern details. Above all, the spaces he creates are comfortable and practical, which clients can enjoy for years to come.

HOW TO RECREATE VEERE GRENNEY'S UNIQUE STYLING IN YOUR HOME

While Grenney's style is unique, it can help provide the perfect inspiration for your own home. Some of the ways you can adapt Grenney's look include:

- > Look for some vintage pieces to upcycle and restore – it's surprising what paint or new upholstery can do to transform your space.
- > Create a tonal look using different shades of the same colour to add depth and interest – ideal if a clashing colour scheme isn't for you.
- > Embrace wall art to help reflect your personality while adding some unique finishing touches to your room. Find different pieces you love that you will enjoy for years to come.
- > Look for non-traditional furniture styles and mix and match your pieces – it's a great way to gradually build up your furniture collection over time.

With a wonderful portfolio to spark inspiration, Veere Grenney Associates is a modern design house full of ideas you can incorporate into your own interiors.



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CHERRY

ON TOP KITCHENS!

Like to stay one step ahead of the latest kitchen design trends? Summer 2023 sees the arrival of an abundance of vibrant kitchens adorned with the deep reddish-pink shade of cherry. Here's how to incorporate this bold look in your kitchen.

COMBINE CHERRY CABINETS WITH WHITE ACCENTS

If you want to completely overhaul your kitchen, then opting for cherry cabinets provides a bold take on this look. To stop the space from looking too dark, add stainless steel appliances and white accents such as white granite countertops.

INSTALL CHERRY WOOD FLOORING

If you don't want to change the colour of your cabinets, another high-impact way to add cherry to your kitchen is by installing cherry wood flooring. Providing a pop of vibrancy underneath your feet, try to keep the rest of your kitchen bright to keep the space looking fresh.

OPT FOR A CHERRY SPLASHBACK

If you want to use this colour sparingly to see if you like it, then why not try adding a cherry-coloured splashback to your kitchen? Providing the perfect way to embrace this trend without going all out, high-gloss cherry splashbacks are bang on trend this summer.

CHOOSE SHAKER-STYLE DESIGN

If you would like to try a new kitchen style in this pivotal room in your home, then the popular shaker style lends itself well to the cherry trend. Known for its clean lines, understated elegance and classic style, cherry shaker cabinets suit both traditional and contemporary homes alike.

PICK CHERRY APPLIANCES

Another simple way to incorporate cherry into your kitchen without breaking the bank, cherry appliances such as a kettle and toaster can add a pop of colour without being too overpowering. Alternatively, if you have a little more cash to splash, a cherry-coloured cooker or fridge-freezer provides a more show-stopping look.



HOME & DIY

Photo credit: Magnat via idealhome.co.uk.jpg, ozziesplash.com.au, jhinteriordesign.com



HISTORY



Sundae Driving

The history of the ice cream van

With its eye-catching graphics and classic serving window, who can resist the charm of an ice cream van? As it tootles along in the sun to a jangly version of *O Sole Mio*, it's a mouth-watering sight. But did you know these iconic vehicles, now seen across the globe, were actually invented in Britain?

In the 1850s, Carlo Gatti, a Swiss-born Londoner, brought the delights of ice cream to the masses. As well as setting up an ice cream restaurant, he launched a fleet of hand-pushed carts with ice-filled containers to keep the ice cream cold.

In the 1920s, ice cream tricycles were introduced so sellers could move around more quickly. And as technology improved, vendors sold their wares from converted vehicles with basic refrigeration units inside. But it was in the 1960s that things really changed.

In 1962, Bryan Whitby, a refrigeration engineer from Crewe, developed his idea to run ice cream machines directly from a van's engine. This made the vans much lighter and allowed them to be built in a distinctive shape, making it easier for vendors to navigate narrow streets.

He launched into production with his friend, Colin Morrison, and their vans quickly gained popularity. Over the years, several new designs have been launched, and the vans are now exported to more than 60 countries.

Bryan Whitby died in 2016, but the company, Whitby Morrison, is now run by his son, Stuart, and two grandsons.

Moving on into 2021, Whitby Morrison launched the ePower ice cream van to provide a green energy solution for ice cream sellers. As the vans are solar-powered, operational costs are lower and the vehicle is better for the environment. So, let's hope all this tempts more people to take up the trade, as the number of ice cream vans on British streets is sadly declining.



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FROM YOUR AREA

Club announce sponsor to 'kickstart' new era



Photo credit: Brentwood Town FC

Brentwood Town FC (BTFC) have announced a major new sponsor ahead of the new season, which is set to fund a new era at the club.

The club have partnered with Matchroom Sport, a multimedia corporation founded in 1982 by Barry Hearn MBE (pictured above, left) and now spearheaded by Barry's son Eddie Hearn.

Jez Dickinson, chairman of BTFC (pictured above, right), said: "Matchroom and Barry Hearn have already been amazing in their support for BTFC.

"The partnership is a fantastic lift for the club and creates a massive kickstart to our new Project 3G, which will include a new 3G pitch in May 2024, plus a stadium and clubhouse development.

"BTFC are on an exciting journey and I hope the whole of Brentwood will get behind us. I would like to say a personal thank you to Barry for all his support and advice to me and the club as a whole."

Council to protect hedgehogs with new scheme

Ongar Town Council is seeking public support for a hedgehog project.

The Hedgehogs R Us highway project seeks people who are able to assist with creating a Hedgehog Highway – a five-inch gap in fences to allow hedgehogs access to a wider area in which to forage for food and meet mates.

Hedgehog-shaped fence surrounds raise awareness of the plight of hedgehogs, create a talking point and encourage others to take part in the project.

To support the project, residents are being asked to purchase a £150 box, which includes 50 Hedgehog Highway surrounds, 50 information leaflets, a display box and a window sticker to spread awareness.

If you would like to purchase a box, please email clerk@ongartowncouncil.gov.uk

Student wins Young Musician of the Year

A Brentwood School student has been crowned as Essex Young Musician of the Year 2023.

The competition is open to young musicians living or working in Essex up to the age of 28.

Lower sixth student Alex Lockyer (pictured below, left) captivated the audience at the final on July 2 with his extraordinary skills on the cello.

He was presented with his prize at Ongar Music Club by Charles Bishop, the High Sheriff of Essex (pictured below, right).

This is the second year running a Brentwood School student has scooped the award, after guitarist Tom Hodgkinson emerged victorious in 2022.

Florian Cooper, director of music and performing arts at Brentwood School, said: "The majority of finalists were either young professionals or conservatoire students, and for the second year in a row, a current Brentwood pupil won the competition.

"I am extremely proud that we have had a student win this coveted title for the second year running; it is a huge achievement and testament to years of musical dedication and hard work."

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



BRENTWOOD PROPERTY NEWS

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LOCAL MARKET ROUND UP



Over the last 12 months, the average rent achieved for homes let in Brentwood was **£1,354** per month. This is a **+6%** change on the previous 12 month period.

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Homes let by type over the last 12 months

EAST OF ENGLAND

BRENTWOOD



● Detached
● Semi-detached
● Terraced
● Flat

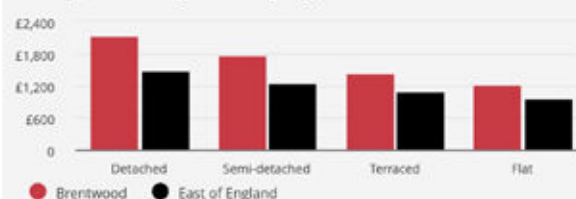
Change in average rents over past year



Average age of renters over last 12 months



Average monthly rents by type over last 12 months



Source: Datafirst Rental Market Analytics (rental data is based on achieved rents for approximately 20-35% market share, depending on location)

NATIONAL MARKET



Peter Garland-Collins
REAL ESTATE TEAM

This month we are looking at the rental market with a detailed focus on our local market in Brentwood.

Rental market

At 5.1% in June, annual growth in rental prices in the UK is at its strongest since records began. The Index of Private Rented Housing Prices reports on both new lets and renewals.

A monthly rise of 1.3% took the average rent in the UK on newly agreed rental contracts to £1,229 in June, a 10.4% year-on-year increase (Homelet).

Economy

Inflation fell further than expected in June to 7.9%, amid a sharp fall in petrol prices, easing forecasts for upcoming Bank of England interest rate rises.

The UK economy shrank by 0.1% in May, following growth of 0.2% in April. In the three months to May economy growth remained static. The labour market remains strong with unemployment just 3.8% (ONS).

The rental market in Brentwood is certainly booming at the moment, evidenced by our latest two bedroom rental property which attracted over 150 enquiries in just a couple of days. We agreed a rental figure of £390 a month more than the listed price.

The Brentwood Realtor



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BURGHART for BRENTWOOD

Alex Burghart MP for Brentwood and Ongar



LOCAL NEWS



Members of Parliament are now on the Summer Recess, something akin to the long summer school holiday. There is an assumption by many that this means we all disappear off on lengthy jaunts to sunny climes, but the reality is that the constituency casework does not stop, and the day-to-day work of government departments continues.

I'll be out and about in my Brentwood and Ongar constituency, as well as covering my Cabinet Office work and dealing with the letters and emails that come in daily from constituents who need my help and assistance.

The last month has been busy for consultations. National Grid is asking for views on its proposal to install a line of pylons from Norwich to Tilbury until August 21. I'm with my fellow affected MPs in opposing the plans vigorously and calling for an off-shore option

to be considered. You can make your views known at www.bitly.ws/Pb6X

Greater Anglia has just completed a consultation on changes to ticket offices and station staffing times, and views expressed by local people are now being assessed.

The ever-busy Brentwood Access Group has a petition calling on the Mayor of London and Network Rail to finally fund a lift for Platform 4 at Brentwood Station, so those who need to park in the disabled bays for mobility reasons can access London-bound trains. View the petition at www.change.org/p/play-fair-mr-mayor-make-brentwood-rail-station-accessible-don-t-quibble

Please do register your thoughts on all these important issues – and here's hoping the sun shines on all your holiday activities.

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Castle ruins offer a glimpse into our medieval past



Here we explore the heritage of Hadleigh Castle, whose influence lives on some 800 years after its construction.

Hadleigh Castle is a picturesque ruin and historic fortification that overlooks the Thames Estuary.

Castles are often built as statements of wealth, ability and power, and Hadleigh Castle's construction in the 13th century was no different. Its builder, the Earl of Kent Hubert de Burgh, was effectively the ruler of England during King Henry III's childhood and he built the castle as a statement of his power.

Sadly, he died soon after its construction, and the castle was subsequently claimed by King Edward II and his son, King Edward III.

The castle's appeal is in its ability to provide a vivid snapshot of medieval England's military and architectural prowess. It is testament to the remarkable history of the region, serving as a tourist destination and an important archaeological site.

The castle's architecture reflects the military advancements of the time, with a combination of concentric and bailey design elements. The inner and outer baileys were encircled by a curtain wall, which was further strengthened with a series of round towers. The primary entrance to the castle was through a fortified gatehouse. The living quarters and great hall within the castle were adorned with elegant architectural features, reflecting the opulence and power of its royal inhabitants.

Over the centuries, Hadleigh Castle witnessed several pivotal moments in English history, including the rise and fall of dynasties and the turmoil of civil wars, such as the Hundred Years' War.

Despite its deterioration, Hadleigh Castle has maintained a strong cultural and historical significance. Its ruins have often been of great interest to artists, including John Constable, who captured its haunting beauty in a collection of paintings.

Meanwhile, archaeological excavations have revealed insights into the daily life of castle residents and visitors, as well as military operations.

Today, Hadleigh Castle, managed by English Heritage, is well worth a visit, with regular guided tours, educational programmes, walking and cycling trails, and wildlife events.

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2. Cost-effective

Hyperlocal advertising can be cost-effective because it is focused on a specific local area, meaning that businesses can reach their target audience without wasting money on broader marketing campaigns that may not be as effective.



3. Increased engagement

Hyperlocal advertising can lead to increased engagement with customers because it is focused on the local community and the interests of the people living in that area. By targeting customers with ads that are relevant to their interests and needs, companies can build a stronger relationship and increase their chances of repeat business.



4. Improved search engine optimization

Hyperlocal advertising can improve a business' search engine optimization because it targets customers who are likely to be searching for businesses and services in their local area. By optimizing their website and other online presence for local search terms, businesses can improve their visibility and attract more customers.



5. Better return on investment (ROI)

Hyperlocal advertising can lead to a better ROI because it is focused on a specific area and customer base. Targeting customers who are likely to be interested in their products or services, can increase conversion rates and revenue.



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YOUR LOCAL EVENTS



WHAT'S ON

THE ELTON JOHN SHOW

The Brentwood Centre, Doddinghurst Road,
Pilgrims Hatch, Brentwood, CM15 9NN
Friday, August 11, 6.30pm



The Elton John Show is the UK's newest and most exciting Sir Elton John CBE tribute show to hit the stage. From *Rocket Man* to *Tiny Dancer*, The Elton John Show brings Sir Elton back to the stage at his energetic best.

Purchase tickets from bitly.ws/LQ4f

FANNY GALORE BINGO

The Zinc Arts Centre, Great Stony, High Street,
Chipping Ongar, CM5 0AD
Saturday, August 19, 7.30pm – 9.30pm

The amazing Fanny Galore is back at Zinc with her amazing drag queen prize bingo.

A bar will be open serving alcoholic drinks and crazy cocktails, and Goodfellas will be serving food from the diner.

Zinc Arts is fundraising for a sailing project for local teenagers in October.

Tickets cost £15 and can be purchased from bitly.ws/LQ4t

FAMILY FUN DAY

Hutton Recreation Ground, 7 Wash Road,
Hutton, Brentwood, CM13 1BS
Friday, August 25, 10.30am – 3.30pm

This family fun day will include small funfair rides, family activities, sports, crafts, Punch & Judy shows, music and more for a wristband charge of £5 per child (adults go free) on the door. Facepainting, animal handling and food are charged separately.

PERSUASION

Brentwood Theatre, 15 Shenfield Road,
Brentwood, CM15 8AG
Friday, September 8, 7.30pm

DOT Productions is proud to present this new adaptation of Jane Austen's final novel, *Persuasion*.

The story follows Anne Elliot, who is persuaded by friends and family to end her engagement to Frederick Wentworth. Seven years later, they meet again. Will they once again be persuaded to stay apart or will love conquer all?

Tickets start from £15 and can be purchased from brentwood-theatre.co.uk/event/persuasion

AN EVENING WITH PAOLO DI CANIO

The Brentwood Centre, Doddinghurst Road,
Pilgrims Hatch, Brentwood, CM15 9NN

Friday, September 15, doors open at 6.30pm
Come and spend your evening with a true West Ham United legend.

Paolo Di Canio (pictured below, left) will be giving an insight into his time at the Hammers, with the evening hosted by fellow Hammers hero Tony Cottee.

Paolo will regale the audience with stories of his career and discuss the current state of the club before opening up to Q and A.

A raffle, auction and memorabilia stand will also feature.

Tickets can be purchased from bitly.ws/LQ4H



Photo credit: Premier League

The LONGEST WORDS *that exist*

What would be the longest word you can think of right now? Perhaps it could be **Llanfairpwllgwyngyllgogerychwyrndrobwllantysiliogogoch** – the village on the Isle of Anglesey? At 58 letters, it's actually the second-longest place name in the world after New Zealand's **Taumatawhakatangihangakoauauotamateaturipukakapikimaungahoronukupokaiwhenuakitanatahu** at a whopping 85 letters, which translates to 'St Mary's Church in the Hollow of the White Hazel Near to the Rapid Whirlpool of Llantysilio of the Red Cave'.

Eighty-five letters is a lot for one word, so what are the other longest words that exist?

Pneumonoultramicroscopicsilicovolcanoconiosis (45 letters)
This is a type of lung disease caused by inhaling quartz dust or silica.

Hippopotomonstrosesquippedaliophobia (36 letters)
Of course, the word for a fear of long words would be long.

Supercalifragilisticexpialidocious (34 letters)
While it may have been a word invented for the film *Mary Poppins*, it does appear in the dictionary. As the title character says, it's a word to say when you have nothing else to say.

Pseudopseudohypoparathyroidism (30 letters)
A mild form of pseudohypoparathyroidism, a genetic disorder in which the body fails to respond to the parathyroid hormone.

Floccinaucinihilipilification (29 letters)
This means the estimation of something having no value or being worthless.

Antidisestablishmentarianism (28 letters)
This word was once used to describe opposition to the disestablishment of the Church of England, but now refers to the opposition to withdrawing government support for a religion or church.

Honorificabilitudinitatibus (27 letters)
Seen in Shakespeare's *Love's Labour's Lost*, this means 'the state of being able to achieve honours'.

Thyroparathyroidectomy (22 letters)
The name for the process of removing the thyroid and parathyroid glands.

Incomprehensibilities (21 letters)
A word that you might actually be able to use, this means something that is difficult to understand or comprehend.

With so many of the longest words irrelevant to daily conversation, we think we'll stick with the shorter words.

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strategy that includes both traditional and digital
forms of marketing. Designed to deliver a seamless
customer journey, all channels need to work together
to create a unified experience.

EXAMPLES OF OMNICHANNEL MARKETING ARE:

- ▶ A customer receives an SMS message about a sale or promotion when shopping in store.
- ▶ A customer receives a shopping basket abandonment email after browsing a website and adding an item to their basket.
- ▶ A customer receives retargeting ads for abandoned basket items they have added in an app.
- ▶ A customer receives a discount code via email after not completing a purchase on a website.

WHAT ARE THE BENEFITS OF OMNICHANNEL MARKETING?

There are multiple benefits to omnichannel

marketing, including: Greater reach | Enhanced
customer satisfaction | Boost in sales | Increased
customer engagement | A more personalised
customer experience | Enhanced customer loyalty |
Improved brand recognition and recall

HOW TO IMPLEMENT AN OMNICHANNEL MARKETING STRATEGY:

Data collection and analysis: In order to implement
an omnichannel marketing strategy, you need to
make sure you have collated sufficient data about
your target audience. Once you have this data, you
then need to translate it into actionable insights.

Map the customer journey: It is crucial that you
create customer journey maps before launching
an omnichannel strategy, as this will enable you to
create targeted campaigns that are more likely to
result in sales.

Test and optimise: The secret to any successful
marketing campaign is in testing and optimising.
Allowing you to see what works and what doesn't,
and how to adjust accordingly, there are several
testing tools that you can utilise, such as Omnicont
and HubSpot and Kissmetrics' A/B Testing.

From sticky-back plastic to

SOCCER SATURDAY

LOOKING AT SIMON THOMAS'S IMPRESSIVE RISE FROM THE *BLUE PETER* STUDIO TO THE SKY SPORTS HOTSEAT

In the modern era of 24/7 television, our sports presenters are as much icons and celebrities as the sports stars they lyrically wax over. Yet in the case of Simon Thomas, successor to the iconic Jeff Stelling on Sky Sports' showpiece results show, *Gillette Soccer Saturday*, the new man in the hotseat is happy to let the scorelines do the talking.

The youthful-looking 50-year-old has been announced as the main man to showcase the weekly results frenzy on Sky Sports. A dynamic and demanding position, he'll need to convey all of recently retired Stelling's multitasking zest and zeal, while managing the maddening behaviour of a penal of pumped-up pundits.

Yet Thomas comes from an environment that offered a rather more serene take on live-TV pressure. Born in Norwich and educated at the University of Birmingham, his career in broadcasting began at the BBC where he worked as a *Blue Peter* presenter from 1999 to 2005. Unforgettable to many in their formative years, his warm and engaging manner won the hearts of the nation.

"*Blue Peter* was an incredible foundation for me," he begins. "The show taught me how to handle the pressure of live TV while always watching what I said and how I said it. You have to constantly monitor language and approach, so that was a steep and valuable learning curve for me.

"Switching to sports broadcasting," he explains, "was the chance to be a bit looser and more expressive. I wouldn't say the job is easier, just different."

Regardless, Thomas's rise has been impressive, so much so that he is backed across the board to step into the giant shoes left behind by the legendary Stelling – a significant undertaking that only someone with Thomas's proven track record and likeability could handle.

The journalist is undoubtedly up to the challenge – he has also presented BBC *Proms in the Park*, covered for (another ex-*Blue Peter* face) Matt Baker MBE on Radio 3, worked on the *This Morning* show, and bravely raised awareness for treatment of blood cancer following the sad death of his first wife, Gemma, in November 2017.

By that time, Thomas was already highly regarded at Sky Sports, where he was able to play out a love for football, and his beloved Norwich City Football Club. "As a presenter, you try to keep your allegiances hidden... unless you're Jeff Stelling, in which case everyone watching knows you support Hartlepool United.

"I'll keep my own bias a bit quieter... for the first few shots, at least."

Thomas admits he may feel the pressure in the opening exchanges of his new role. Not only is the drive for reporting at its most intense on a Saturday afternoon, but he'll likely have to find a substitute for Stelling's unparalleled love of quick wit and high-bar humour, not to mention his predecessor's vast football knowledge

"I want to create my own legacy rather than just follow Jeff's, and it's nice to have some incredible football people on the panel who will help me navigate a route through the mass of results.

"It has always been a privilege to work for Sky and this is a dream. All I need now is for Norwich to get back to the Premier League and it'll be the perfect match-up."



Amazing APRICOTS

SEASONAL, FRAGRANT AND OH SO DELICIOUS, DISCOVER THREE SIMPLE APRICOT RECIPES

WHITE SANGRIA

You will need: 1 apricot, chopped | 1 nectarine, chopped | 1 orange, peeled and chopped | 3-4 strawberries, sliced | 1 tsp caster sugar | Pinch of ground cinnamon | 325ml Spanish white wine such as white Rioja | 50ml triple sec | 150ml ginger ale

How to make: Place the fruit in a bowl and sprinkle over the sugar and cinnamon | Mix, cover and place in the fridge for 1 hour | Tip into a large jug and pour in the wine and triple sec | Add the ginger ale and a large handful of ice | Stir and serve in tall glasses with ice

CHICKEN WITH GINGER AND APRICOTS

You will need: 4 chicken thighs (skin on and bone in) | ½ tsp ground ginger | 10g fresh root ginger, peeled and finely chopped | 100ml dry white wine | 1½ tbsp white balsamic vinegar | 1 tbsp runny honey | 4 large ripe apricots, halved | 2 sprigs of fresh rosemary

How to make: Preheat the oven to 210°C/190°C fan/gas mark 6½ | Season the chicken with salt and pepper and sprinkle the skin with ground ginger | Heat extra virgin olive oil in a large frying pan, brown the chicken on both sides and then lay it to one side | Pour off any excess oil from the pan and gently fry the fresh ginger for 2-3 mins | Add the wine, then the vinegar and honey | Cook until the sauce starts to thicken | Add the apricots and rosemary | Return the chicken to the pan, skin side up | Transfer the pan to the oven, uncovered, and roast for 35 minutes | Serve with steamed white rice or crispy smashed potatoes

POACHED APRICOTS WITH MASCARPONE

You will need: 75g golden caster sugar | Zest of ½ orange | 6 dried apricots | 6 apricots, halved | 5 drops of orange flower water | 100ml mascarpone | ½ vanilla pod, seeds scraped out

How to make: Place 50g sugar and 150ml water in a pan with the orange zest and bring to a slow boil | Add the dried apricots, cook for 3 mins, and add the fresh apricots | Cook for 10 mins | Turn off the heat and add the flower water. Leave for 1 hour at room temperature | Whisk the mascarpone with the remaining sugar and vanilla | Serve over the apricots.

Photo credit: joyousapron.com, taste.com.au, thegoodwebguide.co.uk



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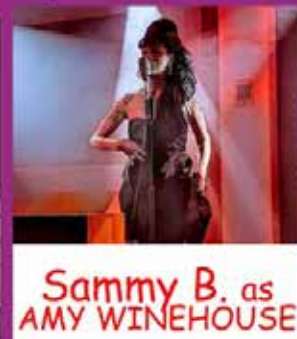
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Did you know?

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.

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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

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The German Kitchen

Do you love a glass or two of Prosecco? Fancy knowing what snacks you should eat alongside this popular Italian beverage?

Discover these top five perfect Prosecco pairings that promise to tantalise your tastebuds and stop the bubbles from going straight to your head.

HOW TO PAIR PROSECCO

Although most people tend to enjoy Prosecco on its own, it is actually a fantastic pairing wine, which boasts crisp and refreshing flavours that go well with everything from sweet treats to salty snacks. As a general rule, high acidity and dry Proseccos pair well with rich and creamy desserts, and sweeter ones such as rosé Prosecco are best enjoyed with savoury foods.

POLPETTE: Highly popular in Italy, polpetta is a type of meatball that is usually made from pork, beef or a combination of both. Small and delicious, this is the perfect snack to pair with a glass of Prosecco.

BRUSCHETTA: You have probably already heard of bruschetta as it often features in the antipasti section of an Italian restaurant's menu. So simple, yet oh so delicious, this toasted bread is rubbed with garlic before being topped with olive oil, tomatoes, basil and even more garlic.

SALADS: While a salad may not be the first dish that springs to mind when you think of Prosecco, the fairly low alcohol content of this popular beverage makes it ideal for pairing with a light and fresh dish. For best results, match Prosecco with spinach, strawberries and goat cheese. It can also work well with a classic chicken Caesar salad.

MILD CHEESES: If you love cheese almost as much as you love wine, then you will be pleased to hear that there are many mild cheeses that make the perfect accompaniment to Prosecco. Try a glass with a slice of creamy mozzarella, ricotta or burrata.

DESSERTS: When it comes to Prosecco and sweet dishes, opt for crème brûlée or cheesecake with dry Prosecco, or a fresh fruit tart or fruit salad with sweeter varieties.



FOOD & DRINK

ITEMS ~~NOT~~ TO STORE IN THE SHED

Can't find a place for something in your home or garden? Stick it in the shed! If you find yourself saying this often, you ought to know that there are some items that you should never store in a shed. Discover them all below.

❗ **CANNED FOODS:** If you like to stockpile canned or tinned foods, then you should know that it is not safe to store these in your shed. Any container that is made from metal can be subject to rust, which can lead to holes and spoiling of the contents.

❗ **PAINTS AND GLUES:** Although many people store unused paint and glue in their shed, this is not a good idea. In extreme temperatures, the components of both these liquids can start to break down. Furthermore, if they freeze, they will become lumpy and unusable.

❗ **CLOTHING AND BEDDING:** If you do not have much storage space in your home, you may be tempted to store out-of-season clothes, bedding and spare towels in your shed. However, this is not recommended as they are highly likely to be exposed to insects and moths that can damage the fabrics, and they will probably end up with a nasty musty smell.

❗ **FLAMMABLE SUBSTANCES:** You should not store flammable substances such as gasoline, acetone, diesel, lighter fluid and barbecue lighter blocks in your garden shed as these pose a fire risk. Highly flammable liquids should be kept in a well-ventilated spot that is not attached to your main living area, such as in a flammable liquid locker or purpose-built storage unit.

❗ **RUBBER TYRES:** Rubber tyres should not be stored in your shed as these need a controlled climate to stay in optimal condition. Sheds can become very hot and humid in the summer and very cold in the winter, both of which can have an adverse effect on rubber.



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When life gets busy, our gardens are often near the bottom of the list when it comes to dishing out some TLC. Yet no matter how badly your outdoor space may have been neglected, it won't take much to bring it back to its former glory.

RESEARCH YOUR REVIVAL

Decide on what you want to include in your garden – perhaps an eye-catching water feature, a rustic path, a flamboyant array of flowerbeds, or a children's play area. The first step is to write and sketch your flora and fauna phoenix from the flames.

SUN SORCERY

When planning areas, consider at what times of the day you'll be using the garden most, and where the sun rises and sets. Maximising light and warmth will increase your enjoyment of your outdoor space.

CROP, DON'T CHOP

Trees and bushes in an overgrown garden can make it seem as though nature has reclaimed the space, yet once you start trimming back these dominant growers, you'll find a garden that has space, light and a feeling of openness.

GRASS IS GREAT

Don't be afraid of employing a large grass area – it is practical and beautiful, and even the roughest of overgrown expanses can be brought back to life with some lawn seed and a dedicated period of watering.

Also consider sowing wildflowers around the sides of the grass area for a magnificent mini meadow.

PERFECT PATHS

Garden paths are not just practical; they look great too, and will help to guide the eye better than anything you can plant.

Breathing new life into a garden path by jetwashing, adding a layer of stones or even tiling will rejuvenate your garden. And if it lies directly next to grass, use an edging tool for an even sharper look.

BE BOLD

Finally, be brave. There are few things in a garden that won't grow back, so you can afford to be bold when making changes or cutting things back.



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SEASONAL LAWN TREATMENTS

LATE SUMMER

Towards the end of the summer months, blazing sun on top of increased use can lead to lawns looking a little sorry for themselves if not properly cared for.

Lawn feed

Our own specially created fertiliser is designed to give your grass the boost it needs to flourish into late summer, and best of all it will not scorch the grass – even if applied during periods of high temperatures and low moisture.

Keeping it green

The combination of long hot days, dry spells and rapid growth can begin to sap the colour from your lawn. Our seasonal treatment at this point enriches the soil with nutrients that will help the grass maintain that deep green we all want.

Keeping an eye on weeds

It's during the later summer months that the garden is at its most active and alive, but sadly that also can mean weeds. Our late summer treatment also focuses on getting rid of those difficult-to-control weeds such as white clover, yarrow, lesser trefoil and woodrush.

Watering

During periods of prolonged heat, if you want to keep your lawn green, it may be necessary give the whole lawn a deep soaking a couple of times a week, instead of relying on a daily sprinkling.

Aerating the lawn

The best way to help your lawn at this point of the year is by lawn aeration – hollow tine or spiking. Both specialist treatments help nutrients, air and water reach the grass root.

Insects

There are many grubs and larvae around at this time of year which can do massive damage to lawns. Our insecticide service uses an innovative treatment to manage and control pests quickly and efficiently.

You can read our lawn care tips and other advice on how to look after your lawn on our website www.greensleeves-uk.com



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Time for WALKIES!

Do you know how often you should be walking your dog? While many dog owners assume that one or two walks per day is sufficient, different breeds actually require different amounts of physical exercise.

Breeds that need 30+ minutes of walking per day:
Bichon Frisé | Yorkshire Terrier | Miniature Dachshund | King Charles Spaniel | Chihuahua | Maltese | Papillon | Pekingese | Pomeranian | Miniature Pinscher

Breeds that need 1+ hour of walking per day:
Lhasa Apso | Shih Tzu | English Bulldog | Shetland Sheepdog | Miniature/Toy Poodle | Miniature Schnauzer | Cocker Spaniel | Cairn Terrier | Pug | Whippet | West Highland Terrier | Tibetan Terrier | Dogue de Bordeaux | Basset Hound | Saint Bernard | Bull Terrier | Border Terrier | Staffordshire Bull Terrier

Breeds that need 2+ hours of walking per day:
Siberian Husky | Golden Retriever | Samoyed | Alaskan Malamute | Border Collie | Boxer | Dalmatian | English Springer Spaniel | German Shepherd

Labrador Retriever | Weimaraner

Other factors to consider
In much the same way as you would not expect a toddler to be able to walk long distances, you should not overtire a puppy by making it walk too far or for too long. Likewise, as dogs get older, their stamina and ability to exercise decreases, so they do not need to be walked for as long.
If your dog has a health problem, then it can be a good idea to talk to your vet about how long your pet needs to walk each day.

Top tips for walking your dog:
1. Always bring fresh water for your dog
2. Vary your route so that you and your dog do not become bored
3. Pay attention to the weather, as extreme heat and cold can be dangerous for your dog
4. Ask before approaching other dogs
5. Let your dog sniff around
6. Don't forget to always carry doggy poo bags around with you.

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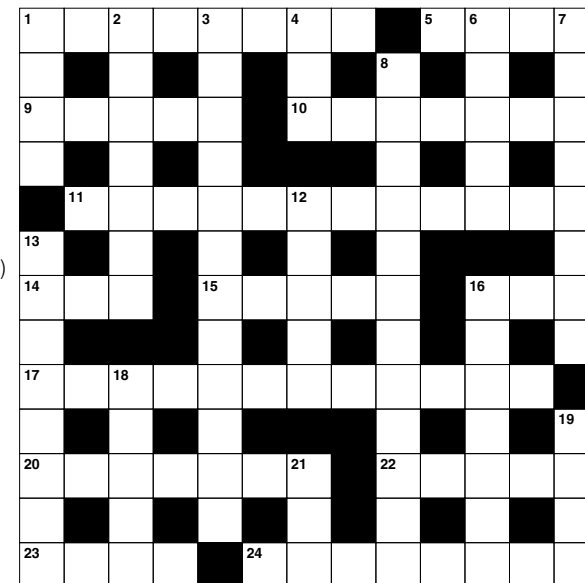
PUZZLES & TRIVIA

ACROSS

1. Dawn (8)
5. Whip (4)
9. Obtain information from various sources (5)
10. Exposes; shows (7)
11. Clothing such as a vest (12)
14. Tear (3)
15. Aqualung (5)
16. Argument against something (3)
17. Person's physical state (12)
20. Strife (7)
22. Possessed (5)
23. Utters (4)
24. Gauges (8)

DOWN

1. Gear wheels (4)
2. Clear mess away (5,2)
3. Discussion (12)
4. Belonging to us (3)
6. Alert (5)
7. Suffering from indecision (8)
8. Unnecessarily careful (12)
12. Haggard (5)



13. Goes before (8)

16. Singer (7)

18. Beastly (5)

19. Chances of winning (4)

21. Expected at a certain time (3)

DID YOU KNOW?

- ▶ Giraffes are the tallest mammals on Earth. Their legs alone are taller than many humans – about six feet.
- ▶ Giraffes can run as fast as 35mph over short distances.
- ▶ Giraffes are already extinct in at least seven countries in Africa.
- ▶ Giraffe spots are like human fingerprints; no two giraffes have the same.
- ▶ Giraffe tongues are a bluish-purple colour and are between 45 and 50cm long.
- ▶ Giraffes are very social animals and roam around in groups. These groups, called towers, typically have around 15 members led by an adult male. The other members are females and young males.
- ▶ In the wild, giraffes live for around 25 years.

SUDOKU

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



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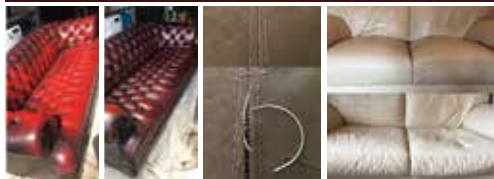
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How to TAN safely

Many of us love spending time in the sun to achieve a golden glow. The sun can also boost our vitamin D levels and help us stay healthy. But it's important to remember that tanning can damage your skin, so follow these tips to stay safe while you sunbathe.

- 1 Avoid sunbeds.** These emit harmful UVA rays that can increase your risk of skin cancer, and can also cause your skin to age prematurely.
- 2 Choose the right sun cream.** Make sure to look for products labelled 'broad spectrum' to make sure you are protected from both UVA and UVB rays.
- 3 Watch the clock.** Research suggests that after a few hours, your body won't produce more melanin, the pigment responsible for tanning; you'll just be exposing your skin to UV damage. It's worth noting this time can vary from person to person, so better to be on the safe side and make sure you're not spending too much time in the sun.
- 4 Spend time in the shade.** This reduces your sunburn risk and helps prolong the life of your tan.
- 5 Cover up.** Wear protective clothing, especially if certain areas of your body are prone to sunburn.
- 6 Eat sun-friendly foods.** Foods rich in lycopene, such as red or orange fruits and vegetables like tomatoes, can boost your skin's natural sun protection.
- 7 Don't mix fake tan with SPF products.** This can cause the SPF to break down, reducing its effectiveness.
- 8 Be cautious during peak sun hours.** Take extra precautions between 10am and 4pm. Regularly reapply sun cream every two hours, even if you're not swimming.
- 9 Choose the right aftersun.** Look for products that hydrate and soothe your skin and avoid products that contain alcohol, as these can irritate your skin and could make your tan fade more quickly.

Remember, while you might feel that you look good with a tan, healthy skin is your top priority. So if you can't resist sunbathing, follow these tips to enhance and prolong your tan while minimising the risks.



HEALTH & FITNESS



Are you suffering from varicose veins?

At Nuffield Health Brentwood Hospital our experienced general surgeons can treat all types of varicose veins through a range of non-invasive treatments.

What are the treatment options for vein disease?

There are a number of treatments for varicose veins, but only surgery can fully remove problem veins. Don't worry, having a vein removed won't affect the circulation of blood, as it will flow through other veins instead. The valves that often cause the problems are in the two large veins that run along the length of your leg, just under the skin.

You can temporarily reduce the appearance of varicose veins if you wear support stockings and elevate your legs when resting. However, the following treatments are more effective, as they close off varicose veins, so that they no longer carry blood. These treatments are suitable for some types of varicose vein problems, but not all. Your consultant will discuss the most suitable treatment for you.

Sclerotherapy foam treatment

The injection treatment (or sclerotherapy) involves injecting a chemical into the vein to close it completely, so that it no longer carries blood. This treatment can only be used on smaller veins. Although it can improve the appearance of your legs, they may still ache. After

the injection, you'll have to wear support stockings for three to six weeks.

Endovenous laser treatment

A thin tube (a laser thread) is inserted into the vein through a small cut. The laser probe heats the vein from the inside, causing it to close. This is done with a local anaesthetic, which means the area to be treated is numbed so you won't feel any pain. It takes about forty-five minutes to an hour for this treatment on one leg. After the treatment, you will stay in the outpatient department for one to two hours and you will wear a support bandage for seven to ten days afterwards.

Radiofrequency ablation

A thin tube is inserted into the vein above or below the knee. The tube delivers radiofrequency energy to the vein wall causing it to collapse and seal shut. Once the vein is closed off, other healthy veins take over. There may be some bruising and you will need to wear support stockings for seven to ten days afterwards. You can generally have these treatments as an outpatient.

Are there any risks with varicose vein surgery?

As with all operations, varicose vein surgery has a risk of complications. Be sure to discuss any concerns you might have about these risks with your surgeon.



Don't put your life on hold

Nuffield Health Brentwood Hospital



At Nuffield Health Brentwood Hospital our experienced general surgeons specialise in a range of diagnostic and repair procedures. They are experts in their field and can provide rapid access to treatment.

Why choose Nuffield Health Brentwood Hospital for your general surgery?

Whether you are seeking results from a diagnostic procedure or looking at treatment options to remove a painful hernia, our team of experienced general surgeons at Nuffield Health Brentwood Hospital are experts in their field, providing you with rapid access to a personalised treatment plan.

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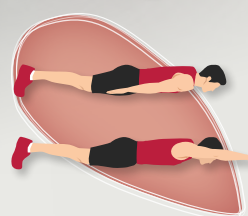
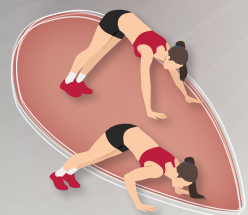
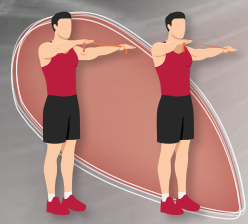
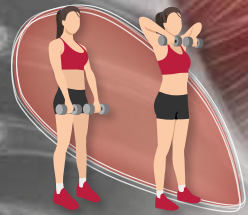
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Website: www.nuffieldhealth.com/hospitals/brentwood



Sculpted SHOULDERS



The shoulder joint is notoriously unstable, so if you want to avoid injury and enjoy good posture, you need to take the time to strengthen this area of your body. Add these exercises to your workout routine once or twice a week.

1. UPRIGHT ROW

Start with your feet under your hips and your legs straight | Hold a dumbbell in each hand, with your palms facing towards your body and the weights touching your quads | Pull your elbows up and out wide to lift the dumbbells to your chest | Lower the dumbbells to return to the starting position | Complete 15 reps

2. BANDED PULL-APARTS

Start by standing with your feet shoulder-width apart | Holding a resistance band with both hands, extend your arms straight in front of your body and raise them to shoulder height | Make sure that your palms are facing the floor | Engage your core and pull your fists apart past your shoulders | Slowly return to the starting position | Complete 10 reps

3. INVERTED PUSH-UP

Start in an upside-down V position with your feet flat on the floor, your hands pressed onto the floor and your hips in the air | Bend your elbows out wide to the sides so that your head touches the floor | Press through your hands to return to the starting position | Complete 10 reps

4. REVERSE SNOW ANGEL

Start by lying face down on a mat with your legs extended straight, your forehead resting on a folded towel and your arms by your sides | Keeping your arms straight and your palms facing the floor, bring your arms out to the side in a wide arc and overhead | Reverse the movement to return to the starting position | Complete 15 reps.

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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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in advanced implant techniques, including bone grafting and sinus lifts.

If you suffer from loose or missing teeth or have poorly-fitting dentures, they are here to listen to you and explain the options at every step of the way.

Claim Your Exclusive Offer

"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.

Amazing ASPIRIN

Most households have a box or two of aspirin lurking in their medicine drawer, but did you know this little white pill can be used for so many more things than just pain relief?

TO GET RID OF DANDRUFF

One in five people suffer with dandruff, with men more likely to be affected than women. Forgo expensive shampoos and simply crush two or three aspirin and mix them into the normal amount of shampoo that you use. Apply to your scalp and leave to sit for two or three minutes before rinsing.

TO SOFTEN HARD SKIN ON FEET

Wear your sandals with pride by softening any hard skin on your feet using the power of aspirin. Crush five tablets and mix with half a teaspoon of lemon juice and half a teaspoon of water. Mix into a paste and apply to your feet. Put on a pair of socks and leave for 10 minutes before rinsing with warm water.

TO EXFOLIATE YOUR FACE

Aspirin is an amazing exfoliant and can be highly effective in removing dead skin cells. Crush five aspirin and mix with two teaspoons of lemon, lime or orange juice. Apply to your face, leave for a few minutes and gently scrub off.

TO RESTORE HAIR COLOUR

If your hair colour is beginning to fade, aspirin can help to revive it. Dissolve six to eight aspirin in a glass of warm water, rub the solution through your hair and leave to set for 10-15 minutes. Alternatively, add the mixture to your shampoo.

OTHER BEAUTY BENEFITS OF ASPIRIN:

- To treat psoriasis – crush five uncoated aspirin, mix with a quarter of a cup of warm water and apply to the skin.
- To reduce redness from stings and bites – apply a wet aspirin directly to the sting or bite.
- To treat ingrown hairs – mix two aspirin tablets with a teaspoon of warm water and apply the paste to the affected area.
- To remove sweat stains from clothes – dissolve two white aspirin in half a cup of water and apply.



STAINS

be gone!

Denim is designed to be durable and can cope with the rough and tumble of being out in the elements. However, what do you do if your favourite pair of jeans becomes stained?

Find out how to remove the most common stains from your jeans and other denim garments below.

HOW TO REMOVE GRASS STAINS

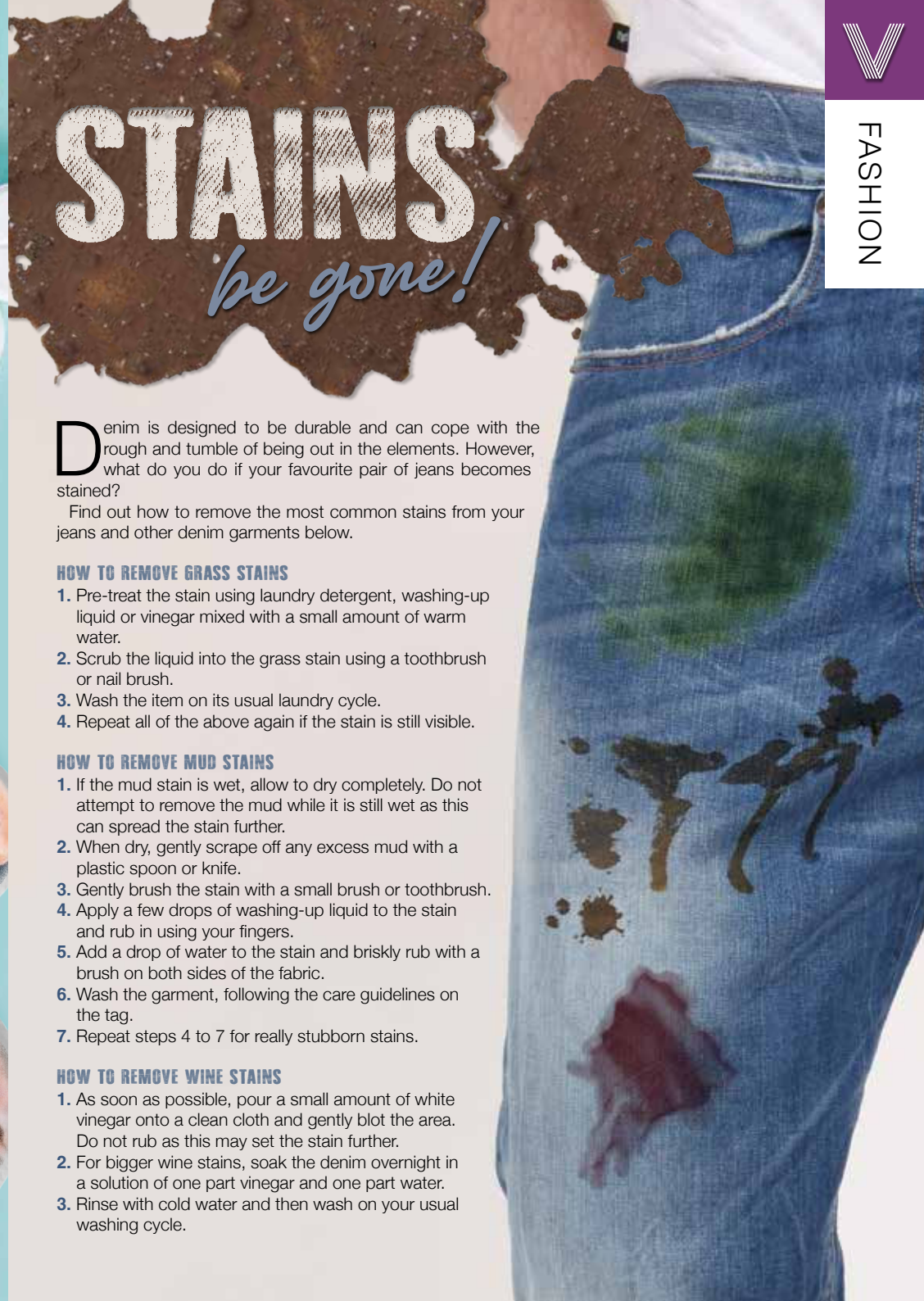
1. Pre-treat the stain using laundry detergent, washing-up liquid or vinegar mixed with a small amount of warm water.
2. Scrub the liquid into the grass stain using a toothbrush or nail brush.
3. Wash the item on its usual laundry cycle.
4. Repeat all of the above again if the stain is still visible.

HOW TO REMOVE MUD STAINS

1. If the mud stain is wet, allow to dry completely. Do not attempt to remove the mud while it is still wet as this can spread the stain further.
2. When dry, gently scrape off any excess mud with a plastic spoon or knife.
3. Gently brush the stain with a small brush or toothbrush.
4. Apply a few drops of washing-up liquid to the stain and rub in using your fingers.
5. Add a drop of water to the stain and briskly rub with a brush on both sides of the fabric.
6. Wash the garment, following the care guidelines on the tag.
7. Repeat steps 4 to 7 for really stubborn stains.

HOW TO REMOVE WINE STAINS

1. As soon as possible, pour a small amount of white vinegar onto a clean cloth and gently blot the area. Do not rub as this may set the stain further.
2. For bigger wine stains, soak the denim overnight in a solution of one part vinegar and one part water.
3. Rinse with cold water and then wash on your usual washing cycle.





HOW TO FIT MORE IN YOUR SUITCASE

Do you struggle to fit all your holiday essentials into your suitcase? Then these space-saving tips are just what you need!

SHORTLIST YOUR CLOTHES: Before you even start packing, you should gather your clothes together and determine what you actually need. Try to be as ruthless as possible and, if in doubt, leave it at home. Also look for versatile garments that can be dressed up or down for maximum usage.

ROLL YOUR CLOTHES: This is a very effective space-saving techniques. Rather than folding your clothes and placing them in your suitcase, roll them instead. Plus, rolled clothes tend to wrinkle less than folded ones. Place larger items at the bottom of the suitcase and smaller rolled clothing at the top.

PLACE ITEMS INSIDE YOUR SHOES: Shoes can take up a lot of space in your suitcase, so it can be

a good idea to stuff them with smaller items such as jewellery, ties and underwear to maximise space. You should also pack your shoes on their sides rather than on their soles.

USE TRAVEL SPACE BAGS: Space-saving travel bags, also known as compression bags, are perfect for shrinking bulkier items of clothing, such as jumpers and jackets, into a more compact unit. These are also designed to keep your clothes wrinkle-free. Garment folders are a good idea if you are taking delicate items which are prone to creasing, such as silk dresses or linen suits, and toiletry bags are perfect for makeup and travel-sized toiletries.

THE BUNDLE PACKING METHOD: The bundle packing method is an effective packing strategy that involves filling a small pouch with soft items like socks and underwear and then wrapping larger clothing items around the pouch to form a bundle.


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My Top Three Caribbean blow outs...

Over the last couple of months I have been lucky enough to visit some of the Caribbeans finest properties and wanted to share all for your inspiration...

Eden Roc, St Barths

Being the best social scene on St Barths, it's no surprise that it's a firm favourite for many A-list clientele. Perched atop a rocky cape and overlooking a pristine pink and white sandy beach, this is the place to really get away from it all. A table at Eden Rock's restaurant and bars is a priority reservation for the most fussy foodie and you also have the chance to enjoy treatments and massages in the magical spa. There are just 37 rooms, suites and villas either on the rock, along the beach or within beach-side gardens. For me however, I was lucky enough to stay in Villa Rockstar, regarded as being one of the world's top three Greatest Beach Houses! Private and secure behind 3-meter-high walls, the house is ideally located just a few steps from the beach and Caribbean Sea. Suites come with jaw-dropping views, there is a 20-meter private pool and basement full of surprises. A dedicated chef and butler service is provided around the clock of course, while a Harley Davidson and Mini Cooper are also provided for getting around the island. This truly was a one-of-a-kind experience and it's no wonder previous guests have included many a celebrity.



Jumby Bay Island, Antigua

Touch down in Antigua and I soon found myself jumping on board a private yacht and breezing across turquoise seas. In a few minutes I arrived at my 300-acre island home, one of the most desirable, all-inclusive retreats in the Caribbean. This is the kick off your shoes and enjoy the all-inclusive experience. A la carte dining by the sea was the dining I experienced throughout my stay, while Moët & Chandon is the house champagne. This is an island of leisure, with water sports, land sports and special activities for teens and tots too. My favourite activities included a snorkelling expedition, rum tasting, but this is just the start! A selection of rooms suites, villas and private residences are spread throughout the island, but for me it was the 'Lost Puffin' private residence. Clustered on an exclusive corner, the private residences are complete with housekeepers, butlers and personal chefs, each designed with their own unique style. Pools larger than some in the mainland hotels, flood-lit tennis court, personal fitness centres and even your own turtle sanctuary in some. A stay at Jumby is all about taking life at your own pace. Indulge in the slow life lounging on the beach by day and stargaze away from Antigua's bright lights by night.



Dan Salmon, Owner, with Sir Richard Branson

Necker Island, British Virgin Islands

Famed as the private hideaway of Sir Richard Branson, this island paradise with its white sand beaches and dramatic headlands is accessible by boat or helicopter. Accommodation is on an all-inclusive basis – meals are quite definitely a highlight and tailored to suit personal tastes. Anything from breakfast on the roof terrace to champagne brunches, beach barbeques and sushi kayaks, make this an unparalleled escape. And when the sun goes down... the party starts. Inclusive recreations encompass swimming in the 135-foot-long freshwater pool and



exercising in the beach gym. You can also enjoy the array of water sports and boating excursions to neighbouring islands. Not forgetting the waterside spa! The most spectacular of wildlife includes roaming giant tortoises, playful lemurs and beautiful flamingos down by the lake to name a few. Sprawled across the island are Balinese-style guest rooms, sleeping up to 48 people. All of the luxurious rooms offer stunning views, complete privacy and that sprinkle of Necker magic. You can exclusively hire the island or there are specific dates throughout the year, where you can experience all Necker has to offer without having to book the whole island too!



If you are looking to get away for a special occasion or are simply wanting a holiday away from the norm, then please do get in touch. I have personally travelled to all corners of the world and have some of the very best contacts in the industry to really add the wow factor to your time away and create experiences you'll remember for years to come.

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KIDS

If you have children, you will know only too well how quickly a freezer full of ice lollies empties during the summer holidays. Fortunately, you don't have to keep running to the shop for more, as these homemade lollies are guaranteed to go down a treat.

Orange and Carrot Ice Lollies (makes 6, vegan)

You will need:

5 large carrots | Juice of 3 large oranges and the zest of 1
| 1 satsuma, peeled and chopped

How to make:

Finely grate the carrots and place them in the middle of a clean tea towel | Gather up the towel and squeeze the carrot juice into a jug | Add the juice of the oranges and top with a little water if needed until you have 360ml liquid | Stir in the zest and satsuma pieces | Carefully pour into lolly moulds and freeze overnight

Ice Lolly Pens (makes 6, vegetarian)

You will need:

50ml sugar-free blackcurrant cordial | 50ml sugar-free orange cordial | Red and orange natural food colouring | 50g blueberries | 50g chopped strawberries | A handful of halved red grapes

How to make:

Pour each cordial into a separate jug and add 5 tsp of the corresponding food colouring into each one | Stir 100ml of water into each | Place a few blueberries, strawberries and grape halves into 6 lolly moulds | Top up 3 moulds with blackcurrant cordial and 3 with orange cordial | Freeze for at least 4 hours | Remove the lollies from the moulds and pour extra food colouring into a small dish | Dip the lollies into the colouring and use them to draw on clean paper, licking as you go

Strawberry Milk Pops (makes 12)

You will need:

400g ripe strawberries | 200ml semi-skimmed milk | 405g can of light condensed milk

How to make:

Place the strawberries in a food processor or blender and blitz until smooth | Add the milk and condensed milk and blitz again to combine | Pour the mixture into 12 moulds | Freeze for a minimum of 4 hours until solid

To make the above quantities, use lolly moulds sized at 16x15x10cm, or you can use moulds you already have but adjust accordingly.



Photo credit: bbcgoodfood.com



SPORT



WREXHAM RED DRAGONS RISING AGAIN

HOW A CELEBRITY TAKEOVER HAS BREATHED FIRE INTO THE WORLD'S THIRD OLDEST PROFESSIONAL FOOTBALL CLUB

Although Wrexham AFC were founded in 1864, have won the Welsh Cup a record 23 times, and famously knocked holders Arsenal out of the FA Cup in 1992 – one of the biggest giant-killing victories in the history of the competition – nothing could prepare them for November 2020.

For that was when Hollywood came to town, as Canadian-American actor Ryan Reynolds and American actor Rob McElhenney bought the club. At first, it seemed to be the actions of millionaires playing out a celebrity whim; yet what has materialised since has been heart-warming and gut-wrenching in equal measure, reviving the fortunes of a forlorn team and town.

No sooner was the takeover of the club complete than streaming services Disney+, FX and Hulu agreed a docuseries. *Welcome to Wrexham* was designed to follow the club's fortunes on and off the field, a world away from the glossy excesses of similar fly-on-the-wall series involving Manchester City and Tottenham Hotspur.

With the club languishing in the fifth tier of

English football, the hope was that the new influx of exposure, revenue and players – not to mention the impetus of a truly global fanbase – would drive success and promotion back to the Football League. However, it wasn't that straightforward.

A failed promotion campaign in 2021/22, despite the club finishing second in the table, was compounded by defeat to Bromley at Wembley in the FA Trophy Final.

Yet last season, the team regrouped, clocking up a record 111 points to win the National League title, a campaign during which they also reached the FA Cup fourth round.

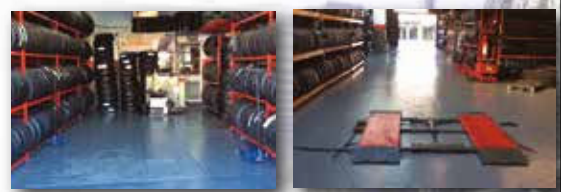
This season will see them back in the Football League for the first time since 2008, with owners who have made a truly spiritual connection to the fans, the town and, of course, the team.

With further investment, Wrexham are already favourites to take the League Two this coming season.

You can't help but wonder just how far the dragon's fire can reach.

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CLASSIC CARS

SUSTAINABLE FUEL

A leading supplier of bespoke fuels has launched a new sustainable petrol using biofuel made with agricultural waste, which is aimed at classic cars.

Classic car owners are sticklers for tradition, yet the pressure of the electric vehicle (EV) revolution has inspired even this staunch demographic to look for ways to make their motors more masterful in the modern era – without ripping out the very fabric of what makes a vehicle so special.

In short, engine specialist Coryton has come up with a way of reducing the need for classic car owners to modify their retro roadster, by creating a fuel alternative that offers greener driving and a low carbon footprint.

SUSTAIN Classic is a plant-based petrol with three fuel types – Super 33, Super 80 and Racing 50. Super 80, the fuel with the highest

sustainable content, is said to lower greenhouse gas releases by a minimum of 65 per cent compared to fossil-based fuels.

The biofuel is manufactured using agricultural waste – such as crop residues, straw and other by-products – to produce a fuel that creates significantly less atmospheric pollution.

The formula isn't cheap, though, with the lowest pricing of the three fuel types coming in at £3.80 a litre.

However, each meets European compliance standard EN228, as well as containing premium additives that clean and protect the car's engine.

The fuel offers a healthy and competitive alternative to typical EV refits for classic retro roadsters, which often come with a hefty conversion price of around £6,000.

David Richardson, business development director for Coryton, said: "Each kilogram of CO₂ we avoid is a win. The pressure is on motorists to make sensible and meaningful changes, but it doesn't mean we have to throw away the essence of what makes these classic cars so iconic."



Photo credit: topgear.com



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