

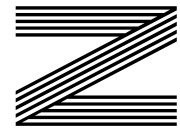
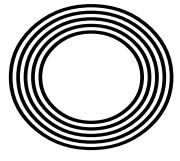
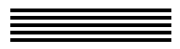


SUN SAFETY FOR YOUR BABY

RSPCA CELEBRATES 200 YEARS

PUMP IT UP
How to rock ballet pumps

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Top tips to help improve productivity



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Editor's notes...

JUNE 2024



Nik Allen, Editor

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

Who wants to be bored? Well, it turns out, we all do - or rather, we should all strive to be bored every now and again.

Let me explain. I've spent the past few days planning things for myself and my family this summer - those six long weeks that are an extended version of every half term, long weekend and inset day. And in the 24/7/365 world we live in, it often feels like there's an expectation to schedule fun.

However, long before technology and wall-to-wall entertainment took over, I remember days as a kid when we made do with some very basic elements - sticks from the garden, a sheet of paper and a pen, or some Lego bricks.

Undoubtedly, we had a lot less, but our reaction was, in essence, to create a lot more. And recent research suggests that some of the most valuable experiences can emanate from basic, ordinary, organic things, because they tap into a sense of creativity that the internet age has perhaps taken away.

So maybe it's time to reconnect with some basic elements? Now then, where did I put that crumpled old piece of tin foil?!

Until next month, take care of yourself, and each other.

Nik Allen

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

HOME & DIY | GARDENING | PETS | HEALTH & FITNESS | BEAUTY | FASHION | HISTORY | LOCAL FEATURES | FOOD & DRINK | TRAVEL | BUSINESS & PROPERTY | SPORT | PUZZLES | MOTORING | KIDS | WHAT'S ON | TECHNOLOGY | THE LISTINGS

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PROTECTING ANIMALS FOR

200
YEARS

The Royal Society for the Prevention of Cruelty to Animals (RSPCA) was founded 200 years ago this month. A small group of dedicated people gathered in a London coffee shop to discuss how to prevent animals from being badly treated. They shared a common goal: to stop cruelty to animals and improve animals' lives. This humble beginning marked the start of a flourishing national movement.

In many ways, animal welfare has improved considerably since the 19th century – partly because of the RSPCA. But new times bring new challenges, and the organisation's work throughout England and Wales remains vital. Despite all the progress, there are still many issues that need attention, and the RSPCA must continue to adapt and respond to these challenges to ensure animals are treated with respect.

THE RSPCA IN HISTORY

The RSPCA has made countless contributions to animal welfare over the years – far too many to list! But here are just a few key milestones – each one representing a significant victory in the fight for

animal rights and welfare.

- **1835** – Cruel sports like bear and bull baiting are banned
- **1870** – The last bullfight in England takes place
- **1914** – A fund for horses wounded in the First World War is set up
- **1998** – Testing cosmetics on animals is banned
- **2019** – Wild animals are banned in circuses

ON THE FRONT LINES

The RSPCA has its own teams dedicated to saving animals in danger, investigating animal crimes and providing advice on animal care. These teams work tirelessly, often in difficult and dangerous situations.

The organisation also runs several hospitals and wildlife centres. These facilities are staffed by skilled veterinary surgeons, nurses and carers who provide treatment and support to help animals recover.

Wherever possible and appropriate, animals are returned to their natural habitats.

SHAPING LAWS AND MINDS

The organisation also campaigns for improved animal welfare laws, educates young people about animal care, and provides expert advice to help ensure animals are well treated. Through its advocacy efforts, the RSPCA has influenced significant changes in legislation, leading to better protection for animals. Meanwhile, education programmes in schools are teaching future generations about the importance of compassion and proper care for pets and wildlife.

BIRTHDAY CELEBRATIONS

To celebrate its 200th year, the RSPCA is launching a year-long campaign to grow its movement to one million supporters, so people can join in creating a better world for animals – and a better world for us all. There will also be special events such as the One Fun Day, the #50MilesForAnimals challenge,

and the RSPCA Young Photographer Awards. These events are designed to engage the public, raise awareness and generate support for the RSPCA's essential work.

For more information on getting involved in the RSPCA's 200th birthday celebrations, please visit www.rspca.org.uk/200th or contact your local RSPCA branch or shop. Whether you choose to volunteer, donate or participate in events, your support can make a difference. Join the RSPCA in celebrating 200 years of compassion and help create a brighter future for animals everywhere.





Watch out for this year's National Bingo Day on Thursday, June 27. Even if you've never played before, now's the time to have fun, meet new people, and maybe even win a prize!

BINGO THROUGH THE AGES

- Bingo began in Italy in the 1500s, when people played a lottery game called Il Giuoco del Lotto d'Italia (The Game of Lotto of Italy).
- A version of the game reached the US in the 1920s, where it was first called Beano. The name Bingo started by mistake when someone called out "Bingo!" instead of "Beano".
- Bingo became popular in the UK in the 1960s, and the first bingo halls and clubs soon appeared.
- The first online bingo sites were established in 1996 – and there are now more than 200.

National Bingo Day is a chance for people of all ages and backgrounds to get together and celebrate the excitement of bingo (although remember that bingo halls are usually for ages 18 and over).

Activities will be held at bingo clubs around the

country, and online events will also be held.

MAKE THE DAY YOUR OWN

You don't have to follow the crowd. There are lots of ways you can put your own twist on the day, and here are just a few ideas:

1. Throw a bingo party with family and friends.
2. Organise a charity bingo game to raise money for your favourite cause.
3. Set up a game of Reverse Bingo – you start with a full card and erase numbers as they're called.
4. Organise a bingo walk or scavenger hunt where participants collect bingo numbers at various checkpoints.

WHY NATIONAL BINGO DAY MATTERS

National Bingo Day is more than just playing games. It's a chance for people to enjoy an entertaining tradition that many of us love – and it's a great way of meeting and making friends.

Remember to mark Thursday, June 27, on your calendar – and get your dabbers ready for a day of bingo joy!

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HOME & DIY

Geometric art is super fashionable right now. But original artwork is pricey – so why not make your own? You can create something beautiful even if you're a complete beginner. And it won't cost a fortune – you can buy everything you need for less than £20!

What is geometric art? Geometric art involves using basic shapes like triangles to create visually appealing designs.

A mural or a canvas? You can paint directly onto your wall using emulsion paint, whether it's leftovers or sample pots. Alternatively, purchase an artist's canvas and use acrylic paints to create a masterpiece to hang on your wall.

What do I need? For both murals and canvases, you'll need paint, masking tape and appropriately sized paintbrushes.

Decide on your design. First, sketch your design on paper rather than directly onto the wall or canvas. We recommend using straight lines, so choose triangles and squares rather than half moons or circles. Now select paint colours to complement your room's décor. Using three or four colours works best, and a combination of matt and metallic paints can look really cool.

Get it taped. If you're working directly on a

wall, start by outlining the entire area of your mural with masking tape. For both murals and canvases, apply masking tape to the areas that will form the outlines of your shapes, so that they remain your base colour. Ensure the tape is firmly pressed down and the edges are smooth. If you're working on a canvas, extend the tape (and later, the paint) down the sides of the canvas for a polished look.

Get painting. Paint each section from the edge of the tape in to avoid the paint bleeding, rather than brushing from the middle of each space out towards the tape, and don't apply your paint too thickly. Once you've done all the edges, you can fill the shape. When your masterpiece is completely dry, carefully peel off the tape.

Voila! You now have a stunning piece of geometric art to adorn your wall.

Photo credit: What Walls Want via ebay.com, ighoandme.com

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Who We Are

Millwest Construction Ltd is a Principal Contractor that specialises in residential projects in Essex

The partners in Millwest have been established in the industry for over 30 years from apprenticeship's working in the Guild Halls in London to managing multimillion pound refurbishments and new builds in all sectors of the construction industry.

By utilising our friendly and flexible approach, its not just about what we do but how we do it. We recognise the pressures of delivering projects of all shapes and sizes, from the members of the design team through to the client and end user, evolving our process to accommodate all requirements. To ensure each of our projects receives personal attention ensuring the level of detail and finish is of the highest standard.

Millwest is a business built on teamwork, quality and total commitment to client satisfaction.



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HOME & DIY

Magic MAYO

Mayonnaise is one of the most popular condiments, boasting a creamy texture and tangy taste. However, did you know that it can also be surprisingly useful around the house?

TO DUST HOUSEPLANTS

If you have any faux houseplants in your home, you will know only too well how dusty these can get. Give them a whole new shine using just a clean cloth and a little bit of mayonnaise. Dust the leaves first, wipe with the mayo and then buff to finish.

TO SHINE STAINLESS STEEL

Stainless steel is susceptible to smudges which can make your surfaces and appliances appear dirtier than they actually are. To remedy this, grab a clean cloth and a small dab of mayo and use them to buff and restore any stainless steel in your home.

TO BANISH SQUEAKY HINGES

If you are driven to distraction by a squeaky hinge in your home, then all you need is a small amount of mayonnaise and 10 seconds of your time. Simply slather the mayo onto the hinge using your finger and then open and shut it several times to get it worked into the hinge. Wipe away any excess mayo using a paper towel or clean cloth.

TO REMOVE CRAYONS FROM WALLS

Have your little darlings let their artistic side run wild? Crayon marks on the walls can be a nightmare to remove, but you will be pleased to hear that mayonnaise offers the perfect solution. Use your finger to apply a layer of the condiment to the crayon marks and leave to sit for 10-15 minutes. Then wipe away with a clean cloth.

TO ERASE WATER STAINS

Erase water stains and rings on wooden furniture using just mayonnaise. Cover the mark completely, leave for 48 hours and then wipe with a clean cloth.

NB: You can use either full-fat or light mayo to achieve the same results.





That's CORKSOME!

Have you ever looked at a wine cork and thought, "I wonder what I could make with that?" Well, now you'll find out!

MINIATURE PLANTERS

YOU WILL NEED: 1 wine cork for each planter | A small knife | Soil | Small succulents

HOW TO MAKE: Carefully use the knife to hollow out the centre of the cork, leaving enough space to plant | Add a small amount of soil to the hollowed-out cork | Place your chosen succulent into the soil and water sparingly when needed

A KEYCHAIN

YOU WILL NEED: A wine cork | A small eye screw | A key ring | Decorative beads or charms (optional)

HOW TO MAKE: Screw the eye screw into one end of the cork, twisting gently until secure | Add the key ring to the eye screw | If desired, thread beads or attach charms

A BIRDHOUSE

YOU WILL NEED: Wine corks (50-70, depending on the desired size) | A wooden base | Adhesive glue or a hot glue gun | Wooden shingles or metal sheets (for the roof) | A dowel or small perch

HOW TO MAKE: Glue the corks to the base (standing upwards), creating the walls of the birdhouse | Attach the roofing material to the top, creating a slope to shelter the structure | Glue the dowel or small perch near the entrance of the birdhouse for the birds to land on | Add any desired decorations like moss, twigs, flowers or hand-painted details

A HEAT-PROOF TABLE MAT

YOU WILL NEED: Wine corks (20-30, depending on the desired size) | Strong adhesive glue or a hot glue gun | Some ribbon or twine

HOW TO MAKE: Arrange the corks on their sides into your preferred shape, such as a circle or square | Apply the glue to the sides of the corks, pressing them together according to your chosen pattern | Hold each cork in place briefly to secure them | Wrap the ribbon or twine around the mat and secure with glue | Allow to fully dry.

Photo credit: thesourceoftechie.com, rustic-crafts.com, lpinning.com



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A GUIDE TO FLUTING



Fluting is enjoying a revival in modern home décor, offering a simple way to add texture to a room, as well as a little glamour. Essentially a series of shallow grooves that run across a surface, there are lots of great ways to incorporate fluting into your home.

Fluted panel walls: Fluted wall panels can be used to add texture and visual interest to pretty much any room in your home. These can be installed vertically or horizontally, and the size of the spacing can be adjusted to achieve the desired effect. Fluted wall panels can be made from wood, metal, MDF or PVC.

Fluted design furniture: Fluted design furniture such as a fluted sofa or fluted cabinets provide the perfect way to create a focal point in a room, drawing the eye directly to the piece. When choosing fluted design furniture, pay close attention to the material and colour as these need to complement the rest of the room.

Fluted light fixtures: Light fixtures that feature fluted glass shades or grooved metal bases are bang on trend, adding a touch of elegance to any room. For a dramatic look, consider installing a fluted light fixture on a fluted wall.

Fluted design accents: Smaller fluted accents are ideal for anyone who wants to try out this design trend but doesn't want it to overpower a space. Fluted vases, candle holders and other fluted decorative items can be placed around your home to create specific areas of interest.

Fluted wall partitions: A fluted wall partition can be used as either a statement piece or as a subtle accent to separate spaces and zones in a room. It can be made from a variety of different materials including wood, metal and even glass. These are highly effective when used alongside fluted lighting for a more cohesive look.

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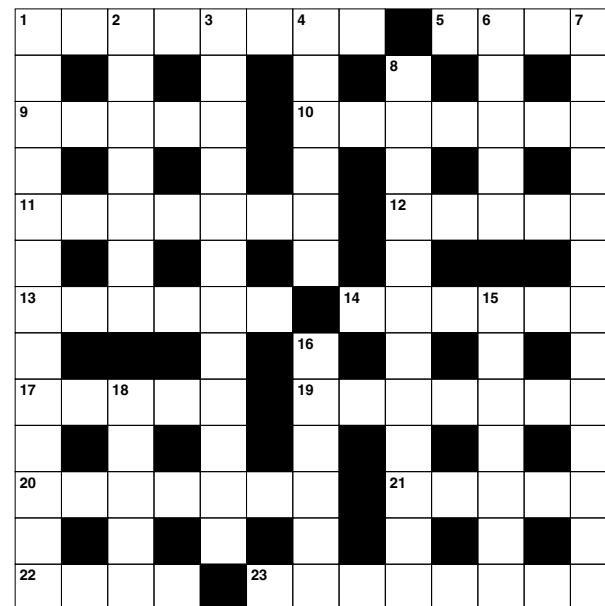
Answers: see end of The VISION Listings

ACROSS

1. Outlines (8)
5. Individual article or unit (4)
9. Path or road (5)
10. Nocturnal burrowing mammals (7)
11. Country whose capital is Kyiv (7)
12. Main artery (5)
13. Food that is not liquid (6)
14. Pain in the side (6)
17. Do extremely well at (5)
19. Ignores (anag) (7)
20. Storm (7)
21. Not concealed (5)
22. 365 days (4)
23. Is composed of (8)

DOWN

1. Warily; cautiously (13)
2. Impartial (7)
3. Ate too much (12)
4. Stole from (6)
6. Belonging to them (5)
7. State of the USA (13)



8. Beneficial (12)
15. Gardening tools (7)
16. Small cave (6)
18. Punctuation mark (5)

DID YOU KNOW?

- ▶ Megalosaurus was the first-ever dinosaur to be described and named. It walked on its two hind legs and could grow up to three metres tall.
- ▶ One of the largest land animals ever found is named Patagotitan; it could grow up to 37.5 metres in length and weighed up to 57,000kg.
- ▶ In contrast, the Microraptor is one of the smallest known dinosaurs, and was only about the size of a crow. It had wings on both its legs and arms.
- ▶ The Tyrannosaurus Rex had 60 teeth and could deliver up to six tons of pressure in one bite.
- ▶ Though the Stegosaurus could grow up to nine metres in length, its brain was only the size of a lime. It had a spiked tail which it used to defend itself.

SUDOKU

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

5 REASONS TO ADVERTISE

Why do businesses benefit from hyperlocal advertising?

1. Targeted advertising

Hyperlocal advertising allows companies to target customers who are within a specific geographic area, making it easier to reach the right audience and increase the chances of converting them into paying customers.



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 optimisation

Hyperlocal advertising can improve a business' search engine optimisation because it targets customers who are likely to be searching for businesses and services in their local area. By optimising 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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LOCAL FEATURE

The iconic, evocative voice born in Billericay

Alison Moyet MBE has always been a remarkable figure in the music industry, possessing a distinctive voice that resonates through generations and captivating audiences with her soulful sound and profound lyrical depth.

Born in Billericay in June 1961, growing up in a vibrant community exposed Moyet to various musical influences. Adding those to her love of global icons Gladys Knight and Janis Joplin assisted in shaping her own unique style.

In the early 1980s, Moyet rose to prominence as one half of the synth-pop duo Yazoo, alongside former Depeche Mode and future Erasure musician, Vince Clarke.

Their hits *Only You* and *Don't Go* are timeless classics, showcasing Moyet's powerful vocals against the backdrop of Vince Clarke's innovative electronic soundscapes. Following Yazoo's disbandment, Moyet embarked on a successful solo career.

Moyet's debut solo album, *Alf* – named after her punk-era nickname – released in 1984,

was a commercial and critical success. Featuring hits like *All Cried Out* and *Invisible*, it cemented her status as a solo artist.

Her voice – characterised by a deep, rich timbre – set her apart in an era dominated by synth-pop and new wave. However, throughout her career, Moyet has shown a remarkable ability to evolve.

She's successfully navigated through various musical styles, from the synth-pop of Yazoo to blues, jazz and even theatre. Her adaptability and willingness to experiment with different genres demonstrate her versatility and commitment to artistic growth.

The 62 year old's journey is a testament to her enduring talent and versatility. From the streets of Billericay to the global stage, she has left an indelible mark on the music industry.

Moyet now lives in Brighton with her husband, David Ballard, with whom she has a daughter, Caitlin. She also has a daughter, Alex, with her former partner Kim McCarthy and a son, Joe, from her first marriage to Malcolm Lee.



Photo credit: BBC/Shiraine Forrest

BRENTWOOD PROPERTY NEWS



Peter Garland-Collins REAL ESTATE TEAM

Market insights with the Brentwood Realtor...

As a local real estate agent, my customer service promise is that I invest time and energy into helping my clients make informed decisions by providing valuable insight into the housing market.

The big news last month was the announcement of a General Election and that UK inflation fell to 2.3% from 3.2%. The drop was driven by easing energy and food costs but what does this mean for interest rates and people looking to buy a home?

I am going to stick my neck out and say NOW is possibly the best time to buy in the next 5-10 years and here's why.

Some analysts are predicting that The Bank of England may cut rates by 0.25% from 5.25% at its August meeting, with further cuts to follow. Add to that a huge pent up demand of people waiting for any positive news or interest rate cuts and this will bring buyers flooding back to the market. More buyers creates a competitive environment. A Buyer's Market could quickly become a 'Seller's Market' again, meaning you are likely to pay more for the same house you could buy right now.

Brentwood | Sales and prices

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Number of sales last 12 months

Houses



351

Flats



159



Average price achieved last 12 months

£630,813

£250,964



Average price change per square foot

1 year -1.8%
5 years 13%
10 years 67.1%

-11.2%
-9.1%
36.6%

% residents who own their home



69.4%

Population



46,707

Average price per square foot



£489 last 12 months

Average house price change



-2.6% East of England

Source: DataGoff, Land Registry, Census 2021, DLUHC

Local market summary



Over the last 12 months the average sales price in Brentwood was £477,756, which compares (c) £329,417 across the East of England Region.

The highest value recorded by the Land Registry over the past 12 months was £845,670 for a flat and £3,850,000 for a house.

National market

House prices

The average price for a property in March was £282,776, up 1.8% year-on-year and 0.7% on the previous month (ONS).

Transactions

The HMRC report that 84,200 sales took place in March, the highest level since September 2023, but down -6.5% on last years levels

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Out of the original 12 located on the Frinton Park Estate, 10 still proudly exist today, each showcasing the elegance and forward-thinking design typical of the 1930s.

Crafted during a time when the popular style was at its zenith, they reflect an era characterised by optimism, progress and a flair for the dramatic. The clean lines, geometric shapes and occasional opulent detail of these houses speak of an era when design was both an artistic expression and a bold statement.

For visitors and architecture enthusiasts, the properties offer a unique glimpse into the past.

Walking through this neighbourhood is like stepping into a different era, where each house reveals its own story of design evolution and cultural history.

Safeguarding them has been a community effort, underscoring their significance not just as residential spaces but also as historical landmarks, and today they mean different things to different people.

For the residents, they are cherished homes, carefully maintained to preserve their original charm and character. For architecture students and historians, they serve as a real-life textbook of Art Deco design, offering insights into the techniques and trends of the time period.

More than that, though, they are now serving to inspire future generations of designers, calling many students, architects and planners to the area – not to mention the odd ambitious estate agent, with many of the properties estimated to be worth in excess of £1million each.



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YOUR LOCAL EVENTS

WHAT'S ON

BRENTWOOD ART TRAIL 2024

Brentwood, Shenfield and Ingatestone High Streets
Saturday, June 1, until Sunday, June 30, various times



Photo credit: Brentwood Art Trail X

Funded by Brentwood Connected, enjoy art on display in more than 60 venues, weekend art festivals, live street art, guided tours, walk talk and create events, creative workshops, and an Artists' Market.

To book your free spot at one of the events, please visit www.t.ly/siRyK

ONGAR ART SOCIETY SUMMER EXHIBITION

205 High Street, Chipping Ongar,
Ongar, CM5 9JG
Saturday, June 15, 10am – 7pm and Sunday,
June 16, 10am – 4.30pm

Come along to this beautiful exhibition and enjoy the large variety of local artists displaying their work. Visitors can also enjoy tea and homemade cake.

Tickets cost £1 and will be available on the day. To find out more, visit www.visitessex.com/whats-on/ongar-art-society-summer-exhibition-p2112111

1940S WEEKEND

Epping Ongar Railway, Ongar Station,
Station Approach, Ongar, CM5 9BN
Saturday, June 15 and Sunday, June 16,
times to be confirmed

Travel back in time and experience a rural British steam railway during the Second World War. There will be civilians dressed in period clothing, as well as Home Guard officers, wardens, American GIs and more, alongside period vehicles including cars, vintage buses and, of course, steam trains.

Fares have yet to be announced, but children aged

three and under go free. To find out more, please visit www.eorailway.co.uk

RUNNING WILD 2024

Wild Forest, Parsonage Farm, Ongar Road,
Brentwood, CM15 0LA
Saturday, June 22, from 10am

Take part in a muddy obstacle course featuring sliding, climbing, obstacles and water. The run finishes in style with the 20-foot Deathslide into a lake. Participants will raise vital funds for the Essex Wildlife Trust.

The registration fee is £30, with a £100 fundraising pledge. Participants must be aged over 13. To sign up, visit www.essexwt.org.uk/events/running-wild

EMMA

Brentwood Theatre, 15 Shenfield Road,
Brentwood, CM15 8AG
Wednesday, June 26, to Saturday, June 29,
various times

This show is a musical version of the Jane Austen classic, *Emma*. It tells the story of Emma Woodhouse, a young matchmaker whose attempts to find romantic partners for her friends go terribly awry.

Tickets start from £19 from www.brentwood-theatre.co.uk/event/emma-2/all

MILLNET GOLF DAY FOR HAVEN HOUSE

Bentley Golf Club, Ongar Road,
Brentwood, CM15 9SS
Tuesday, July 2, 12.30pm – 8pm

This golf day is perfect for local businesses looking to have a good time while also raising money for a local charity. There will be an 18-hole stableford competition, nearest the pins, longest drive, and more.

Four balls cost £300 per team. Find out more at www.havenhouse.org.uk/event/millnet-golf-day



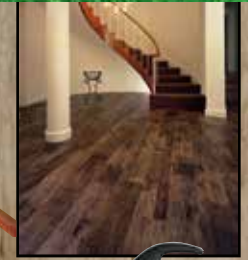
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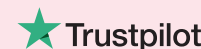
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GET PRODUCTIVE!

Working from home comes with a whole host of benefits, such as a better work/life balance and no commute, but that doesn't mean it's without its challenges. If you struggle to maintain productivity levels throughout the day, these products are just what you need.

1 AN ERGONOMIC MOUSE

A standard mouse can cause discomfort to the hand, wrist and forearm over time, whereas an ergonomic mouse is designed to keep them in a more natural position. It also requires less grip and force, which can help to prevent strains and other injuries.

2 AN ADJUSTABLE DESK

If you do not have a good workstation setup, you are at risk of injuries such as carpal tunnel syndrome, mouse shoulder and repetitive strain injury, all of which can harm productivity. An adjustable desk allows you to alternate between sitting and standing to encourage movement and reduce strain.

3 A WELLBEING PLATFORM/APP

Working from home can be stressful, especially when family life starts to overlap with your office hours. To ensure you can work productively without damaging your health, consider downloading a wellness app such as Unmind, Headspace or Happify which can help you de-stress, sleep better and improve your mental wellbeing.

4 A DESK PLANT OR TWO

Indoor plants have been scientifically proven to improve concentration and reduce stress in the workplace. They have also been shown to boost productivity and creativity. Choose low-maintenance plants such as the snake plant, peace lily and aloe vera.

5 A WI-FI RANGE EXTENDER

As a remote worker, you will know only too well how important a good Wi-Fi connection is, and that there's nothing worse than poor signal when you have a deadline looming. A Wi-Fi range extender connects to your Wi-Fi router and works to strengthen its signal to areas it cannot reach on its own.



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A WILL WRITER'S WORDS OF WISDOM

WORRYING PROBLEMS

If a married couple dies together, and where there is no Will, the eldest is deemed to have died first, so only the family members of the surviving spouse will inherit

Unless it has a Contemplation of Marriage clause, marriage or re-marriage invalidates a Will, requiring a new arrangement

Without a Will, spouses and civil partners are NOT automatically entitled to all of the estate assets on death, and the Government could inherit your estate

if you die with no surviving traceable relatives

Without a Will, even grandparents have NO automatic Legal Guardianship of their orphaned grandchildren

A beneficiary or their spouse should not be a witness to a Will, or they will disinherit themselves

If you have no surviving parents, siblings, grandparents, uncles or aunts, then under the Intestacy Rules, the whole estate goes to the Crown or the Duchy of Lancaster or the Duke of Cornwall.

PEACE OF MIND SOLUTIONS

Always appoint charities as your final beneficiaries, to avoid your estate being claimed by the Government

By the use of a Property Protection Trust, you can ensure that if you pre-decease and your spouse remarries and has more children, your own children benefit from your share of your home, and not the new spouse. BUT if Probate is not completed, the Trust Deed will not be set up and notified at the Land Registry

A Grant of Probate confirms to Executors that they have the authority to act and carry out the wishes of the deceased

If a Named Beneficiary, Executor, Trustee or Legal Guardian changes their name, e.g., on marriage or by Deed Poll, it is not necessary to amend the Will:

documentary evidence, eg Decree Absolute, is sufficient

The estates of current or retired members of the Armed Forces, fire police and ambulance services, and most rescue organisations are entitled to exemption from Inheritance Tax if they die on active service, or if their later death was caused by an injury or disease that was received or aggravated while they were on active service

A properly worded Will could ensure that half the value of your home is potentially protected against Local Authority care home fees

There is no Inheritance Tax liability if the deceased spouse has left their entire estate to their surviving spouse or registered civil partner.

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George Mallory...

'BECAUSE IT'S THERE'

One hundred years ago this month, on June 8 1924, the 37-year-old mountaineer George Mallory disappeared on Mount Everest. He was presumed dead, leaving a widow and three young children. But his body wasn't discovered till decades later.

Mallory was born in June 1886 in Moberley in Cheshire. He started climbing while still at school and proved himself a natural.

SCHOLAR, TEACHER AND CLIMBER

When he graduated from Cambridge, he became a teacher, though he also served in France during the First World War. But his heart remained in the mountains. In 1921, he was selected for the first major British expedition to Everest.

Sadly, the 1921 expedition failed because of strong winds. Another try was made in 1922, with three more attempts to reach the top. However, they didn't make it, and tragically, seven Sherpa porters lost their lives.

FAMOUS WORDS

Before the third expedition in 1924, a reporter from

The New York Times asked Mallory why people wanted to climb Mount Everest. In response, Mallory offered the simple yet profound reply: "Because it's there."

THE THIRD AND FINAL EXPEDITION

Mallory and his less-experienced companion, 22-year-old Andrew Irvine, set out for the summit from their last camp on the morning of June 8. It was the expedition's third attempt to reach the summit. They were last spotted about 800 vertical feet (some 240m) below the summit but never returned to camp. Britain was shocked by the news.

THE GRIM DISCOVERY

An expedition dedicated to solving the mountaineers' disappearance was launched in 1999. Mallory's well-preserved body was found – he was identified by his clothing and personal items. Evidence suggests he died from a fall during his descent in darkness. Despite extensive searches, Irvine's body has never been found. And to this day, no one is sure whether either man reached the summit before his death.



HISTORY



Ballet pumps are one of the biggest shoe trends of the summer, having dominated the catwalks earlier this year. Versatile, comfortable and super stylish, these can be worn for all occasions and with many different outfits.

What are ballet pumps

Ballet pumps are a type of flat-heeled, round-toed shoe that are typically lightweight and look similar to the shoes worn by ballet dancers. They are often made from soft leather, but you can also find them in materials such as canvas, PVC and nylon.

Where to wear ballet pumps

To the office: Simple, soft leather ballet pumps are perfect for the office owing to their neat design and flat soles. Avoid embellishments and pair with a smart skirt, dress or formal trousers.

To a party: If you don't like wearing heels, embellished ballet pumps are a great alternative for parties and nights out. Wear with your favourite dress, jumpsuit or midi skirt.

To a wedding: Elegant and graceful, ballet pumps are the ideal match for a wedding guest outfit. Opt for pale pastel colours such as cream, pink or powder blue.

For every day: Ballet pumps are comfortable and stylish, making them the obvious choice for everyday casual outfits. Great with straight-legged jeans and a shirt or vest top.

How to wear ballet pumps

- > Avoid wearing tights, stockings or socks with ballet pumps as these can cause unsightly creases and wrinkles around the ankles.
- > Different strap styles can make your legs look either shorter or longer. Thick ankle straps can take length off your leg, whereas thinner straps can help to elongate them.
- > Show some skin. Ballet flats look most flattering when the lower leg or ankles are showing, so keep dresses and skirts above ankle length or pair them with cropped trousers.
- > Complement your ballet pumps with statement accessories such as a chunky necklace, a large clutch bag or a bold belt.



Photo credits: ASOS.com



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EMMA HAYES
AND HER...

BARCLAYS WOMEN'S SUPER LEAGUE
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2023-24



AS SHE DEPARTS FOR THE UNITED STATES WITH A FIFTH SUCCESSIVE WSL CROWN AS CHELSEA BOSS, A NATION OF FOOTBALL LOVERS SALUTES THE ENIGMATIC EMMA HAYES OBE

The spectacular rise of women's football in this country has made household names of the game's best players; yet the likes of Mary Earps MBE, Lauren James and Sam Kerr OAM are not the only stars on show, a fact proven by outgoing Chelsea manager Emma Hayes OBE.

The fiery, firm-talking Blues boss is arguably the most recognisable manager in the game – although England coach Sarina Wiegman OON CBE may disagree! – and someone whose tenure in West London has been nothing short of sensational.

In the Women's Super League's (WSL) most competitive era, Hayes has led Chelsea to 14 major trophies, including five successive Super League titles – the last wrapped up on the final day of the domestic season with a 6-0 demolition of Manchester United.

She now departs to take charge of the US women's team.

The fact that Hayes has chosen to venture to the burgeoning football across the pond shouldn't come as too much of a surprise. Her managerial career actually kicked off Stateside when she took charge of the Long Island Lady Riders in 2002, progressing on to Iona Gaels. A short stint at Arsenal Ladies followed before Hayes found her niche at Chicago Red Stars, where she worked as head coach and director of football operations.

Arguably, this insight, refined on both sides of the Atlantic, has informed the 47 year old's approach to football. She is a master tactician and one of the sport's most resilient characters, as well as a driving force behind mental and physical health in sport.

Her own evolution has run alongside that of

the game, and moving back Stateside in what is perhaps the biggest job in the game will add another layer to an already flourishing career.

"There are some opportunities in football that become just too great to refuse," says Hayes, "and I think this is one of them.

"The US women's team job is massive in every way, and I look forward to reconnecting to life over there, as it gave me some of my happiest memories.

"In my head, it was probably time to look for a new challenge anyway. We have done marvellous things at Chelsea, but I think both myself and the club need a new approach and direction, and I've no doubt we will both find it."

Ever controversial, Hayes has stoked the furnaces in the past with her comments on equal pay, player-to-player relationships, and the use of the tag "male

aggression" in describing a co-manager.

"When I've caused a stir, it's usually been in the heat of the moment," she says. "I am big enough to admit to my mistakes and to own them. I will make more in future, I'm sure!

"If I can supplement those slip-ups with winning trophies and continuing to push forward everything within this brilliant game, I'll take that!"

Hayes's first task is to restore the US women's team to their number one FIFA ranking. They currently sit fourth – their lowest-ever rating – behind world champions Spain, England and France.

"It's a big job, but I can't wait to get started," she says. "Hopefully, my experiences will go on to inspire not just the next generation of footballer, but coaches and managers as well. That really will be my greatest achievement."



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PRUNING *climbing* PLANTS



In part 2 of our feature on how to prune climbing plants, we look at how to prune sausage vines, wisteria, clematis and climbing roses.

HOW TO PRUNE CLIMBING ROSES:

- > In the first year after flowering, prune away any stems that are growing away from the structure.
- > In the second year and beyond, repeat this step and, if your roses are getting too vigorous, cut away some of the weaker growth.
- > Cut out any dead, damaged or diseased parts of the plant each time you prune.

HOW TO PRUNE WISTERIA:

- Wisteria can be left unpruned if you have enough space for it to do its own thing. However, for the best blooms, you should prune it twice a year, in late summer and again in winter.
- > In summer, control the size of your plant by pruning any green shoots that have grown during the current year to a length with five or six leaves.
 - > In January or February, when the plant is dormant, cut back the same stems to two or three buds from the main stem.

HOW TO PRUNE SAUSAGE VINES:

- During the spring and summer, sausage vines have the potential to put on metres of new growth, which means that you may want to prune them to keep them under control. However, no regular pruning is needed.
- > Wait for any blooming to finish and then remove as much from the longer shoots as necessary.
 - > Remove any dead, damaged or diseased leaves.

HOW TO PRUNE CLEMATIS:

- Clematis plants fit into one of three pruning groups and it is vital that you identify which group your one is in so that you can prune it effectively.
- > Group 1 clematis, such as Montana and Alpina varieties, require no pruning at all.
 - > Group 2 clematis, such as Niobe, Piiu and Nelly Moser (large flowering varieties), should be pruned lightly in February.
 - > Group 3 clematis, including smaller flowered Viticella varieties, need to be thoroughly pruned in spring.



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Bulldog Mini Skips, nestled in the heart of Brentwood, Essex, stands as a beacon of reliability and efficiency in waste management services. Specialising in mini skips and clearance, the company caters to the diverse needs of its clientele with utmost professionalism and dedication.

What sets Bulldog Mini Skips apart is its commitment to providing prompt solutions. Offering a same-day service for both long-term and short-term skip hires, they ensure that customers' needs are met swiftly and efficiently. Whether it's a cluttered garage, a renovation project, or a garden overhaul, Bulldog Mini Skips facilitates hassle-free rubbish removal and house clearance, alleviating the stress of waste management.

Moreover, Bulldog Mini Skips prioritizes affordability, recognizing the importance of cost-effective solutions in today's economic landscape. Their transparent pricing structure ensures that customers receive value for money without compromising on quality or service standards. Additionally, the company extends special rates for OAPs, demonstrating a genuine commitment to supporting and serving the local community.

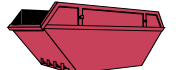


In essence, Bulldog Mini Skips combines expertise with a customer-centric approach, making them the go-to choice for anyone in Brentwood seeking reliable waste management solutions. With Bulldog Mini Skips, cleanliness and convenience are just a phone call away.

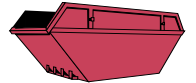


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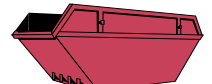
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HIDDEN HAZARDS IN HOSEPIPES

The arrival of the summer sunshine means playing in paddling pools, topping up ponds and watering the plants. But did you know that your humble hosepipe is hiding a whole host of health hazards just waiting to strike?

1 SCALDING WATER: When a garden hose is left in direct sunlight, the water inside it can heat up. In fact, the water can easily reach temperatures that are hot enough to cause burns and scalding injuries.

2 CONTAMINATION WITH CHEMICALS: Hosepipes can release harmful chemicals such as lead, phthalates and BPA into the water, and this is especially true when they are heated up by the sun. These chemicals can pose health risks when ingested or absorbed through the skin.

3 ALGAE AND BACTERIA GROWTH: Warm and stagnant water in your hosepipe can create an environment for algae and bacteria to grow, and this can lead to unpleasant odours. It may also cause health issues if the contaminated water comes into contact with your skin, and severe complications if ingested.

4 LEGIONNAIRES' DISEASE: One of the most dangerous types of bacteria that your hosepipe can breed is Legionella, which thrives in warm, stagnant water. While Legionnaires' disease is rare, it can cause serious illness or even death to the elderly and those with an underlying illness.

How to keep your hosepipe safe:

- > Keep it somewhere cool and make sure it's out of the sun.
- > Drain all of the water out before use by running it over a tall place such as a garden fence where gravity forces the water to exit the hose.
- > Fit an approved double-check valve to prevent any water or contaminants from flowing back into your main drinking supply.
- > Always turn the hosepipe off at the tap and, ideally, fully disconnect it when not in use.
- > Fit a self-closing flow control, such as a trigger spray gun, to prevent it from being used when unattended.
- > Use a watering can when possible to reduce your overall water usage.



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MICHELIN RECOMMENDED

The Windmill Chatham Green is a charming family-run and dog-friendly restaurant and pub, surrounded by the beautiful Essex countryside, just outside of Chelmsford on the route to our city's racecourse.

Michelin star chef Tom Clarke and his partner Nancy Witte officially opened the doors in October 2022. Ever since, guests are invited with a very warm welcome by Nancy and her front-of-house team to enjoy and discover Tom's exceptional talent, creating different flavour combinations by using foraged and seasonal ingredients.

Last year, it was announced that they are now officially recommended in the Michelin guide.

Both have worked at some of the best restaurants in England and France. Tom, born in Chelmsford, has started his career in some very well-known local restaurants, such as Le Talboth in Dedham before moving on to work at Ramond Blanc's Le Manoir aux Quat'Saisons in Oxford, Le Strato Hotel in France, and the legendary L'Oustau de Baumaillère.

In 2015, he took over the head chef position at L'Ortolan in Reading where he was awarded one Michelin star and three AA rosettes, which he retained for five years until leaving to open his own restaurant.

Nancy, born near Berlin, has worked at the famous Sacher Hotel in Vienna, before moving to England to work at the private members club Mosimann's in the centre of London, as well as the Michelin-starred restaurant L'Ortolan in Reading, where the couple met.

Tom and Nancy found their true passion for foraging at the small experimental restaurant Forage Kitchen in



Bury St Edmunds, where they worked for two years prior before moving to the hamlet.

It is not so farfetched for the pair to choose this very location for their own venture when you realise that the family roots run deep here for Tom.

His uncle and grandparents ran The Bakery in the nearby village in Great Waltham, selling freshly baked goods to the local community until closing in 1991.

The restaurant has the cosy feel of a county pub with a rustic chic and original features. There is a well-stocked bar with a quite unusual offerings of sprits and cocktails.

The menu is kept short as dishes change frequently with the seasons. Menu descriptions are deceptively and don't reveal the full complexity of cooking until the actual dish arrives, served and described by the chefs and the front of house.

A clear feature as you arrive is the original windmill building next to the pub where Henry Challis, the last miller, stopped grinding wheat to start selling beer back in 1904. Since arriving, the couple have transformed the downstairs room into a very charming private dining room, offering the perfect space to celebrate any special occasion, from birthdays to a smaller wedding reception.

For those who are looking for a mini break, there are two individually designed ensuite bedrooms, which are accessible via a well-hidden secret garden overlooking the English countryside.



THE WINDMILL CHATHAM GREEN

The Windmill at Chatham Green is hidden away in the beautiful Essex countryside, just outside of Chelmsford, near the city's racecourses, where Michelin Star chef Tom Clarke and his partner Nancy invite you to discover exceptional modern cuisine, using foraged, seasonal ingredients.

The menu is kept short and changes frequently to reflect seasonality and sustainability, using only the highest quality ingredients.

With a dedicated restaurant area, the pub still remains a pub, where you can enjoy unique drinks, wines and a selection of real ales at the bar or on the terrace.



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FOOD & DRINK



One of the most popular vegetables for home gardeners, this plant is often responsible for creating an abundance of produce. So, what can you do with your surplus tomatoes?

SUN-DRIED TOMATOES (serves 4)

You will need:

1kg tomatoes | 4 garlic cloves | 20g fresh oregano | Olive oil | Sea salt

How to make:

Quarter the tomatoes and remove the seeds | Place in a colander and sprinkle generously with sea salt | Leave for 20 minutes and rinse with cold water | Make a paste by crushing the garlic, oregano and a drop of olive oil | Mix with the tomatoes until evenly coated | Arrange on greaseproof paper, cut side up | Set your oven to a low temperature (around 90°C/ 70°C fan/ gas mark 1) and put in the tomatoes | Dry them in the oven for around 3 hours – do not let them start to brown | Leave to cool before placing in a sterilised, airtight jar and filling to the top with olive oil | Lasts for up to one year | Perfect for adding to salads and pasta dishes

TOMATO CHUTNEY (makes 2 x 300ml/half-pint jars)

You will need:

1kg tomatoes | 500g finely sliced red onion | 4 sliced garlic cloves | 1 chopped red chilli | 4cm piece of fresh ginger, peeled and chopped | 250g brown sugar | 150ml red wine vinegar | 5 cardamom seeds | ½ tsp paprika

How to make:

Tip all the ingredients into a large pan and bring to a gentle simmer, stirring occasionally | Simmer for one hour, then bring to a boil until the mixture turns dark, jammy and shiny | Pour into sterilised jars and allow to cool before covering | Will keep for up to six weeks in the cupboard | Add to Indian-style curries, to elevate a sandwich, or use as a dipping sauce

TOMATO SALSA (serves 4)

You will need:

600g chopped tomatoes | 160g chopped onions | ½ cup green bell pepper | 2 tbsp fresh lime juice | 4 tsp chopped fresh jalapeno pepper (with the seeds) | 4 tbsp minced fresh coriander | ½ tsp ground cumin | ½ tsp kosher salt | ½ tsp ground black pepper

How to make:

Stir all the ingredients in a bowl until combined | Alternatively, for a smoother salsa, blitz in a blender | Add a little lemon juice or vinegar before storing to preserve your salsa for longer | Store in an airtight container in the fridge for up to one week or up to one year in the freezer | Use as a dip for crisps, to cool down fajitas, or as a burger topping.



Cooking with ARTICHOKES

Many people shy away from artichokes as they do not know how to prepare or cook them. While it is true that this tasty vegetable does require a little bit of TLC, the result is well worth the effort!

How to choose and buy artichokes

Look for artichokes that feel heavy as these will be more meaty. The leaves should ideally be closed with a little separation, but not wide open.

Which parts of an artichoke are edible?

The most common part of an artichoke that people eat is the heart. Within the heart, you will find the 'choke', which is too fibrous to consume. Surrounding the heart are the petals, which you can eat by pulling the base of the petal through lightly clenched teeth to strip off the petal meat.

How to prepare artichokes

- > Cut off the tips of the leaves.
- > Slice off the top of the artichoke.
- > Remove the small leaves at the base and on the stem of the artichoke.

- > Trim any excess stem, leaving up to 1 inch.
- > Rinse the artichoke in cold water.

How to cook artichokes

Steaming is considered to be the easiest method and also helps the vegetable retain moisture. Boiling is also a popular choice if you prefer a softer texture.

Our favourite artichoke recipe:

Artichokes with parmesan butter sauce

YOU WILL NEED:

- > 1 lemon, halved, and juice of 1 lemon
- > 4 globe artichokes
- > 200g chilled butter or vegan alternative, chopped into cubes
- > 100ml dry white wine
- > 25g parmesan or vegan alternative

HOW TO MAKE:

- > Bring a large pan of salted water to the boil.
- > Add the lemon halves.
- > Cut the stalks off the artichokes and add to the pan of water.
- > Boil for 40-45 minutes until soft and tender.
- > Pour the wine into a pan and reduce by half.
- > Whisk in the butter, one cube at a time.
- > Whisk in the parmesan and lemon juice.
 - > To eat, pull off the leaves and dip the broken end into the sauce.
 - > When you reach the middle of the artichoke, remove the centre leaves, scrape out the choke and eat the heart.



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Do you suffer with headaches in the back of your head? There are several possible causes of this common type of pain.

the spine, changes in the bone structure of your neck, or inflamed blood vessels in your head.

TENSION HEADACHE: This is the most common type of headache and occurs when the muscles in your scalp and neck tighten, often as a response to stress or anxiety. Typically, this causes pain on the side and back of your head. Tension headaches tend to cause a dull, throbbing pain rather than a sharp one.

LOW-PRESSURE HEADACHE: A low-pressure headache, also known as spontaneous intracranial hypotension, occurs when there is a spinal fluid leak in your neck or back. Low-pressure headaches cause intense pain in the back of the head and neck which tends to get worse when you stand or sit.

POOR POSTURE: If you tend to slouch when you are sitting at your desk or when standing, then this can strain the muscles in the back of your head, upper back, neck and jaw. This also puts pressure on these areas which can result in pain at the back of your head.

OCCIPITAL NEURALGIA: This is a rare type of headache that causes pain in the occipital nerves. These run from your spinal cord up to your scalp. When these nerves become injured or inflamed, you are likely to feel pain in the back of your head or behind your ears. This pain is often described as stabbing and severe.

ARTHRITIS HEADACHE: The main symptom of an arthritis headache is pain in the back of the head which tends to get worse when you move. This headache occurs as a result of arthritis in

If you have pain in the back of your head that lasts for several days or that does not go away after taking over-the-counter pain relief, make an appointment with your GP.

WHAT IS TESTICULAR CANCER?

Testicular cancer is a relatively rare form of cancer that develops in the testicles. It occurs when abnormal cells in the testicle start to grow at an uncontrolled rate. There are a few different types of testicular cancer, the most common is the "germ cell tumour" variation.

It primarily affects young men, with the **average age of diagnosis being just 33 years old**. Thankfully, testicular cancer is a highly treatable cancer if detected early.

What are the signs of testicular cancer?

Testicular cancer requires a testing process to diagnose.

This may mean you undergo an ultrasound scan, biopsy and blood tests once you've detected a lump and received an examination. There are **a number of signs and symptoms** that can indicate the possibility of testicular cancer.

These include: A lump on either testicle, Heaviness of one or both testicles, swelling, pain or tenderness, changes to the size of one or both testicles and fluid build-up

It's important to remember that any of the symptoms listed above can be caused by a condition other than cancer. If you do find yourself experiencing any of the above symptoms, we recommend getting checked out by a professional to put your mind at ease.

Is there always pain?

It's rare for a cancerous lump to be painful. This makes knowing how to self-examine your testicles even more important, because your body will likely not warn you about the presence of a potentially cancerous lump or swelling. If you do have pain, it's equally important you get yourself examined by a medical professional. Pain can be a sign of testicular torsion, swollen veins in the testicle (varicocele), infection or a cyst.

How do you get testicular cancer?

This is a good question that isn't fully understood. There are many factors that will increase your likelihood of developing testicular cancer, some of which you can control (lifestyle factors) and others (genetic factors) which you cannot.

These factors include: Smoking, weight, whether you've had testicular cancer in one testicle before, family history of cancer, men with a low fertility count, younger age, whether or not you have one or two undescended testicles (cryptorchidism), Race (testicular cancer is **more common in Caucasian men**).

Whilst it's thought that these factors may play a part in the development of testicular cancer, research indicates that most men with testicular cancer have no known risk factors present.

How to check your testicles

Checking your testicles is quick and easy. Familiarising yourself with the shape and size of your testicles means you can quickly notice any swelling or changes to shape and size.

- One at a time, gently hold each testicle between your thumb and index finger
- Roll the testicle between your fingers, checking for any unusual lumps, bumps, or swelling
- Compare each testicle to the other, noting any differences in shape or size

How often should I do a check?

Checking your testicles once a month is enough. Make sure you use the same method each time when you do. For example, don't self-examine after intense exercise one month and in the shower the next. Using the same method every time helps minimise the impact certain factors can have in the shape and size of your testicles, such as blood flow like hormones, testicular retraction, or position.

When to see a professional

If you find a lump or growth on your testicle, it's always best to get checked out by a professional. In this situation, you will likely be examined by a doctor who is likely to **arrange a testicular ultrasound** scan to assess the growth.

This process involves a quick scan that can detect the presence of cancerous material or other conditions like epididymitis and testicular torsion and is often combined with a biopsy to take a small sample of cells if required.



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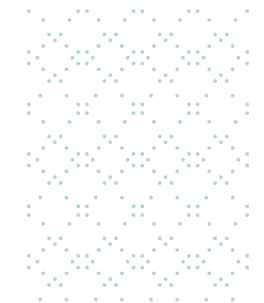


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AROMATHERAPY

awareness week

Aromatherapy Awareness Week (June 8-14) is designed to highlight the important role aromatherapy can play in the management of our health, with activities and events taking place all over the UK.

What is aromatherapy?

Aromatherapy is a holistic healing treatment that uses aromatic essential oils to enhance physical and emotional health. Considered to be a science and an art form, aromatherapy is used to treat a variety of different conditions.

What can aromatherapy oils be used for?

- Peppermint to manage pain
- Lavender to improve sleep quality and for discomfort during labour
- Ylang ylang to reduce stress and anxiety
- Eucalyptus to soothe sore joints and to boost immunity
- Rosemary to treat headaches and migraines
- Cardamom to improve digestion
- Ginger to alleviate the side effects of chemotherapy

How to practise aromatherapy at home

1 Use a diffuser – Diffusing essential oils provides a great way to enjoy their aromatic properties. This works by taking a few drops of concentrated essential oil and disseminating them into the air over an extended period. Good for uplifting your mood, promoting relaxation and aiding sleep.

2 Inhale the steam – Steam inhalation is particularly effective for respiratory issues and sinus congestion, as well as being good for the skin. This involves adding a few drops of essential oil to a bowl of hot water, covering your head with a towel and inhaling the steam deeply for several minutes.

3 Apply topically – Some essential oils can be applied topically to the skin, but these must be diluted with a carrier oil such as coconut oil, almond oil or olive oil. This method is good for massage, making bath oils, and creating soothing balms for pain relief.

Safety precautions

- If you have any allergies or sensitivities, perform a patch test on the skin before using a new essential oil.
- Keep essential oils out of reach of children and pets.
- Pregnant and breastfeeding women should consult their doctor before using essential oils.





PETS

COOL CORALS

Are you a first-time reefer? Corals are easy to care for, inexpensive, colourful, and grow fast. What more could you want for your reef aquarium?

WHAT IS A REEF AQUARIUM?

A reef aquarium is a type of marine aquarium that displays live corals and particular species of fish to mimic the natural environment of a real coral reef.

WHAT ARE THE BEST CORALS FOR A REEF AQUARIUM?

Zoanthids: Zoanthids grow fast and tolerate a wide range of light and water qualities. Available in many different colours, these appear in tight clusters of individual polyps that are all connected together. Best suited to putting on islands (these can be made from aquascaping rocks) that are down in the sand where they can be controlled.

Sinularia Leather: A soft coral that resembles a tree, Sinularia is most commonly found in green but it is also available in pink, purple, yellow and brown. Adding movement to your aquarium, this coral grows fast so you will need to prune regularly.

Weeping Willow Toadstool: Another soft coral, the Weeping Willow is both hardy and tolerant, with fast-growing rates. Adept at soaking up unwanted nutrients in new tanks that develop from overfeeding or poor filtration and maintenance, this coral is perfect for beginners.

Xenia: If you are looking for a coral that demands to be seen, then Xenia is exactly what you need. Not only does this soft coral move from side to side, but it also has the unique ability to open and close its tentacles. Xenia is very prolific, so is best grown close to islands where it can be controlled.

Bubble Corals: As the name suggests, Bubble Corals look just like bubbles or little balloons. Great for adding a bit of fun to your aquarium, these grow reasonably fast and are easily controlled. They are available in yellow, white, light pink and neon green.

Mushrooms: Arguably the easiest and most affordable coral, mushrooms come in a huge variety of colours. The only downside is that they can grow too much and take over your tank if left to their own devices.



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STAY COOL
this summer in the Faroe Islands

TRAVEL

If you don't want to risk the sweltering heat of Britain in August, never mind the crowded beaches, why not make a beeline for the enchanting Faroe Islands? Tucked away in the North Atlantic, the best thing for heat-haters is that summer daytime temperatures average just 12°C. But there's much more to the islands than cool breezes.

WHAT'S IT LIKE?
The 18 islands that make up the group offer rolling green hills dotted with colourful cottages. There are also mountains, waterfalls, rugged coasts, caves and fjords. But there are some lovely towns as well. Many of the 18 islands are now connected by tunnels and bridges.

The Faroes are a self-governing region of Denmark. It has its own language – Faroese, which is closely related to Icelandic. But English is also widely spoken.

WHERE CAN I STAY?
There are plenty of places to stay, from quaint wooden cabins to luxury hotels. Airbnb is an excellent way to explore the main options. Prices aren't rock bottom, but they're generally similar to those in the UK – and public transport is cheap.

IS IT SUITABLE FOR WILDLIFE LOVERS?
Yes, especially birdwatchers. Thousands of puffins fly freely, and there's an astonishing array of other seabirds, including gannets, fulmars, loons and petrels. Summer is the perfect time to visit because it's breeding season. There are also seals, dolphins, and plenty of sheep.

WHAT ELSE CAN I DO?
As well as outdoor activities like fishing, kayaking and surfing, there's a lively music scene and plenty of great restaurants specialising in lamb, fish and seafood.

HOW CAN I GET THERE?
You can fly direct from Edinburgh in around an hour. You can also fly via Denmark from most UK airports. Alternatively, you can get a ferry from Edinburgh, which will take around five hours.

For more information, see visitfaroeislands.com






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SUN SAFETY

tips for babies

Whether you are planning to stay in the UK this summer or you are travelling to another country, if you have a baby, you need to make sure you are keeping them safe in the sun.

Keeping your baby protected from the sun
Babies under six months old should be kept out of direct sunlight as their skin does not contain enough melanin to protect them from the sun. Sunscreen is not recommended for babies under six months. Older babies should be kept out of the sun as much as possible, particularly in the summer and between 11am and 3pm when the sun is at its strongest.

Dressing your baby in the sun
Choose fabrics that are made from natural materials such as organic cotton and bamboo as these will feel cool and allow your baby's skin to breathe. Always make sure your baby wears a sun hat with a wide brim or a long flap at the back to protect their head and neck from the sun.

Avoiding dehydration
Babies need to have access to plenty of fluids when they are exposed to hot temperatures, in the same way that adults do. Breastfed babies do not need any water until they have started to consume solids, but they may want to breastfeed more than normal during hot weather. Formula-fed or combi-fed babies under six months can have a little cooled boiled water as well as their usual milk. Once you have started to introduce solids, your baby can have sips of water with their meals.

Keeping your baby cool
There are many ways to keep your baby cool when the sun is shining, such as running them a cool bath before bedtime, keeping their bedroom cool in the day by closing the blinds or curtains, and using a fan to allow air to circulate. In the daytime, babies can play in a paddling pool as long as they are supervised at all times and kept in the shade.



DECAY DELAY



THE TECHNOLOGY THAT'S TRANSFORMING OUR DENTAL PRACTICES

A trip to the dentist is rarely pleasurable. Often inconvenient, almost always expensive, and if it goes really badly, painful too!

While there is no one better to oversee oral hygiene than your dentist, technology these days is at least allowing you to perform some basic check-ups and maintenance from the comfort of your own home.

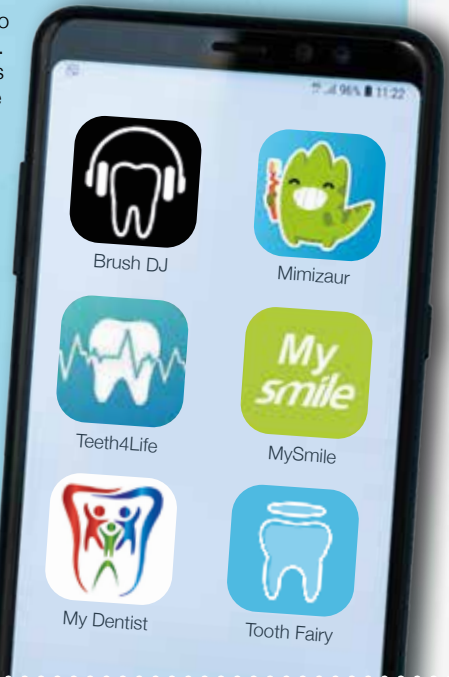
From basic apps such as **Brush DJ**, **Mimizaur: Tooth Brushing Timer** and **Teeth4Life**, simply advise you on the length of time you should be brushing your teeth for – these are particularly good for kids, of course. However, there are also almost encyclopaedic bits of tech that guide you through everything from development of a tooth to processes of decay.

Perhaps more useful are apps that serve to connect you with oral hygiene professionals. **MySmile** and **My Dentist** are two such bits of tech. The latter of these can even facilitate you speaking one-to-one to a specialist in the event of pain or discomfort, so that you can get an initial diagnosis and process for calming the tooth down if you're unable to visit your regular dentist straight away.

Naturally, many of us are focused on the preservation or promotion of a good smile, with a number of apps enabling you to upload your face and virtually try out different teeth whitening strengths to see how it might look.

Finally, some apps help you to build your own toothcare profile. **Tooth Fairy** is the UK's first app to be health regulated, with the aim of enabling patients to spend more time getting treatment and less time travelling or waiting to be seen.

Of course, an app is only ever as reliable as the technology behind it and the person operating it, and there is never any substitute for professional guidance when it comes to protecting your teeth and gums.



HOW TO TACKLE TROUBLESOME

TAN LINES

Whether you have a t-shirt tan from working in the sun or swimsuit tan lines from a recent holiday abroad, these noticeable patches of paler skin can wreak havoc with your summer look. Here's how to tackle your tan lines.

1 LEMON SCRUB

Scrubbing can help to get rid of dead skin cells which can make your tan lines a lot less visible, and lemon is the perfect natural exfoliant. Simply mix the juice of one lemon with a little bit of sugar and a tablespoon of honey and work the mixture into your skin. Rinse off and see your tan lines start to fade after applying for only a few days.

2 SELF-TANNER OR BODY BRONZER

If you are struggling to get rid of unwanted tan lines, why not try covering them up instead? A self-tanner or bronzer can help to hide lighter areas and make them blend in better with your tanned skin. Just make sure you choose a shade that matches your tan or you could end up looking even more patchy. Body make-up coupled with setting powder and a setting spray is also effective.

3 BAKING SODA

Baking soda is a natural whitener, making it ideal for reducing the appearance of unwanted tan lines. To treat a single area of skin, create a thick paste using half a cup of baking soda and a few tablespoons of water, or, for a full body fade, add a cup of baking soda to your bath. Leave on the paste or soak in the bath for around 15 minutes and start to see results in one or two days.

4 POTATO SLICES

Potatoes are a rich source of vitamin C which has been proven to help lighten the skin. To use this method, either apply thinly sliced potatoes directly to the skin or make a mask by blending potatoes and applying them to the outer edges of your tan lines. Leave on for 20-30 minutes and then wipe off with a clean cloth. Repeat for two or three days or until you get the desired results.



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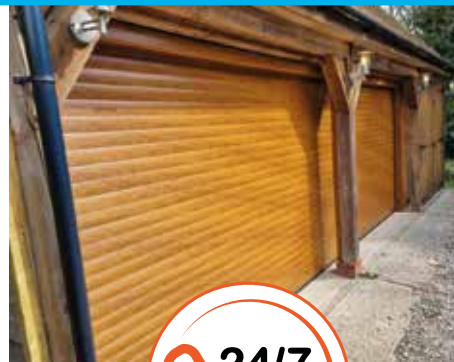
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SPORT



UNUSUAL SPORT:

WELLY WANGING

On Sunday, June 30, there will be another Welly Wanging World Championship in the small village of Upperthong, West Yorkshire. Welly wanging is a sport where people chuck a rubber welly as far as they can. The champ is the one who lobs it the farthest.

Legend has it that, a long time ago, two farmers were enjoying a drink and a chat when one accidentally spilt his beer down the other's leg and into his boot. In a fit of rage, the beer-soaked farmer chased the other one outside, took off his boot and flung it at his drinking buddy.

YORKSHIRE'S GIFT TO THE WORLD

The villagers thought the spectacle was hilarious and started throwing boots at each other for fun. And that's how welly wanging was born. The 'sport' has now caught on worldwide, with competitions in New Zealand, Russia, Finland, Italy and beyond.

RULES OF THE GAME

This year's world championship will have four

categories: men, women, boys and girls.

Players must maintain a cheerful attitude at all times, and the welly has to be a size 9 Dunlop green boot.

Adult winners get a trophy, and the top children get a crisp £5 note that they can spend on whatever they fancy.

You can throw your welly in a choice of styles: one-handed, double-handed, between the legs or, if you're feeling super confident, backwards.

WHO'S THE BEST WELLY WANGER?

The current world record holder for men is Teppo Luoma from Finland, with a throw of almost 64 metres. Sari Tirkkonen, also from Finland, holds the women's record with a throw of more than 40 metres.

So there you have it – welly wanging in all its glory. Ready to give it a go? If so, keep a look out for local events. Or why not arrange your own championship to raise money for charity?

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Described as seasoned motor industry professionals who have spent many years selling and buying cars, the team at Fairmont recognised a change in the car retail world which needed addressing. They felt that car showrooms have become sterile corporate environments that can be intimidating and uncomfortable places for buyers. Fairmont provides a relaxed comfortable space

where customers can browse the most eclectic mix of cars anywhere to be seen in Essex, which include cars from way back to the 60's and 70's and even some are modern day beauties.

Experience and knowledge is on hand to answer questions and to provide assistance for those venturing first hand into the world of classic cars or for those buying more modern and sports cars.

They take sourcing of their cars seriously, actively looking for the makes and models that are both in vogue and what customers are requesting.

"Whilst there is good availability of cars, what we must do is buy those examples that we are confident will satisfy our customers and reflect well on our business. The vast majority we see, under scrutiny, prove not to be to our standard".

Finding a good vehicle without the correct trade knowledge is not for the faint hearted and they only sell the examples that will provide pleasure, whether it's a daily drive modern car, fun classic or the high expectations of the enthusiast and collector.

The range and variety on offer is huge with over 100 cars, creating an interesting place to visit without any obligation, and you might just buy your next car from Fairmont.

Like me you may be welcomed with a nice complimentary coffee.





DON'T STALL ON FINANCE

While car finance may seem an exhausting ride, for younger four-wheeled wannabes, it can light up the road to the fulfilment of driving dreams.

The word finance can sometimes bring about a wealth of negative connotations, yet as far as young drivers are concerned, it's a gateway to fast-lane freedom, and finally a way to steer clear of trains, bikes, buses and the repeated blagging of lifts.

While the advantages of buying a car on finance can be enjoyed by anyone, it's particularly helpful for younger drivers.

Finance, as a whole, removes the burden of coughing up the full price for a vehicle in one, with monthly payments to be made over an agreed period.

There are three main routes. Hire purchase offers flexible terms that can facilitate

payments over longer periods, and leads to the ownership of the vehicle at the end of what can be a long road. This is good for someone with an undeveloped or poor credit score (such as a young driver), and imposes no annual mileage limits.

However, the finance company retains ownership until full and final payment, and monthly payments can be higher than other finance options since they cover the car's full value rather than its depreciation.

In addition, failure to keep up with payments risks repossession of the vehicle.

Slightly different is personal contract purchase (PCP). This is formed of a deposit, lower monthly repayments – albeit with mileage terms and fees for excessive damage, wear and tear – and a balloon payment at the end to either purchase the vehicle outright and hand back the keys, or part exchange for a new car.

Personal Contract Hire (PCH) financing eliminates depreciation concerns, includes delivery, breakdown cover, road tax and warranty, and offers lower monthly payments than PCP, allowing frequent car changes. However, you will always hand the car back at the end.

The good news is even drivers with a provisional licence can qualify, meaning the dream of owning a car can soon become a reality.



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