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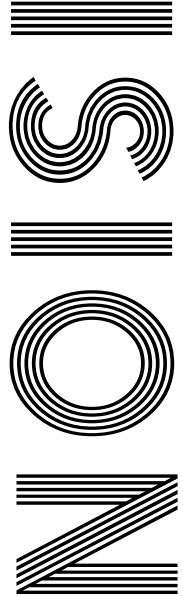
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CAROLINE FLACK

*The media backlash following
the star's tragic death*



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TYSON FURY

The story behind the Gypsy King's heavyweight success



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March 2020

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Editor's notes...



Brett Shohet, Editor

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

We are nearly there, **VISION** readers, only one more month and the clocks will have changed.

I am preparing myself for a change as I start to be a president of my network group. What a privilege. I am looking forward to it but obviously slightly nervous about what is to come. It's so nice to connect with other local businesses and business owners, especially from my industry, which is not always the most favourable.

Advertising and promoting your business is not always the top of the list when starting or looking to generate more customers, but it needs to be done. Did you know Coca-Cola spends on average £6 billion globally each year? It has been an established brand for many years but still appreciates the importance of keeping its brand message.

In local news, Havering Council has announced that 30 minutes free parking will be introduced across the borough, a taxi driver is arrested following a fatal collision and performers entertain audiences at Havering Dance Festival.

We welcome any of your stories for our local news pages. If you have a story to share, please send it to hornchurch@visionmag.co.uk

I hope you all enjoy the March 2020 edition.

Brett



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DOWN: 1. SPITTING IMAGE, 2. CHEWY, 4. MODIFY, 5. REDISTRIBUTE, 6. IVORIES, 7. GOOD NATUREDLY, 8. HOPELESSNESS, 14. ARCHAIIC, 16. ARRIVE, 19. WINCH

A MOUNTAIN AMONG MEN

The outpouring of emotion and admiration for the late NBA star Kobe Bryant has felt insurmountable. We reflect on the achievements of one of the greatest 'ballers' ever to play the game, and reflect on the legacy he has undoubtedly left behind.

Kobe Bryant was a giant, in more ways than one.

The 6ft 4in shooting guard graduated from high school in 1996 and was drafted by the Charlotte Hornets before being traded to the Los Angeles Lakers where he spent his entire 20-year professional career. His achievements as a sportsman at the top of his game barely need repeating, but as the fourth-highest points scorer in NBA history, his domination on the court was unrelenting.

Not that points-scoring was the sum total of Bryant's powers. Handsome, charismatic, stylish and an inspiration, his demeanour and his candour won him fans – both from the street and of celebrity status – all over the globe.

Regardless, his talent saw the Lakers won five NBA regular season championships, and on each occasion they went on to clinch the play-offs. He was the first player to have 30,000 career points and more than 6,000 assists, while TNT and Sporting News accredited him as the NBA Player of the Decade for the 2000s. Reuters even went one further, naming him its Player of a Generation.

The fact that he lost his life in such tragic circumstances, and at the age of just 41, perhaps just solidifies Bryant's legacy. Retired only three and a half years, his sudden departure leaves an indelible imprint on basketball's history.

Sure enough, across the sporting world the tributes poured in. Social media tumbled into a state of mourning, Paris Saint-Germain and Real Madrid held on-pitch minute silences before home games, while AC Milan players wore black armbands. In addition, talk-show hosts, journalists, broadcasters and fans the world over tried to find the worlds to rationalise an accident that had also claimed the lives of his 13-year-old daughter Gianna and seven other passengers.

In the immediate aftermath, a petition was set up on Change.org attempting to push forward with a plan for Bryant's image to be emblazoned on the official NBA badge. At the time of writing, it had garnered more than three million digital signatures.

And even in death, Bryant's sterling work will continue. He was official ambassador for the American non-profit After-School All-Stars organisation, set up the Kobe Bryant China Fund, and was a huge donor to the Call of Duty Endowment. And with wife Vanessa, he also founded the Kobe and Vanessa Bryant Family Foundation.

And in 2018, he became the first ex-professional from the world of sport to win an Oscar for Best Animated Short, for his film *Dear Basketball*.

Every one of these initiatives, projects, investments and achievements reached out to entertain, engage and enthuse people of all backgrounds. Bryant's ongoing legacy is to continue to give back – from the basketball courts to the back yards. It's a moral and an ethos that many of us can follow, and all of us can benefit from.

OTHER SPORTS STARS TO DIE IN AVIATION CRASHES...

| Chelsea FC Vice-chairman: Matthew Harding, died 1996, aged 42

| Racecar Driver: Colin McRae, died 2007, aged 49

| Swimmer: Camille Muffat, died 2015, aged 25

| Brazilian Football Team: Chapecoense died 2016 – 19 players, 14 staff members, 9 board members, 4 journalists

| Leicester City Chairman: Vichai Srivaddhanaprabha, died 2018, aged 60

| Footballer: Emiliano Sala, died 2019, aged 28

Photo credit: Kevork Djansizian/AP/Shutterstock



WHAT A WASTE

The media falls into the spotlight in the aftermath of Caroline Flack's death

Few things in 2020 have gripped, challenged and wrestled with the nation's conscience more than the death of Caroline Flack.

The popular TV and radio presenter took her own life in her east London flat on February 15, the final act in a tumultuous few months that saw a high-profile career in the spotlight of *Love Island* and *The Xtra Factor* descend into a place where the 40-year-old felt she simply couldn't go on.

While we may never know how much Flack's bust-up with boyfriend Lewis Burton contributed to her troubled state of mind, what was evident in the months and weeks leading up to her death was a bustle of unrelenting media attention.

Immediately, questions were raised as to what contribution front-page headlines in *The Sun*, *Daily Mail* and others had made to such a devastating conclusion to her life, and examination of the actions of the media is certainly on the agenda.

Ultimately, society is divided over the extent to which our information outlets are to blame. The tabloids are drilled into servicing PR agencies in giving the entertainment world's biggest names as much coverage as possible, so it becomes remiss to suppose that using a vehicle to court positive publicity can't then run the risk of that machine going rogue. And yet the hounding of Flack, certainly in the aftermath of the domestic abuse claim, had surely equated to bullying by the end.

While the finger continues to be pointed at the red tops, perhaps it's the wider media, notably Twitter, that should garner more of our attention. We live in an era where the quietest voice in the most remote location can fire vitriol straight into the cerebral matter of anyone in the world, at any hour.

Social media has made everyone a publisher and has given a platform to the most controversial – and it is here to stay.

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Hot off

THE RUNWAY



FASHION

OUR FAVOURITE AUTUMN/WINTER TRENDS FROM FASHION MONTH

Fashion Month is over, which means that the Autumn/Winter 2020 trends have officially been unveiled. Here are some of our favourites, along with ways in which you can sport the trends instantly...

EMBELLISHMENTS

Good news for magpies, as embellishment is one of the biggest trends of the AW20 season. Embellished accents are a great way to liven up existing autumn/winter pieces, especially since colour palettes tend to be more muted and understated. Adding some embellishments in the form of a sequinned belt, a decadent brooch, or even a glittery strap à la Self-Portrait is an AW20-approved remedy for a dull autumn/winter wardrobe.

PRINTS

Another great way to add some punch to your autumnal wardrobe is to pile on the print. Leopard print isn't going anywhere, as it stormed the world's runways in all forms; our favourite being a stunning floor-length coat by Tom Ford. Tailored suits – which

also dominated the catwalks – were given an AW20 makeover thanks to subtle and not-so-subtle print detailing, meaning you can rock two trends in one if you so dare.

90S STYLE

Don't get rid of your 90s wardrobe just yet. Victoria Beckham resurrected Spice Girls era platform boots, while *Clueless* style tartan skirts and slip dresses reigned supreme throughout Fashion Month. And thankfully, these are all available to buy right now. Wear tartan skirts with warm polos, tights and knee-high boots while there's still a chill in the air, and save the slip dress for your next girls' night out.

PONCHOS

The poncho is back, but did it ever really leave? Rag & Bone, Longchamp, Carolina Herrera, and a host of other designers debuted their reimagined ponchos on the runway, proving that the poncho is here to stay for another season. Dress it up or dress it down – the styling options are virtually endless.



Photo credit: ASOS.com, chcarolinaherrera.com



make-up GET SET, GO

Make-up setting sprays are the perfect product for ensuring that your make-up stays put and perfect for long days, or nights, on the go. However, they can be expensive and all too often you end up resorting to using hairspray instead – a definite skincare no-no. So why not make your own instead?

ROSE WATER & WITCH HAZEL SETTING SPRAY – *Best for oily, mature and acne-prone skin*

YOU WILL NEED: 1 tablespoon rose water | 1 tablespoon witch hazel | 1½ cups water | 1 spray bottle

Rose water is known for its anti-inflammatory properties and can help calm down red or irritated skin, as well as being able to reduce oiliness. Witch hazel will work hard to keep your make-up in place and fight any breakouts.

ALOE VERA & LAVENDER SETTING SPRAY – *Best for dry or dull-looking skin*

YOU WILL NEED: 2 tablespoons aloe vera gel | 2–3 drops lavender oil | 1½ cups water | 1 spray bottle

Aloe vera has the clever ability to reduce oil and moisturise your skin at the same time, meaning it is the ideal ingredient for creating a setting spray for those with dry skin. Lavender is great for reducing redness and improving the overall appearance of your skin, plus it will help you to feel calm and relaxed.

HOW TO MAKE EITHER SPRAY

Sterilise your spray bottle | Mix together all your liquid ingredients and add to the bottle | Shake vigorously | Store in the fridge for 2–3 weeks, using when needed

HOW TO USE YOUR DIY SETTING SPRAY

Shake your bottle to ensure all the ingredients are mixed together | Hold the spray 6–8 inches away from your face | Spray a few times to ensure full coverage | Let the spray dry naturally – do not be tempted to rub your face or try to blend it in | Reapply as and when needed

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LET'S
GET

Messy

Why is it that the simplest things in life often turn out to be the most complicated?

The messy topknot bun, for example. This should be an effortlessly easy and chic updo that can take you from day to night in a matter of moments; however, this seemingly simple do can be tricky to get right.

HOW TO ACHIEVE THIS LOOK:

STEP 1: Do not wash your hair – this updo works best on hair that has not been recently washed.

STEP 2: Brush your hair thoroughly to get rid of any knots or tangles.

STEP 3: If you are prone to flat hair, spray a volumising spray or dry shampoo to your roots.

STEP 4: Create a high ponytail, right on the top at the back of your head.

STEP 5: If you have long hair, tip your head upside down to ensure that you get the ponytail right up to the crown of the head.

STEP 6: Once secure, divide your hair into two sections.

STEP 7: Twist your hair around into a bun shape and secure with pins.

STEP 8: You should now have a bun that looks similar to a ballerina's. Now for the messy part.

STEP 9: Slowly pull a few strands out from the bun to frame your face – not too many.

STEP 10: Slightly loosen the bun to add more volume.

STEP 11: Optional – alter the shape of your bun using pins to secure in place.

STEP 12: Finish with a light- to medium-hold hairspray to keep your look in place.

OTHER MESSY UPDOS TO TRY:

The messy side bun – best for bad hair days.

The big messy mohawk – best for medium to long hair.

The bohemian braided updo – best for greasy hair.



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Ouch!
NO PAIN NO GAIN

There's been a lifelong battle between the variety of hair removal options on the market and for us girls it's hard to pick sides. Here we look at one of the most popular, waxing.

Removing hair is never pain free and waxing is probably one of the most painful, but it is one of the most frequently used methods of hair removal due to the array of benefits.

What is it?

Hair must be at least a few millimetres long for waxing to be beneficial. Hair is removed by a strip of wax or heated, melted wax being applied to a strip of hair on the skin. The wax strip paper is then pressed firmly down over the area and then quickly removed to pull away unwanted hairs.

What are the benefits?

Hair is removed directly from the roots, leaving behind smooth skin. As hair is removed from the roots and not simply trimmed, it takes longer for the hairs to grow back. Some people can go for up to one month without having to wax again.

Waxing also doesn't have many negative side effects. If you have sensitive skin, you may be left with a temporary rash or some redness, but that's probably the most you'll get in return. Wax is also relatively safe when it comes to chemicals, so there's no lasting skin damage.

Hair growth is proven to be finer after waxing and after repeated use, hair growth is also said to be reduced massively. There is no harsh stubble when your hair does start to grow back and it also removes dead skin cells and ingrown hairs.

When hair is pulled directly from the root, it also ex-foliates. This is good for the skin and your pores, so get that wax

on. On legs and arms this is particularly helpful as these parts of the body are often forgotten when it comes to ex-foliating.

How has it evolved?

Over the past few years waxing has evolved. There are now different types of wax that have been developed to be kinder to your skin, with added aloe vera, lavender and even softer wax that doesn't need time to set.

Remember

Waxing can be done at home and or in a salon, just make sure you get the right type for you and your skin. It's available in pre-wax strips that just need warming up between your palms before applying and the jars of wax that need to be warmed up in the microwave or on a stove.

Most salons also use an oil or aloe vera gel after waxing to cool down the area and protect the skin. They also use oils to remove any excess wax from your skin, so if you are doing it at home, make sure your kit comes with all the necessary bits.





BOX THE BLUES AWAY

HOW TO PUNCH YOUR WAY TO PEAK PHYSICAL AND MENTAL FITNESS

No longer confined to sweaty and testosterone-fuelled gyms, boxing is proving to be a popular workout for all ages and, indeed, both sexes. Not only is it a fantastic full-body workout that improves both cardiovascular fitness and bone and ligament strength, it's great for your mind too, helping to improve focus and bust stress – and that's before you've taped your boss' face to the punchbag. But when a sport has such a bloody reputation, knowing where to start can be intimidating. You don't, for example, want to find yourself in the ring with Tyson Fury when all you fancied was a spot of light sparring...

FIGHTING FIT

If your main goals are losing weight and improving general fitness, consider a Boxercise class. Most gyms hold sessions that involve some kind of boxing, whether as part of a circuit or shadow boxing in an aerobics session. This is a great way to try the sport, and in some cases it won't even require strapping on a pair of the gym's grimy gloves.

BOXING CLEVER

If you want to get to grips with the basics, you'll require either a sturdy punchbag or some boxing pads and a very trusting workout buddy – many personal trainers also incorporate boxing into their workouts. Start with simple crosses and build up to more complex routines that include jabs, left and right hooks and uppercuts. The longer the routine the more focus required, resulting in improved mental dexterity over time.

FIGHT CLUB

There is a reason brawling is such a popular drunken activity, and it's all thanks to the huge rush of adrenaline. Recreate this sensation (minus the night in jail) by joining a boxing gym and having a go at sparring. It's a controlled environment where the focus is on technique, and a surprisingly huge sense of camaraderie. Bish, bash, bosh.



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Do you need physiotherapy for 'down there'?

If you've hurt your shoulder or have experienced knee pain, you'd probably seek the advice of a physiotherapist; post-baby or transitioning into menopause, that shouldn't be any different.

What is pelvic health physiotherapy?

This is more commonly known as women's health physiotherapy. Women's health physiotherapy is a growing field of physiotherapy and one that all women need to know about.

The facts:

Despite the high incidence of leakage, muscle separation or vaginal discomfort, it's shocking that women aren't seeking help or being assessed for these conditions. Many women accept that 'oops' moment, because having a baby or going through the menopause is 'natural' and therefore we just have to put up with it, but we don't.

What is a pelvic floor?

One in three women will experience urinary incontinence in their lifetime. That's an incredible number of women experiencing pelvic floor dysfunction and relying on pads, avoiding exercise, restricting their fluids or not having sex through fear of leakage. Our pelvic floor is designed to lift and support our bladder, bowel and uterus and 'seal the pipes shut' when we move, sneeze or jump.

The good news is many of these issues can be improved and in many instances resolved through treatment, advice, management and return to exercise that is core and pelvic floor safe.

Should you seek help from a women's health physiotherapist?

Evidence suggests that women often report their symptoms years later (with the average of seven years before most women look for help). But our physical health is as important as our mental

Aishling Burke is a Chartered Physiotherapist and a specialist working in the field of men and women's health with a clinic at Spire Hartwood Hospital. She carries out post-natal reviews on mums at any stage of their life, while hosting regular workshops on pelvic health.



health. Once a parent, we are always post-natal, so going to a women's health physiotherapist can occur at whatever stage in life you are in. We talk, ask questions and with your consent, assess your posture, how you breathe, check for tummy muscle separation and perform a vaginal (internal) examination that checks your pelvic floor muscles' strength and endurance. It proves to be a really good way of women getting the best understanding of their pelvic floor and how to engage their muscles properly.

If pelvic floor dysfunction is holding you back, please seek the advice of a women's health physiotherapist. Many NHS Trusts now have dedicated women's health physiotherapy clinics so ask your healthcare provider to refer you. Alternatively, seek the help of a private therapist who can help you back on the road to pelvic floor health.



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EAU MY GOD

HOW MUCH WATER SHOULD WE ACTUALLY BE DRINKING EVERY DAY?

It has become the 'cure all' catchphrase, hasn't it? Feeling tired? Lacking energy? Got dull skin? A little peckish? Then have a glass of water. So accustomed have we become to this information that it's easy to believe a tall, cool glass of H₂O can fix all of the world's ills.

Why is it, then, that so few of us actually manage to drink what we should? The Natural Source Waters Association believes that 89 per cent of us Brits aren't reaching optimum hydration, leading to fatigue, headaches, mental foggiess and a general feeling of 'meh'.

It is a well-known fact that a human can survive up to three weeks without food, but only three to four days without fluids. This is because our bodies are made up of 60 per cent water, meaning that even a 2 per cent drop in the total fluid levels prevents cells in our bodies operating at full efficiency. At this point, you are technically dehydrated, and it is not uncommon to feel emotional, weary and unable to concentrate.

Your goal, then, should be to aim for eight glasses (250ml each) of water per day, which is around two litres. At first this may feel excessive, but like all good habits it will soon become second nature. Handily, there are many tools designed to help us drink more, from fitness apps which encourage us to log our water consumption, free water fountains and even drinking bottles with in-built counters to help us keep track.

Another burning question is whether other beverages help us stay hydrated as effectively as water, and the answer, sadly, is no. Sure, coffee, tea, soft drinks and even alcohol will improve our fluid levels to an extent, but nothing quite hits the spot like good old-fashioned H₂O. So if you want to be the best version of you this year, get drinking.

8

GLASSES
PER DAY





Mr J S Chawla

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LENS REPLACEMENT SURGERY

Lens Replacement Surgery is also known as Refractive Lens Exchange (RLE) or Clear Lens Extraction

This is an operation that is available for people over the age of 40 years when laser vision correction becomes unsuitable.

RLE corrects both long- and shortsightedness and in most cases means that corrective glasses are no longer needed. A suitable multifocal artificial lens made of acrylic is inserted in the eye after removing the natural lens. Following surgery to both the eyes, this enables you to focus clearly at all the distances i.e. reading, computer work, driving, watching TV etc. It is also possible to correct pre-existing astigmatism by using customized toric multifocal intraocular lens implants

The procedure is similar to that used in cataract surgery and takes between 20-30 minutes. Each eye is done separately about 1-2 weeks apart. This allows the brain to more easily adjust to the new imagery coming from the lens implants.

The operation is normally done under local anesthetic and mild intravenous sedation to reduce anxiety and apprehension during surgery.

It usually takes a couple of days for the vision to start clearing up and the eyesight stabilizes in about 2-4 weeks. Normal daily activities can resume in 2 weeks. Driving is possible within 2-3 days after both eyes have been done.

During the healing period, the eye may feel 'scratchy' or you may experience foreign body sensation. Some patients may experience glare, halos or starburst but these settle down with time.

After lens replacement surgery, the improvement in vision is permanent and there is minimal risk of deterioration of vision over time.

Preoperative assessment and case selection is thorough and rigorous and not everyone is suitable for Lens replacement surgery

Risks and side effects

Lens replacement surgery has been shown to be an extremely safe and effective procedure. As in any operation, there is a degree of risk. As this procedure is performed the same way as cataract surgery, the risks and potential complications are essentially the same and are quite infrequent or rare. There are ways and means available to overcome and manage these complications by suitable medications or surgery.

RLE versus laser vision correction

After 40 years of age, laser vision correction is not a viable option as one will need glasses for near work. Cataract (clouding of natural lens with age) may still form following laser vision correction and which will require another surgery and is always more complex to deal with as regards spectacle independence. After RLE, cataracts cannot form as the lens has already been removed.

Mr J S Chawla MD, FRCS, FRCOphth
Consultant Ophthalmic and Oculoplastic Surgeon

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Prediabetes

Everything you need to know

In England, one in three adults has prediabetes, an astonishing 50 per cent of us.

Prediabetes is a condition where blood glucose levels are higher than normal. Left untreated, the glucose levels will only increase further. This is when prediabetes develops into type 2 diabetes. But the good news? It's both preventable and reversible.

Most people with prediabetes don't know they have it. This is because many people will not experience symptoms. Those who do may find themselves being thirstier than normal, needing to go to the toilet more frequently, feeling tired, having blurry vision or having skin tags.

So there's no warning. It's only when the condition develops into type 2 diabetes that symptoms begin. If you or your doctor suspects you have prediabetes, you will most likely be given a blood test.

The good news is that prediabetes is reversible with the correct changes to your diet and lifestyle, including avoiding sugar and processed food, taking regular exercise, reducing your alcohol intake, losing weight and stopping smoking.

Preventing type 2 diabetes has to be better than living with type 2 diabetes. Even if the condition is properly managed, anyone with type 2 diabetes can expect a significant impact on their health, including dying up to 10 years earlier.

If you are overweight and over 40 years of age, you're very likely to already have prediabetes. The only way to be sure is to have a blood test.

Other simple ways to help naturally prevent or treat prediabetes include eating a low-carb or low GI diet, avoiding processed foods, giving yourself a 12-hour eating break between dinner and breakfast and drinking plenty of water.

In terms of healthy diet, one size does NOT fit all. By understanding what foods affect you most, you can improve your health by making informed food choices. No diets, no hunger and no calorie counting – just a healthier you. This is where www.prolongevity.co.uk can help.

NORMAL	PREDIABETES	DIABETES
FPG: <5.5	FPG: 5.5-7.0	FPG: >7.0
OGTT: <7.8	OGTT: 7.8-11.1	OGTT: >11.1
HBA1C: <42	HBA1C: 42-47	HBA1C: >47
HBA1C: <6.0	HBA1C: 6.0-6.4	HBA1C: >6.4

Diabetes.co.uk
OGTT - Oral Glucose Tolerance Test
FPG - Fasting Plasma Glucose



HEALTH & FITNESS

MUSCLE

mania

Did you know that muscle burns more than twice the amount of calories as fat? Plus, it continues to burn energy even after you have stopped working out. Men and women alike can incorporate the following muscle-building techniques into their workout routine.

SQUATS

Squats, either with a barbell or without, are a great exercise for building muscle throughout your entire body, although their primary focus is on the quadriceps, hamstrings and calves.

DEAD LIFTS

Dead lifts should be a staple part of your muscle-building routine, working your hamstrings, quadriceps, glutes, back muscles and entire core.

DIPS

If you are looking to build up your chest, triceps and shoulders, then dips are the ideal muscle-building exercise for you. Unlike press-ups, parallel bar dips force you to lift your entire body weight, resulting in a more effective workout.

PULL-UPS

The back is a muscle that is often forgotten; however, it is vital that you build strength in your back if you want your core to be strong. Pull-ups are the perfect exercise for building up your back and biceps.

BENCH PRESS

The bench press is a vital exercise for increasing upper body strength. Focusing primarily on the chest, shoulders and triceps, this popular exercise should not be limited to men; women can also enjoy the benefits of bench press.

OVERHEAD PRESS

Incorporating your whole body, the overhead press is particularly beneficial for your shoulders and your arms. Depending on your weight and fitness levels, men can expect to lift anywhere between 55 and 200 pounds, whereas as women can lift between 15 and 100 pounds.

ROWS

If you want to work your upper back, both barbell and dumbbell rows are a good idea. Barbell rows focus on your back muscles and lats; however, if you want to work your shoulder blades more, then dumbbell rows should be your go-to exercise.

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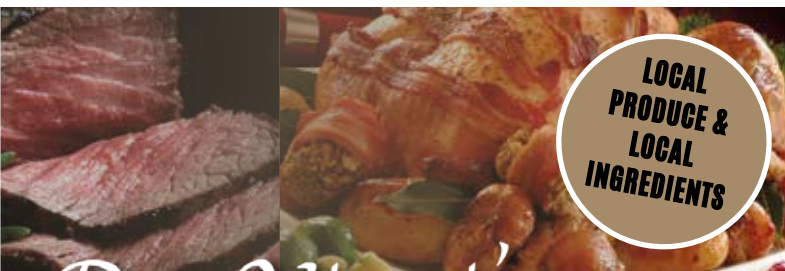
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Fine Foodies

We have ten of the finest foods to keep you looking young and healthy on both the inside and outside. Here are the first five and; see next month for the next five.

Olive oil

A staple of the life-enhancing Mediterranean diet, olive oil has long been touted as a superfood. In fact, it was four decades ago when researchers discovered that the monounsaturated fats in olive oil were a major factor in the low rates of heart disease and cancer on the Greek island of Crete, so get drizzling.

Natural yoghurt

High in protein and packed with calcium, yoghurt heals you from the inside out. The high calcium content helps ward off osteoporosis while the abundance of live bacteria is great for your gut.

Berries

An easy way to get one of your five a day is to put

a handful of berries into your morning smoothie. Both raspberries and strawberries contain ellagic acid, which protects against UV rays and can help thwart wrinkles, while blueberries are rich in vitamin C – aiding blood circulation – along with potassium to beat puffiness.

Broccoli

Not only is broccoli loaded with vitamin C and fibre, it also contains a natural compound called nicotinamide mononucleotide (NMN). Also found in cabbage, cucumber and avocado, this compound may slow down the ageing process by reducing the inflammation that causes ageing and by protecting cells.

Sweet potatoes

Like most vegetables that are red, orange or yellow in hue, sweet potatoes contain disease-fighting carotenoids. In fact, just half of a medium-sized sweet potato with the skin on provides twice your daily recommended intake. A super spud indeed...





YOUR DEFINITIVE GUIDE TO *Chocolate*

DIFFERENT CHOCOLATE VARIETIES EXPLAINED, AND HOW TO MAKE IT YOURSELF

The cocoa bean – one of life's great pleasures. Having originated in the Amazonian rainforest, it found its way north where culinary experts evolved it into a solid treat, a sweet-tasting drink and even a powder that can be mixed with protein for nutritious accomplishment.

There are many different types of chocolate, from unsweetened (usually baking chocolate) to dark and white, many mixed and mangled with all manner of accompaniments.

Milk chocolate is by far the most popular, of course. It contains between 10 and 40 per cent cacao and has sugar and milk solids worked in with it, plus lecithin for smoothness and occasionally vanilla for taste.

Conjecture surrounds whether white chocolate is even chocolate at all, as it contains no cacao and is made from sugar and cocoa butter.

Next up is semi-sweet (60/40 in favour of cacao

over sugar), dark (70/30), and hardline unsweetened chocolate, a bitter variety containing 100 per cent cacao and no sugar, and often only used in cooking.

MAKE YOUR OWN CHOCOLATE

To make your own raw chocolate, use ½ cup of cocoa butter, ½ cup of virgin coconut oil, ½ cup of raw organic cocoa powder, plus ¼ to ½ cup of agave syrup for sweetening.

Grate the cocoa butter into a heat-safe bowl and add the coconut oil.

Place that in a shallow pan of warm – not boiling – water. Stir both until smooth.

Pour in the cocoa powder and stir, then add the agave syrup if you want to sweeten, before checking the flavour and making any necessary adjustments.

Pour the melted chocolate onto a plate or into an ice cube tray and put in the freezer for half an hour (or an hour in the fridge), then eat.



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SHAKEN & STIRRED

cocktail for Spring

From James Bond to Tom Cruise, the humble cocktail has been a staple of every party-lover's back catalogue of booze. Here is a fantastic recipe for a spring cocktail that will revolutionise your reputation as a master mixologist.

MOSCOW MULE

With zingy ginger helping to warm your cockles in a cold snap, and zesty lime to provide a

cooling sensation in the heat, you'll be prepared to be the host (or hostess) with the most in any weather.

INGREDIENTS

- 2 parts vodka
- 4 parts ginger beer
- Mint
- 1 part lime juice
- Lime wedges

INSTRUCTIONS

Serve over crushed ice in copper mug and garnish with lime wedge and mint.



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Travelling AFTER BREXIT

PLANNING A HOLIDAY IN EUROPE THIS YEAR?
HERE IS EVERYTHING YOU NEED TO KNOW
REGARDING TRAVEL POST-BREXIT



Regardless of whether you view Britain's belated exit from the European Union on January 31 as a cause for celebration or commiseration, the need for clarity over how the move will affect our day-to-day lives is one we all share, particularly when it comes to travel.

The good news is that, thanks to Boris's Withdrawal Agreement, we now find ourselves in a transition period until at least December 31, 2020. Put simply, almost nothing will change during this time, meaning when visiting any EU country you'll follow the same protocol as you always did.

Planes, ferries, coaches and trains are all operating as before, and you do not require any kind of visa to move across the continent. Your existing passport is still legal, and while it will need to be valid for the entirety of your trip, you won't need to have at least six months left on it as you would when visiting countries outside the EU. A full UK driving licence will also maintain the same privileges as before.

As with any holiday or business trip, it's advised you get full travel insurance to cover yourself and your possessions, though UK-registered EHICs (European Health Insurance Cards) will still be valid throughout 2020. Tech junkies and pet lovers can also rest easy in the knowledge that making calls, sending text messages and using the internet on mobile phones or tablets will not change, and pets with valid passports will also be able to travel as before.

What comes after December 31 will all depend on the deals Boris and co hammer out over the coming months. Until then, book that vineyard tour in France, the skiing adventure in the Swiss Alps, and that much-needed beach vacation in Croatia, safe in the knowledge that the legacy of Brits abroad is here to stay, for now at least.



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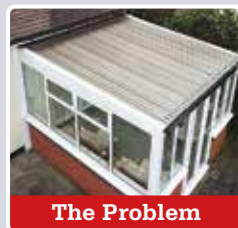
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DIY

Mother's Day GIFTS

HERE ARE SOME GREAT HOME-MADE MOTHER'S DAY GIFTS THAT ARE SURE TO PUT A SMILE ON MUM'S FACE...



HOME & DIY

Inspirational Tea Towel

You will need: A stencil • Washed and ironed tea towel • Access to a printer • Acrylic paint • Dura-Lar/Mylar • Foam brush • Masking tape • Iron • Craft knife • Cutting surface, e.g. cardboard

How to make:

- Decide what the tea towel will say. Perhaps an inspirational quote or mum's iconic catchphrase? Then, print from your computer to use as a stencil.
- Tape the stencil onto the cutting surface. Put a piece of Dura-Lar on top of your stencil. Then, cut out using a craft knife. Children should always be supervised by an adult whilst using the knife.
- Place the cut Dura-Lar stencil over the towel. Using a foam brush, dab the stencil with acrylic paint.
- Once completely dry, heat-set with an iron on a cotton setting for 10-15 minutes.

- To make this more child-friendly so the whole family can get involved, use fabric pens instead, and decorate the tea towel with messages and drawings.



Ombre Tie Dye Tote

You will need: Plain white tote bag • Rit dye • 1 cup of salt • Gloves • Clamp

How to make:

- Pour the Rit dye into a clean bucket of hot water. Add salt and stir.
- Wet the entire bag with water. Then, lower it into the dye about halfway, or as far as you want the ombre to start.
- Clamp the tote in position, and leave for a few minutes to set. Move the clamp up 1-2 inches every few minutes to create the ombre effect.
- Rinse with cold water until the water runs clear. Then, machine wash.



Mason Jar Photo Vase

You will need: A photo • Mason jar • Paint and brush • Painter's tape • Clear spray paint • Paper cup

How to make:

- Put painter's tape on the area of the jar you don't want painted. Then, paint your desired colour.
- Remove the tape before the paint dries.
- Attach your picture to the inside of the jar using painter's tape.
- Spray the jar with clear spray paint to seal the paint.
- Place a paper cup inside the vase and fill with real or artificial flowers.





5 *surprising* USES FOR DISHWASHER TABLETS

Whether you have bulk bought enough dishwasher tablets to clean your whole street's washing-up three times over, or if you have mistakenly purchased the wrong brand for your dishwasher, it can be handy to know what else you can do with these clever little tablets.

CLEAN YOUR OVEN

Your oven is one of those kitchen appliances that always seems to need cleaning, but oven cleaning kits can be expensive, so why not use a dishwasher tablet instead? Simply soak the oven with warm water for 10 minutes, rub the tablet across the surface to remove stubborn grease and stains and rinse.



REMOVE CRAYON MARKS

Unfortunately, children love to draw on the walls, and if they do so with crayons, you are in for a tough job trying to remove the marks. Fortunately, dishwasher tablets are perfect for this task. Just crumble a tablet into water to make a paste and gently rub the affected area.



ELIMINATE COFFEE CUP STAINS

If your beloved coffee cup has seen better days but you are adamant you don't want to throw it away, then a dishwasher tablet could be your saviour. All you need to do is fill your cup three-quarters full with warm water, add a dishwasher tablet, leave for one hour and then rinse with hot water.



GET RID OF CAR OIL STAINS

If your vehicle has the nasty habit of leaking oil stains onto your driveway or in your garage, then simply make a thick paste using a dishwasher tablet and some warm water, scrub into the stain and rinse with a garden hose.



CLEAN YOUR TOILET

Dishwasher tablets contain bleach so are ideal for making your toilet bowl sparkle. Just drop in a tablet, wait for it to dissolve and scrub as normal.



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GET IDEAS

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You may not think that there is much use for an old rain gutter, but with a little bit of imagination and a touch of DIY know-how, you can create several innovative and interesting storage solutions in your home.

A shoe rack solution

If you have children, you may notice that you have more shoes than space allows in your home, and nobody wants an array of muddy footwear left littering your living room. Thankfully, all you need is a rain gutter and a spare corner or alcove to hang in it.



A space-saving party platter

For those who love to put on a spread, this space-saving idea could be perfect for you. Thanks to the width, it's easy to put several gutters onto one table, helping to overcome problems with space. Simply cover the gutters in foil and fill with party food. They are perfect for banana splits, pasta salad, nibbles and fruit salad.



A kid's reading corner

Apparently a simple playroom is no longer sufficient for children nowadays. They need to have specific areas to promote different elements of their development, such as a messy play section, an imaginative play area, a chill-out zone and a reading corner. Luckily, several old rain gutters make the ideal set of shelves for a space-saving bookcase.



A wire-hiding solution

No one likes to have unsightly wires exposed throughout their home. However, with more and more electrical devices being purchased, cords and cables can be seen everywhere. Fortunately, by simply attaching a rain gutter to the wall below a table, desk or shelf, you can neatly contain the wires and avoid any accidents, as well as make your home appear less cluttered.



HOME & DIY

A Design for Life



He is the interior designer seemingly plucked straight out of the Georgian era; he decorates himself in velvet, Merlinesque sleeves and looks like an upper-class Dave Grohl. And yet, amid silly comparisons and quiet scoffing, we all owe Laurence Llewelyn-Bowen a huge debt of gratitude.

Laurence Llewelyn-Bowen had a wealthy upbringing around south-east London, albeit not one free of challenges and heartache – his father died when he was just nine years old. “I think the shock of that really propelled in me a sense of wanting to achieve something special,” he says. “It made me realise how finite life was.

“My father was an orthopaedic surgeon, so making a difference was a big incentive and made me feel as if I could follow him.”

Exploring needlework and fine art, he graduated from Camberwell College of Arts and started his own design agency in 1989. The success of that coincided with the first fragments of reality TV on our screens, and, coupled with a surge in homebuyers which, by association, meant an increase in people wanting to apply perfect, personal artistic elegance to their homes, the interior designer inadvertently turbo-charged a ‘home entertainment’ revolution.

To be fair to the now 54-year-old, there was no one else who could lead out interior consultancy in the way he did... and continues to. From voluptuous to dynamic, detailed to deep, he has managed to evolve with the times – his contemporary collections now are a world away from anything he’d have been seen to be championing in the early days of *Changing Rooms*, even if his go-to shades are still of the darker variety.

Add in flair, finesse, and that must-have presenting quality of being quite comfortable with telling people they’re wrong – “I would only ever use the word ‘mistaken’” – and Llewelyn-Bowen’s seductive appeal spans both genders, countless demographics and various tastes – one of our true, British design champions.



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Revealing Pantone's Colour of the Year

The idea of falling in love with a colour seems like an emotion straight out of an art critic's most opulent and emotive witterings. And yet, as far as Pantone's Colour of the Year for 2020 goes, such a bold, accessible and relatable shade should be to the liking of even those who'd rather steer clear of exhibitions and galleries.

While Pantone reinforces its lofty, slightly pompous, self-appointed status as the overseer of the holy swatch, it does at least apply an emotional narrative to the shades and tones represented, and in the seductive Classic Blue – that's colour 19-4052 to those in the know – there are many observations.

The institute pours admiration behind its simplicity, and certainly, as far as interiors go, it's arguably the most versatile selection in years. That's because Classic Blue offers credibility and reliability, echoing trust and dependency. As a foundation colour it sets up perfectly a raft of colour mixes – imagine a statement wall with white sofa and beige cushions; imagine deep-blue wardrobes and bed throws offset with rose red or black.

Ultimately, it is a colour that draws in and sets off in equal measure – it complements wood and brings out fabric. It is a tone that invites the opportunity to adapt into your own look.

In an era where bold shades have come to the fore, it's no surprise to see Classic Blue find its place. Arguably the bravest choice since turquoise in 2010, it's a world away from the multifaceted Living Coral of last year, which divided opinion.

The directive with Classic Blue is to embrace, embellish and embolden a shade that in previous decades would have been labelled a 'cold' colour. Pantone has surely seen to it that it'll never be viewed that way again.



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WHY 'En Provence' IS EN VOGUE

It's peculiar how interior design tastes evolve and rearrange themselves, to the extent that what probably counted as 'thrown together' a couple of decades ago is now the very height of seductive chic.

In the 1990s, when patterned wallpaper and friezes were all the rage, the sight of some exposed brickwork would lead most homeowners to call in a plasterer.

Wind forward 30 years and the En Provence trend is based so much in that rustic, 'just arrived', minimum-fuss ethos that it's difficult to look beyond the simple, stylish beauty that's on show.

Of course, flaky brickwork and some old, semi-scrubbed paintwork isn't the sum total of this trend, which, predictably, is inspired by the holiday homes and rustic outbuildings of southern France. Away from the walls, rooms take on a sense of detail within simplicity. A table and chairs provide an honest focal point; rugs, towels and throws

adorn walls and furniture, while bamboo, flowers and sprigs of pattern force the eye away from the distressed elements and into the beauty of interior excellence.

The En Provence look takes inspiration from shades, designs and styles of the 1970s. Imagine driving through the night to arrive at a semi-dilapidated farmhouse buried deep in the foothills that give way to vistas over the Mediterranean. Imagine brushing away the cobwebs to find a space untouched by modernity and contemporary tastes, where furniture is placed dramatically and the smell of freshly uncorked red wine begins to fill the air.

It is a design style almost out of wartime innocence – where comfort comes in the essentials, not the excessive.

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BRITISH BULLDOGS

TYSON FURY PROVES HE'S THE BEST IN THE BUSINESS IN A GOLDEN ERA FOR BRITISH BOXING

A late night, an early morning, a highlights package – however you consumed Gypsy King Tyson Fury's catastrophic defeat of Deontay Wilder in Las Vegas on Saturday night, the seventh-round stoppage ranks as one of the most memorable boxing contests in history.

Our British heavyweights are now the undisputed bulldogs of the sport. With Anthony Joshua holding the IBF, IBO, WBA and WBO titles and Fury not just taking Wilder's WBC belt, but swiping it off him with such ferocity that the American must wonder if he can ever mentally recover himself from such a beating, our reputation as supreme kings of the ring is assured.

Fury will look back on his efforts and view them less as a victory and more as a total demolition. Having controversially been denied victory in the first drawn fight back in December 2018 – a contest he dominated despite having to dramatically pull himself up off the canvas in the final round – this was arguably the most hotly anticipated rematch since his namesake Mike battled Evander Holyfield for a second time in 1997.

While Fury came close to a sensational upset in that first fight, many regarded him as still being on the path back to full competitiveness. He had dropped out of the sport in the preceding two years, battled drug addiction and depression, and ballooned to 29 stone. In hindsight, if Wilder's unbeaten record was shown to have been under such severe threat in the first match, it was hanging by a thread in the second, particularly when he was floored in the third round by a right hook to the side of the head.

The American, slipping and flailing repeatedly in the minutes that followed with a suspected burst eardrum most likely affecting his balance, then suffered the ignominy of being put down by a body shot in round five; and when the white towel was lobbed pleadingly into the ring in the 99th second of round seven, history had been made... and how.

Fury may be brash, eccentric, and with a level of showmanship that can verge on uncomfortable – his rendition of 'American Pie' in the ring afterwards left many shoe-gazing and happy to stay away from the camera lens – he retains a level of humility perhaps only rivalled by Joshua. "What a fighter you are," he said to Wilder as they hugged after the contest, even if, in truth, his opponent had been totally schooled on the path to a first, devastating, professional defeat.

Fury is a devout Christian who thanks a higher source for getting him back on the road to salvation. In return, he is philanthropist, reportedly donating huge sums to charity.

Of course, no sooner had Fury's arm been lifted by referee Kenny Bayless, was the talk of a showdown with AJ, a bout that would rank as the most lucrative in the history of the sport, and, certainly from a British boxing perspective at least, the most anticipated ever.

It is a division rich in talent, with Dillian Whyte, Dereck Chisora, Andy Ruiz Jr, Oleksandr Usyk and Joseph Parker all waiting in the wings. Whether any dare risk reputation and health against the might of Fury, and whether any will be granted the opportunity, remains to be seen.



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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Photo credit: Matt Huart

Snooker player moves up in the world rankings

Hornchurch's Emma Parker is officially the seventh best snooker player in the women's game after she won a tournament in Belgium earlier last month.

Emma Parker, 20, was delighted to win the Under-21 Belgian Open in Bruges in February, and she also got to the semi-final in the main competition to round off an impressive weekend.

She said: "I feel really good. I'm moving up the rankings slowly but I'm getting there. I go there with no expectations but I always want to win. It's the best I've played in tournaments so far so there are a lot of positives to take out of the trip."

In the Under-21 competition, Emma racked up a 50 break in her first-round match and recovered from losing the opening frame in the semi-final to win 2-1. She clinched the final 2-0.

After winning all her main games in the group competition, she won 3-0 in the last 16 and quarter-

final before bowing out against Reanne Evans 4-0.

Emma, who also works full-time at S J Walker Accountants in Hornchurch, said she hopes to gain more sponsors so she can work part-time and concentrate on her snooker.

She's now getting ready for a tournament in Leeds next month and will play in the World Championships in Thailand in June.

She said: "I'm waiting to talk to my boss about going part-time. For me to break into the top four, I need to practise a bit more, and if I have some more time on the table, I can get there. I'd love to go professional but it all depends on support and sponsorship. There's not lots of money in the women's game and to do it full-time is hard."

If you would like to sponsor Emma, email emmaparker147@hotmail.com or call 07880 340514.



New police officers hit the streets in town

There are now more police on the streets in Hornchurch and across Havering after five new bobbies went on the beat.

The new officers have already arrested 11 people, including wanted burglars and suspected drug dealers, while also seizing 16 stolen vehicles. A recent burglary operation alongside Metropolitan Police and Essex Police saw 13 further arrests, six stolen vehicles recovered and further intelligence gathered.

The officers, paid for by Havering Council, are based in Hornchurch Police Station, to tackle issues that are important to local people.

Leader of Havering Council, councillor Damian White, said: "Whether it is the threat of violent crime

or the issue of antisocial behaviour, we are listening to residents' concerns. Our commitment to put extra police officers on our streets, as well as our close working relationship with the Metropolitan Police, is crucial in making Havering an even safer place to live."

The investment of around £300,000 a year for the next three years will give an increased police presence in the community and see the new officers working alongside existing police officers and other partners to tackle antisocial behaviour and target law enforcement.

The council is able to pay for more policing under a new scheme called Partnership Plus, introduced by the Metropolitan Police in February 2019.

'Park Lane is accident waiting to happen'

A woman in Hornchurch is calling for action to be taken to address a problem with traffic in the town.

Lisa, from the Friends of Park Lane Community Group, lives on Park Lane and says Havering Council needs to address speeding traffic and parking on the road before a serious accident happens. She's planning to launch a petition.

Lisa said: "It's definitely getting worse. The road needs speed humps, which Havering Council won't do. Drivers use it as a cut through from Roneo Corner to Brentwood Road and Victoria Road.

"The road has a parade of shops and Raphael School while at the other end is a church, where people park and they can't get through the other end. They've reduced it to permits where the houses start and that helps a bit.

"Now people park outside the park. Outside my house, we have an island for crossing but not a safe pedestrian crossing. I can't cross the road because there are cars parked on the other side. It's like having a park outside Tesco."

Havering Council was unavailable to respond.

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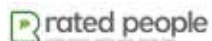
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Performers find their happy feet at dance festival

An exciting mix of dance styles featuring ballet to Bharatanatyam wowed a packed audience at the Havering Dance Festival.

Some fantastic performances were enjoyed as the festival played its second successful year at Havering College in Hornchurch last month.

More than 200 dancers, from local theatre and youth groups, to breakthrough artists and industry professionals, took part.

Horizons Dance Company, based at the college, hosted and helped with the running of the festival, as well as performing themselves.

All the dance companies joined industry workshops during the day and were lucky enough to work with international dance artist Alejandro Martinez,

Louisanne Wong from Esprit Concrete, and Dollie Henry, director of BOP Jazz Theatre Dance Company, who also appeared as guest professional.

Dance groups also had the opportunity to network with other schools and companies and took on a hot-seat challenge – sharing their stories, experiences and inspirations from the world of dance – before the main performance at the end of the day.

Jamie Brown and Scott Parrot, technicians from the Creative Arts Department at Havering Colleges, which sponsored the event, managed the Student Ambassadors alongside Jo Leahy. The students all worked hard behind the scenes as backstage runners, front of house, meet and greet, ticket sellers, ushers, and videographers.

Photo credit: Clive Thompson

LOCAL NEWS

Author reveals secrets of town in book

Some of the lesser-known episodes and characters in the history of Hornchurch are explored in a new book.

Secret Hornchurch delves into the history of the town, from traces of prehistoric ancestors in the area to the founding of the priory by Henry II and the story of RAF Hornchurch, which played a key role in two world wars and of which traces remain among the housing estate built on the airfield.

Other subjects covered by author Carol Cannavan include alleged witchcraft; the local industries of tanning, milling, brewing and a foundry; famous and notorious inhabitants; art deco cinemas and ballroom dancing; the parish workhouse and charity schools; and the first fire engine, village lock-up and tube station.

Carol Cannavan was a trade press editor in the plumbing and heating industry for around 18 years.

Secret Hornchurch is available to buy now. Visit www.amberley-books.com/secret-hornchurch.html for more information.





Students are on fire in Dragons' Den Challenges

Enterprising students were on fire when they stepped into the Dragons' Den to take part in business challenges held at the Havering Colleges' Ardleigh Green campus in Hornchurch.

Two separate competitions were held – the Metro Bank Schools Challenge for Year 9 and 10 pupils from local schools, and the NCC Business Community Challenge for college students.

Nine teams from schools including Hornchurch High pitted their wits against each other to create initiatives on why young people should open a Metro Bank account.

The youngsters had to come up with a marketing company name and strapline, ideas for adverts, campaign slogans, create a digital presentation and then pitch their initiatives to Josephine O'Connor, head of business and community investment at Vinci Construction Company; Russell Ridley, local director of Metro Bank; and Amit Rehal, area business manager at Metro Bank.

The Dragons chose the Eastbury School Year 10 team as the winners.

In the NCC Business Community Challenge for college students, teams had to design a fundraising campaign for a charity and then present it in a Dragons' Den type scenario.

A team of students studying BTEC Business at Ardleigh Green were the winners and received some high praise from the Dragons, who were Genevieve Seal from Wild Berry Associates, Mu Ali from Wavemaker UK and Lucy May from Willmott Dixon.

Genevieve said: "I was very impressed by the students who were all so enthusiastic. There were some who really stood out. The students really did themselves and the college proud."

Havering Colleges' marketing officer, Jamie Webb, said: "Thank you to all our Dragons in both challenges. The mentoring, critique and support given by the business representatives who gave up their time to attend the day was priceless for students."

Taxi driver arrested after fatal collision

A taxi driver from Hornchurch has been arrested after a fatal collision in Chelmsford last month.

Police were called to Broomfield Road shortly after 2.50am on February 9, to reports of a collision involving a taxi and a pedestrian near to Jubilee Avenue.

Emergency services attended but, despite the best

efforts of paramedics, the pedestrian, a man in his 70s, died at the scene.

The driver of the taxi, a 35-year-old man from Hornchurch, was arrested on suspicion of causing death by careless driving and is in custody at the time of writing.

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Everyone Active/GT13 Architects

Council proposes new budget for the future

More money will be invested in frontline services as well as setting out plans for the future after Havering Council announced its budget for the forthcoming financial year last month.

But taxpayers in Hornchurch and across the borough will see an increase in their council tax bills.

Band D taxpayers will see an increase in their bills of 1.95 per cent, with a total increase of 3.95 per cent as the social care precept is going up by 2 per cent. The increase will equate to an extra £1.07 a week.

Councillor Damian White, leader of Havering Council, said the budget will allow for no library closures, longer opening hours and £375k investment in improved computer access for the public.

Money will also be set aside for more health workers, investment in parks, which includes the new Hornchurch leisure centre (pictured), more

homes, significant investment in high streets and an investment of £13million for additional council homes.

Cllr White said: "Once again we have worked hard at presenting a balanced budget to make sure vital frontline services are not affected, but at the same time finding savings. The government has signified we will receive a 'Boris bounce' of some additional budget.

"However, we still need to deliver £14million in savings to close the budget gap. This means we also once again have to raise council tax.

"We are committing to more new homes for residents. We are spending more on our parks and leisure facilities. What we will not change is continuing to deliver excellent frontline services, cleaner streets, new school places, more police officers and better roads and pavements."

Council leaders in parking U-turn

After protests last month, Havering Council leaders have announced that 30 minutes of free parking will be introduced in Hornchurch and across the borough to help businesses tackle changing shopping habits and online competition.

Havering Council says the new parking will come into force in more than 1,000 on-street pay-and-display bays across the borough from April 1. There will also be free Sunday parking in all council car parks.

Havering Council Leader, councillor Damian White, said: "It is brilliant news that we are able to make a near £2million investment reducing our car parking prices to support the evolution of our high streets

and our businesses. This has been funded by the first increase by government in the last 10 years after years of difficult decisions.

"I know there has been some frustration about our car parking policies, which were implemented a year ago. We have listened and learned to what shoppers and traders have said and we have developed an affordable solution."

The amendment to charges will be implemented if agreed at the council's cabinet and full council meetings later this month.

Havering Council will also work with Hornchurch businesses on the possibility of new parking bays.

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JULIA LOPEZ MP



Hornchurch and Upminster



LOCAL NEWS



On 19 February, we hosted our very first Jobs and Apprenticeships Fair at the Queen's Theatre. Working with the theatre and the Jobcentre, the aim was to bring together a number of exhibitors from across Havering to showcase a range of exciting work opportunities to local jobseekers and students.

With such a variety of organisations and sectors represented – from local businesses, care services and training providers to the RAF and the London Fire Brigade – we hoped to cater to people's different skills and interests. By the end of the Fair, some jobseekers had already lined up interviews, and we wish them the best of luck.

In my role as Secretary of the All-Party Parliamentary Group for Disability, it was also great to see employers' enthusiasm towards getting involved with the Jobcentre's Disability Confident scheme.

The latest ONS figures reveal that in the last quarter (October to December 2019), the employment rate grew to a high of 76.5 per cent, 0.6 per cent higher than last year and 0.4 per cent higher than the previous quarter. Employment rose by 340,000 on the year, reaching a record high and a new record low for economic inactivity. If we are to make a success of our new path outside the EU, giving British people the right skills and linking up the work of government, employers and educators is going to be absolutely vital. This month's tremendous jobs figures show that we are making good progress, and I hope that our Jobs and Apprenticeships Fair can become an

ongoing part of that work.

I was also delighted to hear that the Queen's Theatre has been named 'London Theatre of the Year 2020' and look forward to hosting more events in partnership with the theatre in the future. Beyond its copious variety of productions, it has always been so fantastic to work with.

Policing, deterrence and punishment will always form a key part of tackling violence, and the sharp rise in the use of stop and search powers across Havering is already having an impact. But police officers cannot do everything. We stand a better chance of preventing violent crime if we involve all parts of the community in the fightback. This is why I held a meeting last June in Harold Hill to bring schools, police, charities and parents from across Havering together, to share ideas and flag weaknesses in our local response to youth violence. This month, my team have built on that work by attending the East BCU Serious Violence Summit which works cross-borough with organisations like Spark2Life and Lifeline that are committed to stopping young people getting involved in crime.

In Westminster, my team held talks with Network Rail and Crossrail to deliver the commitments we made at the election on local transport. We are also working with the Leonard Cheshire charity, to discuss our ongoing campaign to improve accessibility to the transport network and shall be hosting an event in parliament on accessibility in spring.

www.julialopez.co.uk

*News from***Councillor Paul Middleton***St Andrews Ward, Hornchurch Residents' Association*

The days are longer; it is remaining lighter later already. I personally cannot wait for the clocks to go forward.

The No Right Turn restriction has been removed from Lidl in Hornchurch.

Anyone who received a ticket for making the incorrect turn post January 15 should contact the council and request the ticket to be cancelled.

I have requested 'keep clear' marking to be painted outside the entrance to help traffic flow.

With regard to the free 30 minutes parking in Hornchurch, there were big announcements on many social media platforms. A thousand on-street parking spaces will be free for 30 minutes from April 1. This has been announced before it has been voted on at council. Does Damian know something we don't?

The free spaces are spread across the borough. When I asked the Highways Team at the council how many of these 1,000 parking spaces are in Hornchurch, I was told, "We do not know". Really? You collect the money from the meters, but you do not know how many spaces you have.

My estimate would be fewer than 80. I could be wrong – however, this does not give back what the leader took away from us and could be very confusing for the residents.

The leader responded to my question regarding



Photo credit: Google Maps

when we would get our free parking back at the last Full Council in January by saying that he would not be able to fund the Christmas events and he has on many occasions quoted that it would cost £750k to give us back our parking.

Let us not talk about the football numbers – which have plummeted since the loss of the free parking. I hope our traders can continue to function.

Havering Council is due to receive additional funding to the tune of several million pounds. I would like to ask the leader of the council why HE is not willing to restore the free parking to Hornchurch from these funds – he will by now have a suitably plausible answer as to why he cannot.

I urge you, please support our traders – shop local when you can.

Catching up with Gidea Park Rangers



In line with **VISION**Hornchurch's community-driven ideals, the magazine is sponsoring a popular youth football club this season.

The magazine, which covers Gidea Park as well as Hornchurch, is the official sponsor of Gidea Park Under 9s (Youth Football Club) in the 2019/20 season, which has a number of teams.

VISIONHornchurch bought socks, shorts and shirts with the young players' names and numbers on, as well as several training tops for the coaches and staff.

Gidea Park Rangers have only played two games since our last issue because of the weather, winning one and losing one.

Ashton Spicer is this month's player of the month. Finley Tolan and Jack Corbin were among the players to win man of the match awards.

The picture shows last month's player of the month, Finley Tolan, giving Ashton Spicer, this month's player of the month, his well-deserved award.

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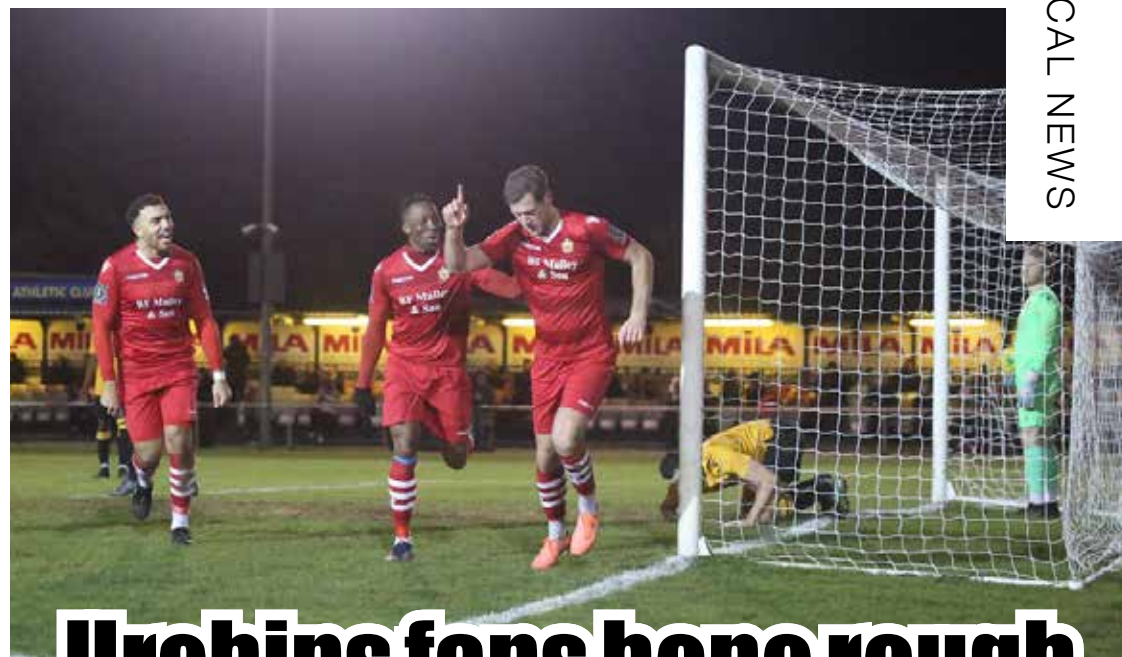
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AFC HORNCHURCH

LOCAL NEWS



Urchins fans hope rough patch is over before run-in

Hornchurch FC have dropped down the league table recently after successive draws in the BetVictor Isthmian Premier League, meaning it's extremely tight at the top of the table.

Worthing and Folkestone Invicta created a bit of a gap ahead of Hornchurch during the Urchins' below-par form, with many teams having caught up too.

Draws against Lewes, Merstham and Margate followed a defeat against Potters Bar Town, and, at the time of writing, Hornchurch find themselves in third place.

The Urchins have a good run on paper in the next set of games, with the majority of their opponents being in

the bottom half of the table.

A mouth-watering tie against table-topping Worthing approaches on March 21, and the Hornchurch faithful will be hoping they will be able to leap ahead of them when the time comes.

Hornchurch also signed midfielder/forward Alex Osborn in February, who has previously played at Dagenham and Redbridge, Concord Rangers, Maidstone and most recently Chelmsford City.

He started his career with Grays Athletic in 2009 before signing for Dagenham in 2010, where he stayed for six years.

The Urchins will be hoping that he can be an important part of their promotion push.



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WORLD WIDE WEB REACHES 30

What started out as an idea for scientists to share information went on to change the world 30 years later.

Sir Tim Berners-Lee's initial idea, called Mesh, was originally described by his boss as, "Vague but exciting."

It wasn't for another year, in 1990, that he started writing code for the project, which had taken on a new name: the World Wide Web.

Thirty years on, and Berners-Lee's invention has more than justified the lofty goals implied by its name. But with that scale has come a host of troubles, ones that he could never have predicted when he was building a system for sharing data about physics experiments.

He is well aware of the problems. In his annual letter marking the anniversary of the WWW he writes: "While the web has created opportunity, given marginalised groups a voice and made our daily lives easier, it has also created opportunity for scammers, given a voice to those who spread hatred and made all kinds of crime easier to commit."

"It's understandable that many people feel afraid and unsure if the web is really a force for good. But given how much the web has changed in the past 30 years, it would be defeatist and unimaginative to assume that the web as we know it can't be changed for the better in the next 30. If we give up on building a better web now, then the web will not have failed us. We will have failed the web."

He has a solution, but it is radical: a sort of refoundation of the web, creating a fresh set of rules, both legal and technical, to unite the world behind a process that can avoid some of the missteps of the past 30 years.

Photo credit: Dabby Wong/Shutterstock.com



HISTORY

5 ALIVE

5G technology – what is it, how does it work, and what impact will it have on your life?

The days when mobile phones were used to simply phone people are gone... and they're not coming back. Our portable connectivity has advanced so far, so fast, that we now find ourselves in a place where, seemingly, anything is possible.

The vast majority of the UK currently operates on 4G technology – or 3G if you're having a bad day. Where simple phone mechanics have morphed into full web and app connectivity, 5G will offer users the kind of burst in speed that would make even Usain Bolt appear slow.

Users will need a 5G device – no software update to a 4G phone is going to bring you the bursts of acceleration you're hoping for. The 5G network is built on millimetre waves, and while that means a higher frequency, it also means a smaller range. The end result is that these waves don't travel as far as 4G waves, so the installation of huge quantities of nodes for maintaining the signal are the reason why there's such a slow rollout of tech.

While the experts circumnavigate those problems, what the technology means for us is rapid functionality. Say goodbye to buffering of any sort, enjoy an entire download of the Fortnite game in 10 seconds, or a whole hour-long Netflix show in four seconds... and that's HD too, obviously.

As for its arrival, the whole of the UK is expected to be 5G ready by 2022, with various mobile networks 'switching on' cities a few at a time.

As with any early adoption of tech, the secret is probably to hold off at first. Early 5G handsets are expensive, and creases in the system are still being ironed out. Within a couple of years the nation's internet connectivity not only be at the very peak of optimum performance, but it will be affordable too.



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PLANT OF THE MONTH:

Asparagus

Asparagus is a highly sought after and popular vegetable owing to its subtle flavour, array of health benefits and the fact that it is only in season for a short period of time. Unfortunately, this also means that it can be quite expensive. However, it is surprisingly easy to grow your own.

How do I plant asparagus?

Although you can grow asparagus from seeds, it is much easier to plant one-year-old dormant plants, known as crowns, which you can buy from your local garden centre or online. The ideal time to plant these is in March or April.

- Choose a sunny spot for your crowns, with well-drained soil
- Do not replace an old asparagus bed with new plants
- Clear away any weeds and add garden compost to the area
- Dig a trench that is roughly 30cm wide and 20cm deep
- Add some organic matter to the bottom of the trench
- Soak the crowns in compost tea for 20 minutes before planting
- Place crowns in the trench 40cm apart
- Top with 5cm of organic matter, such as well-rotted manure

When can I harvest asparagus?

Unfortunately, you have to be patient when growing your own asparagus and you should not harvest them for the first two years after planting.

Once you reach the third year, you can harvest your spears from mid-April for six weeks by cutting each individual spear with a sharp knife, roughly 2.5cm below the soil, when they are no more than 18cm tall.

If the weather is warm, you should be able to harvest new spears once every 2-3 days.

Pests to look out for include:

- Slugs and snails. Control these pests using eggshell barriers, copper tape and biocontrol.
- Asparagus beetle. Pick off adult beetles and larvae by hand and drop in warm, soapy water to kill them.

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Totally Tropical

V
GARDENING

We can all become bored with the same old plants and flowers in our gardens, so why not spruce things up with a variety of species that offer a tropical flourish all year round?

CHUSAN PALM

There is something so elegant about a palm tree. While it can transport minds instantly to those carefree holidays, the *Trachycarpus fortunei* is actually a hardy presence in a garden and retains its stunning presentation throughout winter. In fact, you may need to protect it more during summer, with regular watering during the growing season and partial shade helpful.

This plant can withstand temperatures as low as -9°C, though you should make sure the soil below is well drained. When pruning, remove the lower leaves when they become discoloured (brown) or untidy.

BAMBOO

Like the Chusan palm, bamboo plants are surprisingly strong and fiercely weather resistant. The black bamboo (*Phyllostachys nigra*) provides a stunning blend of black stalks and green sprays of colour, growing in clusters and clumps, with an ability to spread quickly. Be warned, though, these plants can grow to a height of more than five metres.

GINGER LILY

To add to these green tropical twins, try a ginger lily (*Hedychium aurantiacum*). Orange in its infancy once it has pushed up through the beds, it produces red florae in the later parts of summer.

MUSA BASJOO

An evergreen perennial with large paddle-shaped leaves, this Japanese banana plant splays out its leaves and can grow to an impressive height without the awkwardness of a large trunk.

BEAR'S BREECHES

Finally, complement your tropical spread with bear's breeches (*Acanthus mollis*) – a high-standing perennial which offers resplendent purple and white flowers. All you need to finish the tropical theme is a pina colada and some sunshine.





With spring nearly upon us, your thoughts may have already turned to brightening up your garden with an array of beautiful flowers that look and smell divine. However, if you don't have a lot of outdoor space, you may have decided to showcase a window box instead.

HOW TO PREPARE YOUR WINDOW BOX

STEP ONE: If you have used your window box before, start by emptying it out. You need to remove all the soil and start afresh for the new season.

STEP TWO: Fill your window box with potting mix (not potting soil, as this is designed for flowerbeds), leaving 1-2 inches free at the top.

STEP THREE: Smooth the mix down and gently press to remove any air pockets.

STEP FOUR: Start at one end of the box and begin planting. It can be a good idea to decide on the layout and order of your plants before you start. Gently break apart the bottom of the root base before you plant, to encourage growth.

STEP FIVE:

Install a soaker hose or drip line to ensure that the roots of your plants get sufficient water.

STEP SIX:

Invest in a high-quality fertiliser that promises to encourage root growth.

PERFECT PLANTS FOR WINDOW BOXES

- Petunias, geraniums, nasturtiums and begonias – all of these pretty flowers will flourish in a window box.
- Strawberries – this delicious fruit can be grown in a very small space, making it ideal for window boxes.
- Chillies – look for a sunny spot and these spicy peppers will thrive.
- Ivy and cyclamens – perfect for window boxes that are often in the shade.
- Chenille plants, creeping jenny and sweet potato vines – these trailing plants are great for brightening up a dull house wall.
- Garden herbs or lavender.



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However, maybe it's time you started to look a bit more closely at the preservatives that your preferred pet food contains.

Why do pet companies add preservatives to pet food?

Preservatives are essential for dry pet food as without it the fat in the food would oxidise and go bad. Wet pet food, on the other hand, does not need to have preservatives added as the seal on the can or pouch will keep the contents fresh. Preservatives are also added to pet treats.

Are preservatives bad for pets?

There are some preservatives that are natural, and these do not have a detrimental effect on your pet's health; in fact, they can be beneficial for your pet. However, chemical preservatives that are added have been linked to cancer and other health issues.

Natural preservatives and their benefits

- Vitamin C (ascorbic acid) – supports your pet's immune system
- Vitamin E (tocopherols) – improves digestion and heart health
- Rosemary – good source of iron and contains anti-cancer properties

Chemical preservatives and their risks

- Butylated hydroxytoluene – identified as a suspicious cancer-causing compound
- Butylated hydroxyanisole – identified as a possible carcinogen
- Tertiary butylhydroquinone – prolonged exposure has been linked to stomach cancer
- Propyl gallate – this is prohibited from being used in infants' or children's food as it has been linked to the blood disorder methaemoglobin

Food dyes are also often used in pet food but have been known to contribute to hypersensitivity reactions and behavioural problems. The caramel colour is particularly dangerous as it contains 4-MEI, which is a known animal carcinogen.



PETS

How to make an EGGCELLENT Easter bonnet

With Easter just around the corner, now is the ideal time to start preparing some fun and simple Easter crafts for you and your children to enjoy making together over the holidays.

With four different designs to choose from, your kids are guaranteed to want to create one of these showstopping Easter bonnets.

1. The Traditional Bonnet

Perfect for those who want a simple design that will not be too difficult to make. Simply take a plain straw hat and then staple or glue on a variety of paper flowers, baby chicks, feathers and felt Easter eggs. You can be as OTT with the decorations as you like, but ensure that the glue has completely dried before attempting to wear your bonnet.

2. The Easter Nest Bonnet

If your kids love making those chocolate Easter egg nest cakes, then they will be absolutely besotted with this quirky bonnet that only requires a few materials to make. All you need is some shredded yellow tissue paper, some small speckled Easter eggs and the hat itself.

3. The Flower Bonnet

This beautiful bonnet boasts an array of multicoloured tissue paper flowers that can be as big and bold as you like. You can make these flowers by cutting out and layering circles of different-coloured tissue paper and then connecting them together with a pipe cleaner.

4. The Easter Bunny Bonnet

If you have some felt lying around then this is the bonnet for you. Simply cut out a selection of different-coloured bunnies from your felt using a stencil and then glue them around the crown and the brim of the hat. You can also write an Easter message in felt letters if you wish.

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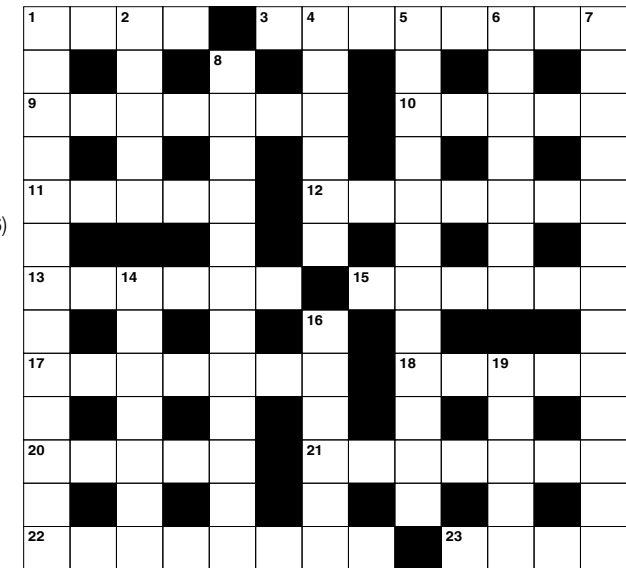
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DID YOU KNOW?

- ▶ Hong Kong has more skyscrapers than any other city in the world
- ▶ Australia is the only country that covers an entire continent
- ▶ Canada's lakes and waters contain about 20 per cent of all fresh water on Earth
- ▶ There are more than 60 languages spoken in Kenya
- ▶ The United States of America is made up of 50 states and the District of Columbia
- ▶ Brazil has won the most World Cup titles
- ▶ Queen Elizabeth II is the Head of State of St Lucia
- ▶ Papua New Guinea speaks the most languages in the world, with more than 851 individual languages listed

SUDOKU

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SOLE TRADER VS LIMITED COMPANY

SETTING YOU UP TO

FLOURISH IN BUSINESS

So, you've got an idea, you've honed in on a potential market, and you possess all the enthusiasm and endeavour that's going to make you the next Richard Branson. But what sort of legal entity is best for your fledgling enterprise?

The decision of whether to set up as a sole trader or limited company really depends on the sort of business you're running and your aspirations behind it. Many starting out want to feel their way into the business world, and operating as a sole trader enables just that. In essence, you are your business. It's simple and quick to set up, and affords you the chance to start earning immediately, perhaps even alongside a full- or part-time job. At the end of each tax year you or an accountant will crunch the numbers and you can keep whatever profits you make. There are also a variety of deductions available, such as benefits for use of home and car, provision of electricity and other elements that contribute towards the running of your business.

The appeal of starting a limited company is slightly different. In the first instance, that 'limited' refers strongly to the liability – namely that you and the company are two separate entities. If the worst should happen and the business accumulates debt or runs into operational issues, the culpability is purely with the organisation and doesn't fall on your shoulders.

Limited companies also benefit from better tax breaks, but payroll is more structured and formal. There are set wage terms, and beyond that comes a whole raft of admin and filing tasks to HMRC and Companies House.

Finally, in terms of customer perception, the idea of operating as a limited company is seen to be of loftier status than a sole trader, while bringing in other directors and stakeholders and applying for commercial resources (such as business credit) is easier too.



BUSINESS & PROPERTY



THE LAW REGARDING GRANDPARENTAL CONTACT



Grandparents often approach us at Mullis & Peake LLP to get help understanding their contact rights. If there is a breakdown in the relationship between yourself and the children's parents, it can mean that the children do not get to spend time with their grandparents.

Currently, the law offers no automatic right for grandparents to spend time with their grandchildren; however the courts do tend to acknowledge and value these relationships. Grandparents often play an important role in the lives of their grandchildren, and the bond between a grandparent and grandchild can be just as strong as a parental one.

A way of resolving this could be attending a Mediation session, which can be cost effective and less stressful than court intervention. This would involve inviting the other party to a meeting, whereby a qualified mediator will attempt to resolve the issues. If mediation is unsuccessful or the other party does not wish to participate, then

an application for a Child Arrangements Order (CAO) can be made. A CAO is an order setting out where a child will live and who they will spend time with.

Generally, it is only those with parental responsibility of a child who can apply for a CAO and grandparents do not automatically have parental responsibility. The Court will look at each case on an individual basis and make the decision as to who the child will live with and spend time with. The first concern of the court when considering a CAO is always the child's welfare.

If you are a grandparent in need of legal advice regarding spending time with your grandchildren, please get in touch with the family team at Mullis & Peake LLP Solicitors. We specialise in all aspects of family law and can help guide and advise you on the processes and options available to you. Our qualified solicitor/mediator can assist in potentially resolving the issue without having to issue court proceedings.

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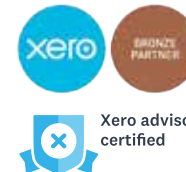
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Release the PRESSURE

EQUITY RELEASE – WHAT IS IT AND WHAT ARE YOUR OPTIONS?

Equity release, on the face of it, sounds like a great idea. You've worked hard, invested in a home that you own, and are of an age where you'd like to start monetising some of what's contained in those bricks and mortar.

In the simplest terms, it's the action of taking out a cash loan on your house. You don't pay anything back until your property is sold, usually when you die.

cent of the value of a £1million home might mean giving up 65 or 70 per cent of it.

Lifetime Mortgages

A much more popular option is a Lifetime Mortgage. The loan comes with a fixed interest rate, and while there are no payments to make, the interest charged is 'rolled up' and deducted from the final sale price of your home.

That means a £50,000 loan will see the repayment amount increase every year. You'll not only pay interest on the initial loan, but on the interest itself. These lenders do protect against negative equity – where the size of the debt is actually greater than the value of the home – but it could well be the case that very little of the asset is left to pass on to loved ones by the time the house is sold.

Summing up, equity release is often viewed as an expensive way of liquidating your biggest asset, and is typically only available to those aged 55 and above.

THERE ARE TWO TYPES OF EQUITY RELEASE:

Home Reversion Scheme

This is where a company buys a slice of your property (say, 25 per cent). It makes its money on the profit made from that investment when the property is sold, with an (expected) uplift in value. For the investor this is obviously a long-term investment, so the price offered for that quarter of your property will be well below market value.

Looked at the other way round, to monetise 25 per



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REC TO THE RESCUE

The rise of dashcams, and why more motorists are installing them

If you're familiar with the phrase 'where there's blame, there's a claim', you'll know we're living in an era when most people in most areas of society are being held accountable for their actions.

And on the roads, that's certainly the case, with £1.2billion of car insurance claims paid out in just the first quarter of last year.

Many of us have found ourselves in a position where an event on the road becomes the subject of dispute, and more and more now motorists are protecting their side of the story with dashcams. From just £20, and available front and back, footage can prove invaluable in the event of a claim needing to be made.

Typically, dashcams have been plugged into car cigarette lighters, but increasingly now, compatible cams can be wired into the

battery, meaning that even when parked and with keys out of the ignition, the camera will start recording whenever it detects movement.

More expensive models can offer immediate playback, increased file storage and GPS, but whether investing heavily or just setting something up to get you covered when zipping in and around town, protecting yourself – and your story – could end up saving you thousands.

And who knows, if you catch something really remarkable, your subsequent YouTube upload could go viral, landing you enough to drive something new off the forecourt... dashcam pre-fitted.

The ultimate question behind dashcams ends up being this; rather than asking, can you afford to install one, can you actually afford not to?

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TOKYO 2020 THE NEW SPORTS

3. KARATE

In the latest instalment showcasing sports set to debut or return at the Olympics in Tokyo later this year, we take a look at karate.

During the Ryukyu Dynasty, martial arts were banned by King Sho Shin, but they continued to be practised in secret. By the 20th century, Japanese universities had karate clubs, and in the 1960s and 1970s, martial arts movies were bringing this unique form of combat to popular culture.

It's perhaps surprising, then, that it's taken until 2020 for karate to make its Olympic debut, and even now is being presented as a non-permanent addition.

The sparring discipline of Kumite will feature three weight classes for male (67kg, 75kg and +75kg) and female (55kg, 61kg and +61kg) competitors, and there will be no mixed-gender contest. There will be 10 entrants in each category.

Rules in Kumite state that opponents face each other on an 8x8m mat, for three minutes or until one has an eight-point lead over the other.

Three points are awarded for ippon (a technique with clean connection and good form), two points for waza-ari (throwing opponent with control and accuracy, but not to extent of ippon) and one point for Yuko (a throw that places the opponent on their side).

There will also be a Kata discipline, in which judges will award points for technical (techniques, focus, correct breathing, stances, timing, transitional movements and conformance) and athletic (speed, strength and balance) performance. A total of 10 female and 10 male athletes will compete for gold, silver and bronze medals.

Karate has previously been an event at four leading athletic competitions – the 2018 Asian Games, and the 2019 African, European and Pan American Games.

It is apt, then, that the sport will be making its Olympic debut in its homeland.

RIGHT PLACE

right time



HOW, EVEN AT 35, CRISTIANO RONALDO REMAINS A CONSTANTLY EVOLVING MODERN-DAY SPORTING ICON

The enigma that is Cristiano Ronaldo continues to enchant, endear and entertain at every turn.

A seemingly ageless talent whose presence in the sporting arena is as strong as his appeal is ubiquitous, the Portuguese has always made the almost insurmountable task of remaining impactful appear largely effortless.

The secret to staying relevant occupies a strand picked up by so many great stars... of sport, the big screen, music, fashion and more: don't outstay your welcome.

"I have always been of the mind where I know when it is time to go," he says. "We can all do things for too long and that is when the gloss begins to fade a little."

Ronaldo's perception of when to stick and when to twist can be measured with the same exemplary precision as his leaps, salmon-like, that end with a header being powered past the flailing dive of an opposition keeper. Growing up as a kid in the system at Sporting Lisbon, he was only 18 when he switched to Manchester United, but as a career progression the time was right to step up.

Arguably, he did the same thing again when, in 2009, and at the peak of his powers in the Premier League, he left to join Real Madrid for a then world record fee of £80million.

And just as it appeared he would see out a glittering career in the Spanish

capital, a surprise switch to Juventus in the summer of 2018 flawed any notions that the player capped 164 by his country didn't still have within himself the passion and desire to freshen things up again.

Ronaldo, the man, is both effortlessly simple and hopelessly complicated. He is a brash, brazen, power-driven personality who, by the same token, will frequently be reduced to tears in interviews.

He is a man who has put a barrier between himself and the mother of his first son Cristiano Jr, yet whose dedication to all four of his children – Eva, Mateo and Alana all followed in 2017 – is unrelenting.

He is a man demerited and scorned on social media as much as he is admired and praised... someone who thrives on the spirit of competition and never backs away from bestowing his personal image on anyone who will listen; and yet, in almost the next breath, he offers humility, charity, compassion, the like of which some will tell you is apparently absent from the modern game.

Ronaldo's defining impact will always have to be that made on the pitch, of course. The legacy of a sportsman should be centred precisely in sport itself, but it is indisputable that he has played a defining role in enriching our perception, understanding and appreciation of modern entertainment culture, and for that, no matter what our sporting allegiances, we have to applaud him.

RONALDO IN STATS

(FIFA) Ballon d'Or: winner in 2008, 2013, 2014, 2016, 2017

FIFA World Player of the Year: 2008

Holds the record for the most goals in... Champions League (129), European Championships (nine), FIFA World Cup (seven), Nations League Finals (three)

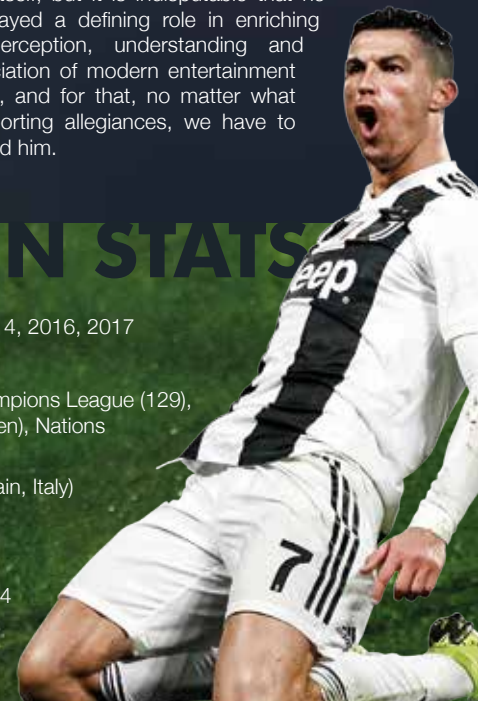
League title wins: 6 (in 3 different countries: England, Spain, Italy)

Champions League wins: 5

European Championships wins: 1 (Portugal, 2016)

Total number of goals scored for club and country: 724

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