



2020
VISION

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FREE

SKY BROWN

*GB's youngest summer
Olympian in 50 years*

**QUIRKY
LEAP
YEAR
FACTS**

TEA FOR TWO

Try the Kombucha
craze at home

Making HISTORY

Dancing on Ice features UK's first same-sex couple

VISION Leigh-on-Sea | Edition 4

Photo credit: ITV/Pic



Every Property has a story.



Rob Kahl
Office Manager
Scott & Stapleton

Just imagine what it must have been like in England in 1948? It must have been a strange combination of extreme fatigue from World War II and heady optimism as we looked forward to the possibilities of what may lie ahead.

This is never more prevalent than when you look at some of the momentous things that took place in that year. Food and fuel rationing after the War

were still in place at the beginning of 1948, although it would start the extremely slow process of being phased out by the end of the year and yet government had some much bigger ideas. Health minister Nye Bevan founded the much loved NHS this year with an annual budget of £430 million (it is now £135,000,000,000!!).

It was the same in individual households. People returned from the war to set up new lives, new families, start new businesses and of course move house.

This was the case for Gordon Worsley. After a decorated career in the war as a fighter pilot in the RAF, he and his new wife Brenda decided to move out of their Marylebone flat down to the seaside. Having both originated from Westcliff it was natural for them to return to Essex and they decided that Leigh on Sea was where they wanted to put down some roots. And what roots they were! The house that they chose was 46 Hillside Crescent, a 4 bedroom detached house which they stretched themselves considerably

to purchase for £4,000. They promptly set about filling this substantial family home! This house became the linchpin for the family which grew considerably with 4 children (3 of which were actually born in the house). Hillside Crescent was the family hub with numerous Christmases, birthdays and all of the big events that went on in the family centred around the house.

Now, after some 72 years there is an opportunity for another family to write their own piece of Leigh history with the chance to purchase this fabulous property.

The house offers huge potential standing on a large plot with a road frontage of approx. 50'. There is the possibility of extending to the side, back and in to the loft, subject to planning permission of course. The current accommodation comprises of a large welcoming entrance hall, spacious triple aspect lounge, separate dining room & good size 21' x 12' kitchen/breakfast room. Also to the ground floor is a useful shower room whilst the first floor boasts a good size landing, 20' master bedroom, 3 further bedrooms and a 5 piece family bathroom.

The Worsley's have retained many original 'arts & crafts' features including the beautiful Parquet flooring to the ground floor, stunning lead light windows, a feature Brick fireplace in the lounge and numerous other cast iron Victorian fireplaces, panelled doors throughout and many, many more.

As you can imagine the number of cars in Leigh has increased slightly since 1948! This has been taken care of with a large block paved in & out driveway providing ample off street parking leading to the detached single garage and the rear garden which is of a southerly aspect is extremely sunny with large patios and well tended lawns that has seen many BBQ's and summer parties.



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February 2020

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Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Leigh-on-Sea. I make little secret of my Everton FC roots, nor of the regular bouts of disappointment supporting them provokes. But even by their standards, losing to a severely weakened Liverpool side, which featured a 16-year-old, two other teenagers, a debutant who hadn't kicked a ball for two months and, in total, eight players aged 24 or under, in the FA Cup third round on January 5th was a new low.

In the aftermath, I considered what I had seen from one of the teams – determination, passion and optimism. I had to applaud that application, and realised they are the elements that should steer all of us forward this year.

As a person and as a publisher, I've always been driven and optimistic, and I love seeing that both in my team here at **VISION** and when I'm out in the local community. That's what we're all about and, while I care deeply about my football team, I need to be quick to remind myself that real life exists not on a 110x75-yard piece of grass.

Instead, it's on the street corners, at the parks, in the halls and clubs, and in every friendly conversation between locals. While it pains me to say it, it's 100 per cent true that the real passion to keep moving forward and to flourish as a community is exactly that shown by those Liverpool youngsters.

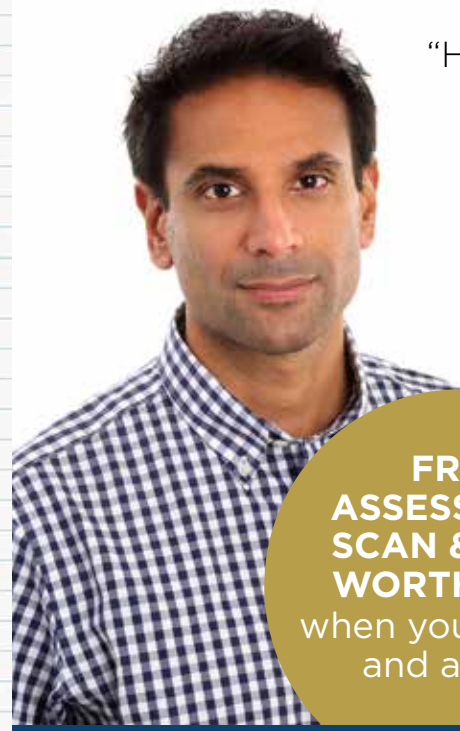
Enjoy reading the February edition,

Nik

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 DOWN: 1. ANACHRONISTIC, 2. TOTEM, 4. BUDGIE, 5. UNEXPECTEDLY, 6. AVERAGE, 7. EXTRAVAGANTLY, 8. QUINTESSENCE, 14. PREPARE, 16. ACIDIC, 18. TIMID

SKY IS THE LIMIT

Sky Brown, at 11 years of age, has been picked for the GB Skateboarding team, making her the youngest summer Olympian in 50 years. We look at what she has achieved thus far, and what this sensational youngster might accomplish going forward.

Sky was born in Japan – Miyazaki to be exact, on the south-eastern coast – to a British father and a Japanese mother. The pre-teen prodigy still officially resides in south-east Asia but spends the majority of her time in the United States.

Global sports giant Nike made her its youngest-ever acquisition in February 2019, and she has appeared regularly in ad campaigns with iconic female athletes, including fellow Briton Dina Asher-Smith, American artistic gymnast Simone Biles and South African middle-distance runner Caster Semenya.

At the age of eight, Sky became the youngest female to compete in the Vans US Open Pro Series. Although failing to place in the medals, she did finish higher than a number of competitors 20 years her senior.

This year, Sky clinched gold at Simple Session, a senior women's competition in Estonia's capital of Tallinn, and on a park course specifically designed for male competitors typically twice her size. It is this increased success in competition, matched with a squeaky clean image and the potential of youth, that has elevated her into superstar territory, and she is expected to become a multimillionaire long before she is even able to buy an alcoholic drink.

Dancing is another of Sky's talents and she was the winning celebrity on the US reality TV show *Dancing with the Stars: Juniors* in 2018.

While experts agree Sky's natural talent for skateboarding is without question, it was feared she may not be ready to compete at Olympic level owing to a lack of speed or power from her slight frame.

However, the decision by the British Olympic Association to invite her to compete for them – a significant 'win' given Japan's interest in her and the fact that the 2020 event is being held in Tokyo – has cemented the old adage, 'if you're good enough, you're old enough'.

And yet some commentators have queried the extent to which someone so young is able to cope with the pressure not just of high-level competition, but also of the media glare that will surely confront such a young talent. In Sky's defence, she is a youngster who exudes confidence. She practises surfing, does karate, jujitsu, dancing and singing, thrives on activity and equips herself as a modern, fearless youngster too young to have experienced the pressures that often only begin to surface in the teenage years.

"I just go about things in the way that feels natural," she says. "I am enjoying myself too much to feel the pressure and I'm keen to keep pushing forward with these opportunities that I have."

Those opportunities are probably somewhat wider than she herself appreciates. Competitive events she can handle, and media commitments are, it seems, a doddle. Yet stepping up as a cultural icon across social media, whose movements and actions are going to be lapped up by an adorning fan base spread all around the world... Sky Brown is going to have a busy few years ahead.



“I AM ENJOYING MYSELF
TOO MUCH TO
FEEL THE PRESSURE”

29
FEBRUARY

LEAP OF FAITH

This year is a leap year, with 366 days instead of 365, the extra day falling on February 29.

The extra day is traditionally when women can turn the tables and propose marriage. It also means people born on February 29 can actually celebrate their birthday on the proper day.

Here are six facts about leap year:

1. The leap year's extra day is vital because a complete orbit around the sun takes slightly longer than 365 days – five hours, 48 minutes and 46 seconds longer, to be exact.

At one time, people observed a 355-day calendar with an extra 22-day month every two years. But in 45bc Julius Caesar ordered his astronomer, Sosigenes, to simplify things.

Sosigenes opted for the 365-day year with an extra day every four years to use up the extra hours. The extra day is added to February because it used to be the last month of the Roman calendar.

The system was then fine-tuned by Pope Gregory XIII. He coined the term leap year.

2. The tradition of women proposing on leap day is thought to date back to fifth-century Ireland when St Brigid complained to St Patrick that women had to wait too long for suitors to propose.

He then gave women a single day in a leap year to pop the question – the last day of the shortest month. Legend has it that Brigid dropped to a knee and proposed to Patrick that instant, but he refused, kissing her on the cheek and offering a silk gown to soften the blow.

3. Others believe the tradition originates from Scotland when Queen Margaret, then aged just five, declared in 1288 that a woman could propose to any man she liked on February 29.

She ruled that men who refused the proposal would need to pay a fine in the form of a kiss, a silk dress, a pair of gloves or one pound. To give suitors fair warning – and possibly a chance to escape – a woman was required to wear breeches or a scarlet petticoat on the day of the proposal.

4. In Denmark, a man refusing a woman's leap-day proposal must give her 12 pairs of gloves, while in Finland it's fabric for a skirt.

One in five engaged couples in Greece avoid getting married in a leap year because they believe it's bad luck.

In Italy, legend has it that women are erratic during a leap year, and several proverbs warn against planning important life events in a leap year. *Anno bisesto, anno funesto* means leap year, doom year.

5. Workers paid fixed annual or monthly salaries essentially work for free on February 29 because wages are not usually calculated to account for the extra day. And prisoners with one-year sentences must serve the extra day if the term crosses leap day.

6. People born on February 29 are called leaplings or leapers. The chance of being born on a leap day is one in 1,461. There are five million leaplings around the world.

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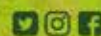
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Tranquil Dawn

Dulux Colour of the Year



Interior designers and homeowners across the country have been waiting with bated breath to discover what shade Dulux has named as its Colour of the Year for 2020.

And it couldn't be more different from last year's strong Spiced Honey shade.

Design a luxurious living room

Combine Tranquil Dawn with a soft, sandy shade to create a living room that is warm, inviting and promotes positive social interactions.

Create a calming bedroom

Jumping on the two-tone trend, paint the top half of your bedroom walls in Tranquil Dawn and the bottom in a soothing shade of bluey-grey. Not only will these make your bedroom appear more spacious, they will also bring the focus on to the bed, which should be the main feature in a room designed for restoration.

Why has Dulux chosen Tranquil Dawn as this year's Colour of the Year?

This cool-tone shade of green, which is extremely versatile, was picked to offer an antidote to an "increasingly disconnected" modern society.

What exactly does this mean?

Put simply, Dulux believes that modern technologies have left us feeling chaotic and lost, unable to identify with what makes us human. Therefore, this calming and natural shade is supposed to remind us of our real selves and the natural world around us.

How can you use Tranquil Dawn in your home?

What makes this colour different from other shades of green is its ability to subtly shift its tone depending on what other shades it is used with, allowing you to create many different vibes in your home.

Update your woodwork

If you don't fancy steering away from your preferred wall colours, why not paint your woodwork in Tranquil Dawn? This versatile shade has been matched with 36 other colours by Dulux so there are literally thousands of combinations you could go with.



HOME & DIY

Photo credit: Dulux via dezeen.com, decopiedia.nl, living etc, dulux.com





5 uses for a PAPER BAG

If you think that paper bags can only be used for bringing your shopping home from the supermarket, then think again. These environmentally friendly carriers are ideal for a number of household tasks and DIY projects.

MAKE DIY WOVEN BASKETS

You can never have enough storage solutions in your home, and these DIY baskets are ideal for smaller items such as keys or sewing materials. Simply cut your paper bag into long strips and then, starting with the base, start weaving. Finish with a handle if desired.

CLEAN YOUR WINDOWS

If you have ever experienced problems in getting your windows to shine rather than streak, then a paper bag could be your saviour. Merely tear up your bag, scrunch it together and get scrubbing. You can also apply a light spray of white vinegar for increased sparkle.

WRAP PRESENTS

With the sudden surge in nature-inspired design and décor, why not jump on the bandwagon and create some sustainable wrapping paper? Just cut up your paper bag, lay it out flat and then wrap up your item. Add some simple twine and a sprig of your favourite herb to create a unique and gorgeous gift.

CREATE DIY LANTERNS

Whether you want to create an inviting atmosphere for your next party or just love to experiment with crafts and candles, this is the ideal project for you. Simply use silhouette stamps to create your chosen design and then pop an LED candle into your bag. Do not use a real lit tea light or candle for safety reasons as the bag is flammable.

IN THE KITCHEN TWO WAYS

1. Ripen fruit. Place your fruit in a paper bag, seal and leave at room temperature for a few days. The result? Perfectly sweet and juicy fruit.
2. Make popcorn. Simply pour ¼ cup of uncooked popcorn kernels into a plain paper bag, seal and cook in the microwave for 2½ minutes or until the popping stops.

Photo credit: denise carbonell/Flickr/CC BY 2.0, One Good Thing by Jillee, www.notonthehighstreet.com, www.amazon.co.uk, www.allrecipes.com

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LOCAL NEWS

from your neighbourhood



Community backs plans to improve library gardens

The community has backed plans by the Friends of Leigh Library Gardens (FOLLG) on how the gardens should be used and improved.

The results of the consultation were announced on January 29 and followed an event at the community centre in December.

Almost 100 people visited the consultation and more than half completed feedback forms.

Volunteers from FOLLG were on hand to talk about the plans that have been drawn up and to hear Leigh residents' views on how the gardens should be used and improved.

The feedback from the consultation was supportive of the current plans for Leigh Library Gardens.

Many commented on the need to improve the paths within the gardens and to open up and improve the vista from the south of the library to the sea.

People also wanted to see a greater variety of seasonal planting to bring colour, and themed planting to bring interest to the gardens.

More activities for all ages were also called for in the gardens. These are all improvements that FOLLG have incorporated into their plans so far.

Russell Hallmark, chair of the Friends, said: "We would like to thank everyone who came along to find out about the work of our group and to offer their views on how best to improve and care for the Library Gardens."

"It is a genuinely loved and valued space and there is a lot of goodwill towards our plans. We are all excited about how the gardens will develop over the next 12 months."

Volunteer sessions take place on the first and third Wednesdays of the month and the second and fourth Saturdays of the month from 10am until 11.30am.

Everyone is welcome and tools are provided; suitable clothing and footwear are essential.

For more information about volunteering, email follg2018@gmail.com or drop into one of the working party sessions and talk to a volunteer.

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Police manhunt as prisoner absconds



A prisoner who was temporarily released for the weekend to an address in Leigh-on-Sea is on the run after failing to return.

Dean Page, 34, was serving a sentence at Hollesley Bay prison in Suffolk.

He had been released on January 10 to stay at an address in Leigh-on-Sea, and was due to return to the prison on Tuesday, January 14.

However, he failed to appear back at the prison.

Page is serving a sentence of eight years and six months for robbery and possession of a blade.

Suffolk Police said: "He is described as white, 5ft 11in tall, of medium build, with brown hair and was last seen wearing Nike sportswear and footwear.

"Anyone who believes they have seen Dean Page, or who has any information regarding his whereabouts, is asked to contact Suffolk Police immediately on 101."

Cadet honoured with the highest award

A cadet from the Leigh-on-Sea unit of the St John Ambulance has been recognised for his commitment to the charity.

Samuel Knight, 14, was awarded the Grand Prior Award, the highest a St John Ambulance Cadet can achieve, after showing remarkable dedication.

The schoolboy demonstrated his commitment by studying 24 different skills and working in the community – giving him the necessary skills to become a lifesaver.

Samuel has been a St John Ambulance Cadet for five years and once used his first aid skills to assist his father when he was suffering from chest pains on holiday.

Talking of his award, Samuel said: "As a Cadet, achieving my Grand Prior Award has been a long-term goal for me.

"When I joined my unit, there were two young leaders who were great role models to me and they had achieved their Grand Prior Awards, motivating me to do the same.

"I have learnt many valuable skills over the last few years working towards this award and I hope to pass on my knowledge and experience to younger Cadets, inspiring them just as my young leaders did for me."

Man jailed for murder over debt

A man from Leigh-on-Sea has been jailed for a murder after killing a man over a debt.

Ian Slater (pictured below left) was sentenced to a minimum of 26 years in prison at Basildon Crown Court on January 29 following the death of Courtney Valentine-Brown.

Mr Valentine-Brown, 36, died after being stabbed in the leg in Southend in February last year.

Slater had three accomplices who were all found guilty.

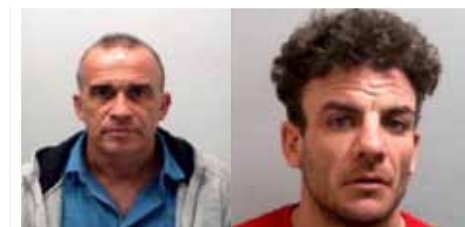
They included Alex Stephens (pictured below right), from Westcliff, who was also found guilty of murder and sentenced to a minimum of 26 years. Meanwhile, Kelly King and Stuart Pearson, both of Westcliff, were found guilty of manslaughter and sentenced to nine years each.

The trial heard that a dispute over a debt had led Slater, on behalf of Mr Valentine-Brown's landlady, King, to hire the other two men to confront him.

They travelled to Mr Valentine-Brown's flat armed with weapons with a plan to evict him.

During the confrontation, Stephens stabbed Mr Valentine-Brown in the leg, severing a major artery. He died from blood loss.

Detective chief inspector Daniel Stoten, from Essex Police, said: "Slater, King, Stephens and Pearson acted together to confront Courtney. Slater and Stephens armed themselves, a clear indication of their murderous intentions."





Leigh-on-Sea TOWN COUNCIL

The Town Council is always here to listen to our residents. However, to ensure that our councillors are well known around the town, we are this year introducing 'Coffee with Councillors'. There will be two sessions taking place in early March: Saturday 7, 10am to noon and Monday 9, 2pm to 4pm.

We hope these community engagement events will help to promote conversation and give electors the opportunity to meet their councillors in an informal setting. Coffee and cake will be available to enjoy, and you will get the opportunity to discuss your ideas, possible improvements or any issues you are having within the town council boundaries.

Please register your interest with the town council (to ensure we have enough cake) by calling 01702

716288 or emailing council@leighonseatowncouncil.gov.uk

Alternatively, you can come to the Leigh Community Centre Reception. Please note this event is only open to residents within the town council boundary.

Annual Community Meeting

If you are unable to join our councillors for a coffee, then think about popping along to the Annual Community Meeting on Friday, April 24. You will have the opportunity to engage with different community groups and charities, read the Annual Report, ask any questions to our councillors, and see the presentation of the Good for Leigh Awards.

More information will be available about the event in due course, so keep your eyes peeled.

Firefighters help teen with brain cancer



Firefighters from Leigh-on-Sea have joined a bid to help support a teenager diagnosed with a brain tumour.

Firefighters at Leigh-on-Sea station hosted a fayre and raised £400 which will go towards Lily Wythe's treatment in the United States, which isn't available in this country.

Lily, 13, was diagnosed with an aggressive malignant brainstem tumour a few months ago and is trying to raise £300,000 to get treatment across the Atlantic.

So far more than £210,000 has been raised thanks to the support of the community including, Leigh's firefighters.

On January 10 Lily's mum, Diane, expressed her thanks to those that have shown their support.

She said: "A huge heartfelt thank you to everyone who has donated so far; there have been some amazing fundraisers organised and many more to come."

Station manager Dave Walpole from Leigh Fire Station said: "Lily only lives a couple of miles from the station and came along recently to have a look around and ask lots of questions.

"Thank you to everyone who supported our fayre – both those who came along and everyone who helped to arrange it.

"The event is always popular with the community and it's great that our firefighters are able to use it to help people in need like Lily."

To donate, visit uk.gofundme.com/f/help-lily-battle-brain-cancer

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SPORTS
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MONTHLY
ROUND UP

"It's a feeling of relief; it's been a long time coming," was just some of the reaction of Southend United's manager, Sol Campbell, after his side secured their first victory under his stewardship following a long trip to Accrington Stanley in mid-January.

This was his twelfth match in charge since arriving in late October but, even before this eventual success, the indications that his team were on the road to recovery were there for all to see.

We are told that Rome wasn't built in a day and, similarly, even the most fervent of supporters could not realistically have expected instant miracles with the advent of the charismatic Campbell.

His first four matches all ended in defeat, with only two goals scored while conceding twelve.

By December, the tide was beginning to turn, and the next four games brought two draws and seven goals, even though the defence was still leaking badly.

It was, however, the next four encounters that really

began to kindle the flame of revival: three consecutive draws proved to be just the prelude before the ultimate, and highly significant, triumph in Lancashire, for not since October 2018 had the "Blues" had a run of four unbeaten matches.

It seems that the outstanding and resolute loyalty shown by the fans is gradually, but palpably, being rewarded by the constantly improving results.

Notoriously, football supporters can be a fickle group of people, but Southend United should be greatly encouraged by the dedication shown by their followers.

Despite the recent trials and tribulations, attendances at Roots Hall have constantly hovered around 6,000, a figure that is probably the envy of most clubs in the lower reaches of the league table.

A third of the season remains in which yet another escape from relegation could be achieved – exciting times lie ahead.

www.southendunited.co.uk

SIR DAVID AMESS MP



Member of Parliament for Southend West



A new chapter has just begun in the history of our great country. After three and a half dreadful years in Parliament, filled with division and disagreement, the result of the 2016 referendum has finally been honoured and we can now move on to tackle some of the big issues that are facing our society – crime, climate change and health and social care, to name a few.

I look forward to working with colleagues to address these things, but my priority will always be the constituency that I represent. There are a number of important issues that I am aware of in our local area, but my postbag is dominated by two things – Southend Airport and c2c.

Southend Airport plays a central role in our community, but an increase in aircraft operations

cannot come at the cost of local residents' quality of life.

In particular, people are concerned about noise levels, air pollution and night flights. Senior council and airport officials have, thus far, been reluctant to make reasonable changes to the S106 Planning Agreement which would ease the discomfort of residents. Things simply cannot carry on as they are, and I will do all I can to ensure that changes are made as soon as possible.

The c2c train line used to be known as the 'misery line'. As a regular commuter myself, I really do understand the frustration of local residents. I have asked Parliamentary Questions, spoken to the Transport Minister and made representations to c2c's parent company – Trenitalia – about the situation. The present situation cannot be allowed to continue.

A look back into the town's history

In 1904, the Leigh Urban District Council issued byelaws regulating the use of Bell Wharf, in the Old Town.

Byelaws of the Free Fishermen had originally been made in 1697, and Bell Wharf had been called King's Strand but changed its name in 1854. The Wharf was conveyed to the Leigh UDC in 1897 for the princely sum of £185, subject to such rights as existed for fishermen to land fish and bring them to shore, free of toll.

Some of the more interesting byelaws were:

- No person shall use the Wharf while intoxicated and no person shall while using the Wharf be guilty of any violent, quarrelsome or disorderly behaviour.
- No person shall (without agreement of the Council) use the Wharf for the purpose of selling or exposing for sale any material, commodity, goods or other article.
- No person shall use the Wharf or any part thereof for the purpose of fishing or bathing therefrom without the consent of the Council.
- No person shall, unless duly authorised by the Council, take or place or use upon the Wharf, or in any part thereof, any steam roundabout, shooting



gallery, coconut shy, or other similar contrivance.

- The person in charge of any horse or beast of burden shall not leave the same unattended on the Wharf, or allow the same to remain thereon longer than necessary for the loading or unloading of any material.

There were, of course, many byelaws regarding the working of the Wharf by vessels carrying various commodities and for the regulation of machinery.

Anyone offending the byelaws was liable to a penalty of £5, and in the case of a continuing offence, a further penalty of five shillings for each day they continued to offend.



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PLANT OF THE MONTH:

Lilies

Who doesn't love to be gifted a beautiful bunch of lilies? Among the most recognisable flowers in the UK, lilies are known for their stunning scent, their bold colours and their imposing size.

And, thankfully, they are relatively easy to grow.

When should I plant lilies?

Lily bulbs can be planted as early as autumn or winter, but they are perfectly fine to plant in early spring as long as they are in by the end of March.

Where should I plant my lily bulbs?

Lilies will reappear year after year, so it is important that you bear this in mind when choosing where to plant them. As a rule, they like a sunny spot or an area with some light shade. However, brightly coloured lilies keep their colour better in areas with consistent shade.

How to plant lily bulbs

Soak your bulbs in warm water for 12 hours before planting – this will save you 2–3 weeks of growing time | Plant your lily bulbs in groups of 3–5 for a more effective display | Dig a 20cm -deep hole for each group of bulbs | Spread a 5cm layer of grit over the bottom for improved drainage | Plant the bulbs pointy end up | Cover with soil

How to protect your lilies

Lily leaf beetles are your lilies' biggest threat, with the ability to munch their way through their foliage and flowers when they are in bloom. Luckily, these beetles are easy to see and can be easily squashed with your fingers. Alternatively, spray the beetles with a mixture of olive oil and water.

What do lilies represent?

Lilies symbolise humility and devotion and this is why they are the 30th wedding anniversary flower. They are also often used at funerals to symbolise that the soul of the deceased has had their innocence returned after death.



GARDENING

Choosing
your

PET NAMES

THE MOST
POPULAR AND
MOST PUZZLING
PET NAMES IN
2020

While the pet market has never been more buoyant in the UK, it seems neither has our ability to label our loved ones with popular and puzzling names in equal measure.

We looked at some of the quaint and curious titles given to four of our favourite fluffy ones.

DOGS

The most popular dog names all revolve around the traditional, happy-go-lucky and cute echoes of having a pet in the home. That means Bella, Charlie, Luna, Lucy, Max and Bailey feature high up on lists, with the likes of Cooper, Daisy, Sadie and Molly also ranking as popular.

For unusual names, consider Shakespeare, Soup, Bug, Hawtry and, of course, plain old Dave.

And if you want to sound clever when beckoning your pooch over in the park, what about Mary Poppins?

CATS

As far as felines go, Oliver, Bella, Simba, Chloe, Luna, Max, Lucy, Lily, Nala and Sophie all rank highly.

For the more unusual tags, try Tucker, Lulu or Winston. And again, for the clever clogs (or should that be claws), try Kitty-Purrry, Harry Pawttter, or even Mr Meowgi. Ouch.

HAMSTERS

Low maintenance and incredibly tame, hamsters are loveable pets good for all ages. And while you might be happy to give them one of the UK's most popular names, in the form of Bob, Chewy, Comet, Fudge, Hamlet, Paws, Rocky or Stitch, could you really bring yourself to go for such leftfield options as Keyboard, Vanilla, Kujo or Rags? No... thought not.

RABBITS

Finally rabbits, and if you believe Thumper, Cinnamon, Snowball or Oreo are a bit overdone, perhaps consider Bunilla Ice, Rabbit Downey Jr or Like Skyhopper.

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As **BOLD** as ice

Dancing on Ice glides over new ground as Ian Watkins and Matt Evers are unveiled as the show's first same-sex duo

.....

It's both encouraging and demoralising that ITV's dance reality show *Dancing on Ice* should court so many headlines over the decision to showcase its first same-sex couple – encouraging in the sense that prime-time television is embracing a move regarded as an industry first; demoralising in the sense that such a simple reflection of everyday society finds itself worthy of headlines in the first place.

Equality campaigners will also point to how long it has taken the terrestrial networks to reach this point, although there is still no indication that BBC big brother *Strictly Come Dancing* will follow suit.

The dancers in question are Ian Watkins – former member of Steps and better known by his stage name of H – and professional dancer Matt Evers, whose debut performance in the first week of January wowed the live audience and provoked widespread approval across social media.

The pair, who are both openly gay, have captured the imagination and admiration of the watching audience during an era in which LGBT issues are at the forefront of hearts and minds.

ITV's decision to feature the pair will almost certainly prove a ratings winner; but more

than that, it is hoped the move will set a positive precedent across other prime-time shows, reflecting the progressive values of acceptance, tolerance and respect that our nation has always found itself a world leader in displaying.

Watkins said after the first dance, "It was emotional, because I have wanted this for so long and it means so much to so many people, and the world is ready for this."

The judges – including Jayne Torvill, Christopher Dean and Ashley Banjo – were ubiquitous in their acclaim of the dancers, while John Barrowman broke down in tears in admiration of the duo.

He said to the performers, "I am emotional; it makes me happy on a complete multitude of levels, just because of seeing two men who represent someone who is like me, and to skate as well as you did... you've done it now, the nerves are out of the way."

Watkins and Evers are second-favourites to take the crown, though they have tough competition in the 2020 edition of the show, which regularly attracts viewing figures in excess of six million. Also present in the 12th iteration of the reality series are, among others, model Caprice, Paralympic sprinter Libby Clegg, presenter Joe Swash and former footballer Kevin Kilbane, with Diversity dancer Perri Kiely tipped as early favourite to lift the *Dancing on Ice* crown.

As for Evers, who is a former world figure-skating competitor, he credits both Watkins and the show's producers for taking such a positive step. "I just have to say thank you to the network, thank you to ITV and thank you to everybody at home who is accepting of this, because this is normal... this is absolutely normal.

"This is my 12th series of *Dancing on Ice* and this year is special. This journey is going to mean a lot to a lot of people in this country and around the world."

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TEA FOR TWO? Why not try Kombucha?

Fermented foods and drinks have been experiencing a surge in popularity in recent years, with many people singing the praise of this refreshing, if not slightly sour, tea that is known for being rich in antioxidants and probiotics.

How to make Kombucha at home (1L)

You will need;

1L water (dechlorinated) | 1 teabag (black tea is considered to be the best but other tea can be used) | 50–100g sugar (cane sugar is advised) | 1 small scoby (these can be bought online) | 100ml starter liquid (this will come with the scoby)

How to make;

Boil 250ml water | Add the teabag and sugar, stirring until dissolved | Brew for 10 minutes | Remove teabag | Add the rest of the cold water | Add the scoby and starter liquid | Ensure you leave a minimum of a 5cm gap at the top of your liquid to allow for fermentation | Cover the jar with a cloth and fasten with an elastic band | Leave to ferment for 6–9 days at room temperature | It's then ready for the 'secondary fermentation'

process | Remove the scoby and add additional flavour if desired | Store in an airtight bottle with at least a 3cm gap at the top | Leave at room temperature for between 5–14 days

What flavours can I add to my Kombucha?

This is completely dependent on your taste preferences, but some of the recommended flavour ideas include;

- | Berries or citrus fruits
- | Dried fruits such as goji berries, figs or dates
- | Frozen fruit
- | Herbs such as lavender, mint or lemon balm
- | Mild spices like turmeric, allspice or cardamom

What are the health benefits?

Kombucha has the ability to:

- | Improve your digestion
- | Strengthen your immune system
- | Reduce blood pressure
- | Alleviate gout and haemorrhoids
- | Improve liver function
- | Fight cancer



WHAT IS AI BEAUTY?

IS AI BEAUTY THE FACE OF THE FUTURE?

AI, or artificial intelligence, is already an integral part of our daily lives, with many people utilising smart technologies such as Siri or chatbots; so, of course, the beauty industry is also getting in on the action.

WHAT IS AI?

To put it simply, AI is a computer system that imitates intellectual human behaviours; basically, you provide your personal information and then the computer uses an algorithm to provide you with the service, product or solution that you need.

Sometimes, it can predict your needs before you even know about them yourself.

HOW IS AI BEING USED IN THE BEAUTY INDUSTRY?

1. A BESPOKE SHOPPING EXPERIENCE

The beauty industry is completely over-saturated with products, which can make the buying process difficult. However, by completing a simple questionnaire before you shop, AI can provide you with a tailored number of products that suit your individual beauty needs. A certain make-up brand even has a custom-made foundation machine that promises to find your exact match.

2. A PERSONALISED BEAUTY ROUTINE

If you have ever worried that you are applying your foundation wrongly or that you are missing parts of your face when applying creams, then AI can help you. There are now beauty tools available that use AI to let you know how to improve your make-up and skincare routine, such as a facial cleansing brush that uses skin sensors to analyse your skin.

3. MORE RELEVANT PRODUCTS

If you sometimes feel that the beauty industry is just churning out more and more products to make money, then AI could signal the end of this. AI can utilise customer data to help strategically create products that are actually in demand, rather than marketers just guessing what we want.



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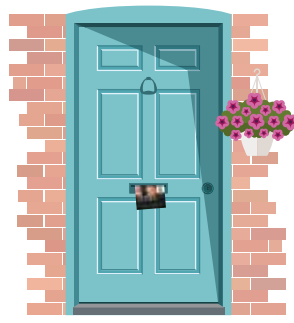
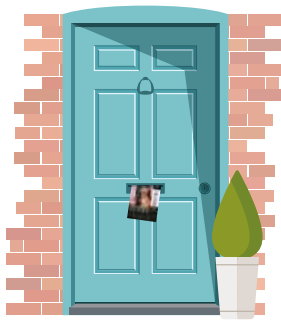
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FASHION

Timeless DENIM

*Trends will come and go...
...but denim is forever*



Here are just a few staple denim pieces that men and women should have in their wardrobes, safe in the knowledge that they will never go out of style...

THE DENIM JACKET

As practical as it is en vogue, the denim jacket will never fail you. Women, make a floral spring/summer dress edgier by teaming it with a light denim jacket. For a more casual aesthetic, go for distressed denim. For a rock chick vibe, stud detailing will be your best friend.

Men, relive the early noughties and brave the double denim like Justin Timberlake and Britney Spears at the 2001 AMAs. Alternatively, wear a dark-coloured denim jacket over a casual white shirt and chinos for a subtle nod to the trend.

SLIM AND SKINNY JEANS

Slim and skinny jeans aren't going anywhere.

Ladies, jeans and a blouse teamed with a chic

blazer and an oversized tote is a perfect smart/casual look that will take you from office to cocktail bar with ease. Mix things up by opting for white denim during the warmer months.

And gents, dark-coloured jeans with a shirt in a bold hue – the more daring, the better – complete with your favourite loafers, are great for standing out from the crowd. Team with a crisp white shirt and a sharp blazer for a smarter aesthetic.

BOYFRIEND JEANS

Slim fit jeans are in, but that doesn't mean their comfier and more voluminous cousins are out. Au contraire, boyfriend jeans are hotter than ever, and can be enjoyed by men and women alike. Sometimes, if you're lucky, the very same pair.

Girls, make like an off-duty supermodel and pair yours with simple tank tops, trainers and oversized sunglasses. Timberlands, flip-flops, wedges and even sky-scraping heels are all approved footwear choices.

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SEARCH

THE MISTAKES PEOPLE MAKE WHEN BOOKING FLIGHTS

Holiday fever... whether it's packing your case at home, arriving at the airport or stepping out onto foreign soil at the other end, vacation vivaciousness hits all of us at some point, and nothing else in the world matters.

And yet, what if you could wind back a few months to when you booked that flight and mend that badly timed departure you booked, or erase the hassles and inconveniences of connections, or just save a big wedge of cash? Here are five things you need to consider when booking flights:

CHEAP = CHEERFUL?

Sometimes the cheapest fare will actually end up costing you more. A number of airlines offer a basic ticket with no luggage, no seat reservation and no frills. You may subsequently discover you're paying extra to check baggage in, or are adding cost at check-in to sit next to a loved one.

FORTNIGHT FORETHOUGHT

Airfares start increasing sharply in the two weeks leading up to departure, and typically the best time

to book is around a month before. Buy flights too early or too late and airlines will be charging either uncompetitively or, worse still, at a premium.

WEEKEND WOE

Don't book flights at weekends when everyone else is online. The best new deals hit sites early in the week, and prices generally hold up better during the daytime than in the evening.

DAYTIME DALLIANCES

It may be convenient to have a bit of breakfast then saunter to the airport, but the best-priced flights are those very early in the morning. Getting a 5am plane out will also mean more time at your chosen destination, even if you do spend the rest of the day yawning.

FLY PAST

Don't just settle on a departure from your nearest airport. An extra hour in the car may save you hundreds of pounds by going to a different departure location.

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FOOD & DRINK



Whether you want to save time in the kitchen, don't always have the necessary cooking appliances to create your favourite dishes or simply love a good hack, these four unusual tips will ensure you never look at cooking in the same way again.

Use dental floss to cut

Sometimes, cutting with a knife can be tricky, especially if the food you are attempting to chop up is either very soft or prone to crumbling. Dental floss is a great tool for cutting foods such as a cake or a very mature cheddar, providing more precision and less mess than a knife.

Use cling film pouches to poach eggs

Eggs are an easy and filling snack or meal; however, poaching the perfect egg can be a challenge. Avoid your eggs disintegrating by lining a cup with cling film, spraying with olive oil and cracking in an egg. Then tie it closed, drop it into simmering water and cook as normal.

Place an ice cube in your burgers

Do you often worry about serving dry burgers at your BBQs? A simple trick is to press a small ice cube into the middle of your burger patty before cooking, sealing the beef around it and then grilling or frying as usual. The result? A moist and juicy burger that no one will suspect has had an ice cube in it.

Cook chicken in glass jar

If you do not have a grill pan but have a craving for tender chicken kebabs, this hack is for you. Simply place your kebabs (on a wooden skewer) in a glass jar, cover with tin foil and cook in the oven until the chicken juices run clear.



DO THE RUMBA

How this spirit went from being the preferred bounty of pirates to a premium tipple...

When Christopher Columbus introduced the Americas to sugar cane, he couldn't have possibly realised his actions would one day lead to the creation of one of the finest drinks around: rum.

Like many revelations, the discovery of rum was a happy accident, which occurred when sugar planters in the 17th century grew frustrated at the waste product of sugar: molasses. At a loss with what to do with the thick, syrupy liquid, any molasses they couldn't give away was simply discarded, until some bright spark discovered that by mixing the molasses with water and leaving to ferment in the sun, they created a spirit – rum!

Early rum wasn't the smooth and delectable beverage we quaff these days, of course. It was strong, unsophisticated and a great cure-all for the many ills that befell those living in the tropics; probably why it was nicknamed rumbullion or kill-devil.

And yet, despite rum's more acerbic qualities, it soon became popular as plantation owners sold it at discounted prices to local naval ships, knowing that their presence in the area would discourage pirates. For as we well know, no one loves rum as much as pirates...



The glorious golden spirit continued to garner popularity, to the extent that the British Navy couldn't go without it, and in the 1730s they adopted a daily ration of half a pint of 160 proof rum, which remained (though to a diminished strength) until 1969.

These days, rum is a billion-pound industry, and there are many wonderful brands that you can happily sip neat with just an ice cube or two. So next time you're relaxing with a finger of the finest, remember to raise a toast to the sugar planters who finally figured out why you should never EVER throw molasses away. Cheers, me hearties.

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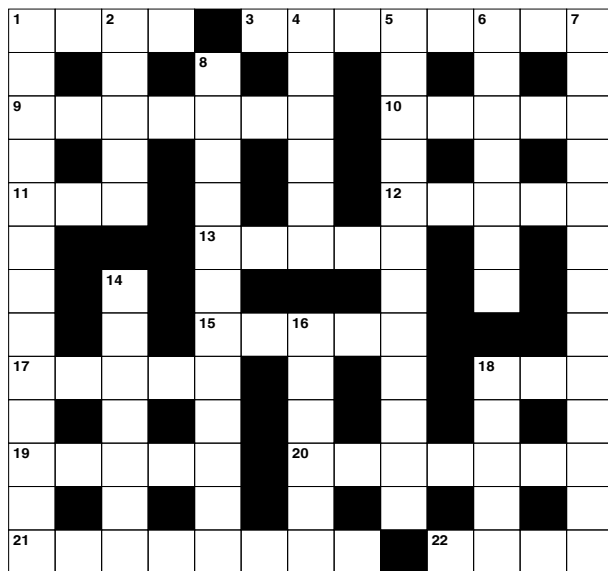
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- 3. Unyielding (8)
- 9. Shock with wonder (7)
- 10. Happening (5)
- 11. Cut of pork (3)
- 12. Public square (5)
- 13. At that place; not here (5)
- 15. Stem of an arrow (5)
- 17. Individual things (5)
- 18. Popular beverage (3)
- 19. Instruct; teach (5)
- 20. Mark the boundaries of (7)
- 21. Lenience (8)
- 22. In a tense state (4)

DOWN

- 1. Misplaced in time or date (13)
- 2. Motet (anag) (5)
- 4. Small parrot (informal) (6)
- 5. By chance (12)
- 6. Mediocre (7)
- 7. Wastefully; lavishly (13)
- 8. Most perfect example of a quality (12)
- 14. Get ready (7)

- 16. Sour to the taste (6)
- 18. Shy (5)



DID YOU KNOW?

- ▶ An octopus has three hearts. They need all of them to circulate blood through their bodies
- ▶ African penguins can swim underwater for up to two and a half minutes trying to catch small fish
- ▶ The cheetah is the world's fastest land mammal. It can accelerate from 0 to 60mph in three seconds
- ▶ Polar bears don't hibernate, but females enter into a dormant state while pregnant
- ▶ Dark patches around meerkats' eyes help them be effective lookouts by reducing the glare of the sun
- ▶ Unlike other cats, lions are social animals and live in prides. They can keep track of one another by roaring

SUDOKU

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	2				4		6	



ADVERTISING IS

an investment ...not a cost

Sir Richard Branson always hoped 1994 would be a big one for his business. In the autumn of that year, the billionaire Brit entrepreneur launched his most brazen attempt at global domination: the release of his Virgin Cola brand.

In some ways, seeing Branson go up against the world's biggest drinks brand was the perfect boxing match. Not only did both companies personify their brand with the use of a posturing guy sporting a big, white, bushy beard, but the marketing ploy of Coca-Cola – to entrench a simple fizzy drink deep into the psyche of a global marketplace of customers – was very much from the Virgin chief's same school of thought.

What Coca-Cola mastered was the concept of subliminal advertising and low-level marketing. Consider the fact that, as customers, we're bombarded with all manner of advertising messages – brands are desperate to hold our attention, and for the most part they do it very well. And yet, researchers have found that, in many cases, the most effective campaigns are the subconscious ones we don't even notice going on around us. That's why even a colossal brand leader such as Coca-Cola will spend £6billion globally on advertising each year.

Forget the showpiece ads, big promotions and special offers – we're talking about discreet in-store branding or billboards,

simple page advertising, advertorials and TV activity with barely a bottle or a bubble in sight.

These adverts don't actually appear to be selling anything specific, yet they're embedding in our minds repetition and strengthening brand identity. That theoretical 'strength' translates into a level of comfort, familiarity and trust it's difficult to put a price on.

Branson knew this, and although he couldn't topple the world's biggest drinks company, his smorgasbord of Virgin brands – from gyms to holidays, financial services to internet connectivity – each involuntarily strengthened the others, which continues to today.

Our finest business brain saw advertising as an investment in the future, not a cost in the present... and these days he's toasting with something considerably stronger than cola.

Photo credit: s_bukley/Shutterstock.com





TURNED OFF

BY TECH

FIVE TORRID TECHNOLOGY FAILURES



AMAZON FIREPHONE

An android mobile device designed to capitalise on the incredible success of the Kindle Fire eBook readers and Fire tablets, this 2014 launch was set to catapult the brand into the communications mainstream while also knitting together its retail and film elements.

The phone only lasted a year, though, as Jeff Bezos found the might of Samsung, Apple and co to be impenetrable.



OCULUS RIFT

When Mark Zuckerberg got behind the virtual reality market, there was the expectation that technology and consumer interest would be catapulted forward, but it hasn't happened. As Oculus trips through new products – such as the Quest – a persistent lukewarm response seems to imply that headset hedonists are few and far between.



GOOGLE GLASS

Evidence, as if it were needed, that while tech is a big part of our lives, we don't want to be imprisoned by it. The Google Glass threatened just that – 24/7 connectivity and the ability to answer stressful work emails even when relaxing in the bath. Great.

Ultimately, the failure of the 'smart glasses' came down to the fact that it was never going to be a big job to reach into a pocket and pull out a mobile phone.



APPLE MAPS

When angling for a place in the Google Maps market, Apple launched its own cartography app, but users rapidly found the service to be inferior, with poor directional capabilities, a lack of detail on city plans and, in some cases, fictitious information. At one point, Ireland's Ministry of Defence had to warn users that a non-existent airport was showing near Dublin. Y'know, minor problems...



SINCLAIR C5

The Sinclair C5 was a fully electric, low-riding vehicle that was meant to span the gap between car and bike. Owing to its low speed, poor battery life and the fact any encounters with buses or lorries were set to leave the rider paralysed by fear, production ceased after seven months.



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DEALS ON WHEELS?



THE TOP 10 MOST EXPENSIVE **CARS** IN THE WORLD REVEALED

TEN - £910,000 - Zenvo ST1

Assembled in Denmark, the Zenvo is a machine of incredible power, housing a 6.8 litre V8 engine with supercharger and turbocharger giving 1054 bhp.

NINE - £1.1million - Ferrari LaFerrari

With 0-60mph in less than three seconds and on to 124mph in seven seconds, there aren't many quicker in acceleration.

EIGHT - £1.2million - Pagani Huayra

Its unusual name celebrates the Incan god of wind. Unlike that god, it possesses a 6.0 litre V12 engine with two turbochargers for 620bhp.

SEVEN - £1.3million - Aston Martin One-77

When James Bond wants to get away from or catch up with the bad guys, he should use this - 220mph top speed, 0-60 in 3.5 seconds from a 7.3 litre V12.

SIX - £1.5million - Koenigsegg One:1

This is a Swedish megacar that looks more like a diecast model! It's low and wide and can do 0-60mph in less than 2.9 seconds, with a top speed of 280mph.

FIVE - £1.9million - Ferrari F60 America

A stylish and classic look and bodywork, it's brutal along with its beauty - the perfect combination for a supercar. A 6.2 litre V12 gives 740 bhp and 0-60 in 3.1 seconds.

FOUR - £2.6million - Mansory Vivere Bugatti Veyron

At last, we can hear you say - a Bugatti! Well, this one is a beast. An 8.0 litre engine, a top speed of 255mph and 0-60 in less than 2.5 seconds.

THREE - £2.6million - W Motors Lykan Hypersport

This car appeared in *Furious 7* where it displayed its tremendous capacity and animal-like qualities. 0-60 in less than 2.8 seconds; a top speed of 245mph.

TWO - £3.4million - Lamborghini Veneno

Possibly the most amazing-looking vehicle ever made, with a top speed of 221mph, and 0-60 in 2.8 seconds.

ONE - £3.7million - Koenigsegg CCXR Trevita

The 1,004 bhp, 0-60 in 2.9 seconds and top speed of 254mph mean it's a shame there were only three of these ever made.



Photo credit: wsupercars.com, www.Shutterstock.com - arda savasciogullari, auto-data.net, dimcars, Jia Li, PhatTai, Shaun.P, Steve Lagreca, Vasilika, Zavatskiy Aleksandr

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TOKYO 2020

THE NEW SPORTS



2. SOFTBALL

SPORT

In the latest instalment showcasing sports set to debut or return at the 2020 Olympics in Tokyo later this year, we take a look at softball.

Five new pursuits have been added to the roster for Tokyo 2020, which kicks off on July 24. It will be the second time that the Far Eastern metropolis has hosted the Summer Olympiad... it would have been the third had the Second World War not intervened in 1940.

Softball, in essence, is a sport very much like baseball, and there will be six countries competing for the gold medal.

Last seen at the Olympics in Beijing 2008, the qualification process for Tokyo saw 2018 WBSC Softball World Champions United States, Europe/Africa winners Italy, Americas victors Mexico, and Australia as the Oceania representatives. Canada qualified along with Mexico, while Japan is present as host.

Softball has seven innings, two fewer than

baseball, a bigger ball measuring two inches more in circumference, and a smaller bat. The pitch is also smaller than its compatriot and the pitching distance of softball is around 40ft from the plate, as opposed to 60ft in baseball. Also, whereas the ball is pitched overarm in baseball, an underhand technique is used in softball.

Returning after a hiatus of 12 years, following its removal for the 2012 Games in London, it was previously part of the programme between Atlanta 1996 and Beijing 2008.

The six countries will compete with a roster of 15 players each, with the 90 athletes helping to make up the estimated 11,091 who will compete in Tokyo.

Softball was invented in the late 19th century in Chicago as a game designed to move at a faster pace than baseball. Contrary to common knowledge, since the 1930s, the "soft" ball is actually hard... spectators beware.



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WHAT'S ON

WHAT'S ON

in your area

Over 60s Social Club
Room 3, Leigh Community Centre,
71-73 Elm Road, Leigh-on-Sea, SS9 1SP
February 19, 2pm – 3.30pm



The Social Club is a friendly group which is helped by several local volunteers.

There are different activities at each session, so you will get the chance to learn something new and try new things.

The building is fully accessible with ramps at the entrances, a lift and a disabled toilet.

Each session is £2, and refreshments are provided. Call 01702 345373 for more information.

Eco Fair and International Guest Speaker
Leigh Community Centre, 71-73 Elm Road,
Leigh-on-Sea, SS9 1SP
February 23, noon – 5pm

A great day to network with more than 30 stalls, including handmade jewellery, arts and crafts, locally sourced produce, artisan goods and family-run businesses.

There are also four keynote speakers, including Prof Liam King, Nathan Gallagher, Sonny Green and Simpa Carter.

To finish off, there will be a Gong Bath and sound healing journey by Mark Parmer and Grace Self of Essex Kundalini.

£5 entry (under 14s free).

For more information, visit www.facebook.com/events/2572700396175926

Soul Occupants
Leigh on Sea Constitutional Club,
116-118 Elm Rd, Leigh-on-Sea, SS9 1SQ
February 29, 8.30pm

Soul Occupants are delighted to have the opportunity to bring their amazing mix of classic and contemporary soul, funk and disco hits to Leigh Constitutional Club.

Non-members are welcome for a charge of £3 on the door.

Leigh Travel Group
Iveagh Hall, 67 Leigh Road, Leigh-on-Sea,
SS9 1JW
March 4, 7.30pm – 9pm

Are you an armchair traveller or are you off around the world whenever the opportunity arises?

Maybe you would like to come and meet new friends interested in travel?

Talks are usually given by members of the group and they last about 45 minutes followed by informal chats all round.

Entrance fee is £3, which includes tea, coffee, cold drinks and biscuits.

Please contact Rosalind Sandford by emailing ros.sandford@gmail.com to share any of your travel experiences.

Coffee with Councillors
Leigh Community Centre, 71-73 Elm Road,
Leigh-on-Sea, SS9 1SP
March 7, 10am – noon

The town council hopes this event will improve community engagement and give electors the opportunity to meet their councillors in an informal setting.

Coffee and cake will be available to enjoy, and you will get the opportunity to discuss your ideas, possible improvements or any issues you are having within the town council boundaries.

Please register your interest with the town council by calling 01702 716288 or emailing council@leighonseatowncouncil.gov.uk

Alternatively, you can go to the Leigh Community Centre Reception. Please note this event is only open to residents within the town council boundary.



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Thursday 27 February 2020
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Thursday 19 March 2020
 From 6:30pm with Ms Kalliroi Tzafetta, Consultant Plastic Surgeon.

Cataract Surgery
Tuesday 24 March 2020
 At 6:30pm with Mr Niaz Islam, Consultant Ophthalmic Surgeon.

Haemorrhoids
Thursday 26 March 2020
 From 6:30pm with Mr Veerana Shatkar, Consultant General Surgeon.

Weight Loss Surgery
Thursday 26 March 2020
 At 6:30pm with Mr Sanjay Agrawal, Consultant Bariatric Surgeon.

Knee Surgery
Wednesday 1 April 2020
 At 6:30pm with Prof Kevin Cheah, Consultant Orthopaedic Surgeon and Mr Jesse Holloway, Physiotherapist.

Children's Ear, Nose and Throat Disorders
Monday 20 April 2020
 At 6:30pm with Mr Anurag Jain, Consultant ENT Surgeon.

Women's Health – Menopause and HRT
Wednesday 22 April 2020
 At 6:30pm with Miss Seema Bagtharia, Consultant Gynaecologist and Mrs Linda Griffin, Men's and Women's Health Physiotherapist.

To book your place or find out more, go to nuffieldhealth.com/book or call 01702 898036

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