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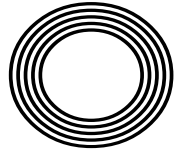
SPRING REFRESH
Tips for the season

Celebrating the life of
JOHN MOTSON OBE

COBALT BLUE
How to wear the on-trend colour

SUSANNA REID

Breakfast TV presenter celebrates 20 years on screen



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Editor's notes...

APRIL 2023



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** LeighThorpeBay. As our communities continue to face the challenges imposed by the pandemic, it's more important than ever to support our local businesses.

On our local high streets, we are fortunate to have a wealth of independent shops and small businesses that offer a personal touch, excellent customer service and a range of unique products that you won't find in big chain stores. By choosing to shop with these businesses, you are investing in the community and supporting the growth of our local economy.

So, whether you're in need of groceries, gifts or home essentials, be sure to check out your nearest independent shop or local high street store. Not only will you be supporting the community, but you'll also benefit from the personalised service of small business owners.

It's also worth noting that many of the businesses featured in this magazine are independently owned and operated. When you call to make a purchase or enquiry, be sure to mention that you saw their advert in our publication. It's this kind of support and feedback that allows us to keep producing high-quality magazines that celebrate and promote our local businesses and communities.

In short, shopping local is crucial to ensuring the prosperity of our businesses and communities.

Nik Allen

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

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At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines All pages are recyclable

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THE VOICE OF FOOTBALL

JOHN MOTSON OBE

On occasion, sports commentators can be more famous than the very stars they report on. John Motson OBE ascended to such a level – larger than life in the best sense, instantly recognisable by sight or voice, and arguably the most iconic football reporter the country has ever produced. His death in February may have saddened the nation, but his legacy lives on.

“Oh, what a goal! What a goal! Radford the scorer. Ronnie Radford! And the crowd... the crowd are invading the pitch...”

These are the magical words that John Motson uttered as Hereford United legend Ronnie Radford – who himself passed away just three months before Motty – thundered an equaliser into the top corner, on a quagmire of a pitch, in an FA Cup third round reply against Newcastle United in February 1972.

The Salford-born Motson has since described this as the moment he put himself on the map at the BBC, as those in power quickly pushed a three-year contract his way and promoted him to their commentary team for high-profile matches.

Motty's contribution to English and international football folklore past that point is mesmerising. He covered 29 FA Cup finals, 10 FIFA World Cups, 10 UEFA European Championships, and more than 200 England national team matches.

Motson's first work with the BBC was as a sports presenter on Radio 2, in 1968. He stepped up for his first radio commentary game a year later, in December 1969, as World Cup winner Alan Ball scored the only goal in Everton's victory over Derby County at Goodison Park.

“It felt like the start of something big for me,” Motty said in a recent interview, “and really it was my absolute dream to be commentating on football.”

‘He covered 29 FA Cup finals, 10 FIFA World Cups, 10 UEFA European Championships, and over 200 England national team matches’

“Whether it was Wembley in front of 90,000 or a non-league game in front of a few hundred, the pleasure was in covering every shot, every run, every pass. I do believe I have been so, so lucky.”

While fans can reel off Motty's commentary to accompany special moments for their respective sides, there were darker moments in the broadcaster's career too. Indeed, on April 15, 1989, during an FA Cup semi-final between Liverpool and Nottingham Forest, Motson had to draw upon professionalism and humanitarianism, while keeping his emotions intact, as the horrific events of Hillsborough unfolded in front of him. He later appeared as a witness at the Hillsborough inquiry.

While his own club allegiances were kept secret for much of his professional career – which also branched out into radio commentary for BBC 5 Live and talkSPORT – Motty actually revealed in his book that he was a Chelsea fan.

“When I got to *Match of the Day* in 1971, Chelsea was my first commentary. Somehow, my Chelsea loyalties were pushed into the background, as I always wanted to be unbiased and neutral.

“I deliberately avoided answering honestly when someone enquired who I supported. ‘Barnet’ was my usual response!”

Motson, who was famous for his sheepskin coat, had an encyclopaedic knowledge of the game, and always carried with him his own self-penned book of statistics relating to the clubs he was covering.

He passed away peacefully on February 23, 2023, aged 77 years old, thus concluding more than half a decade of exemplary service.

The influence he had over the modern game has been immense, and will continue to be even after his passing.

MEET THE MIGHTY TITANOSAUR

Imagine coming face-to-face with a creature four times as long as a London bus and weighing as much as 15 African elephants.

Sadly, the colossal titanosaur that meets this description, probably the largest-ever land creature, died out about 66 million years ago. But from March 31, the Patagotitan mayorum will be displayed in Europe for the first time at London's Natural History Museum.

So what can you expect to see? For starters, you can walk beneath the spectacular titanosaur cast, moulded from the most complete fossil specimen ever discovered. But there's so much more to this interactive exhibition than that.

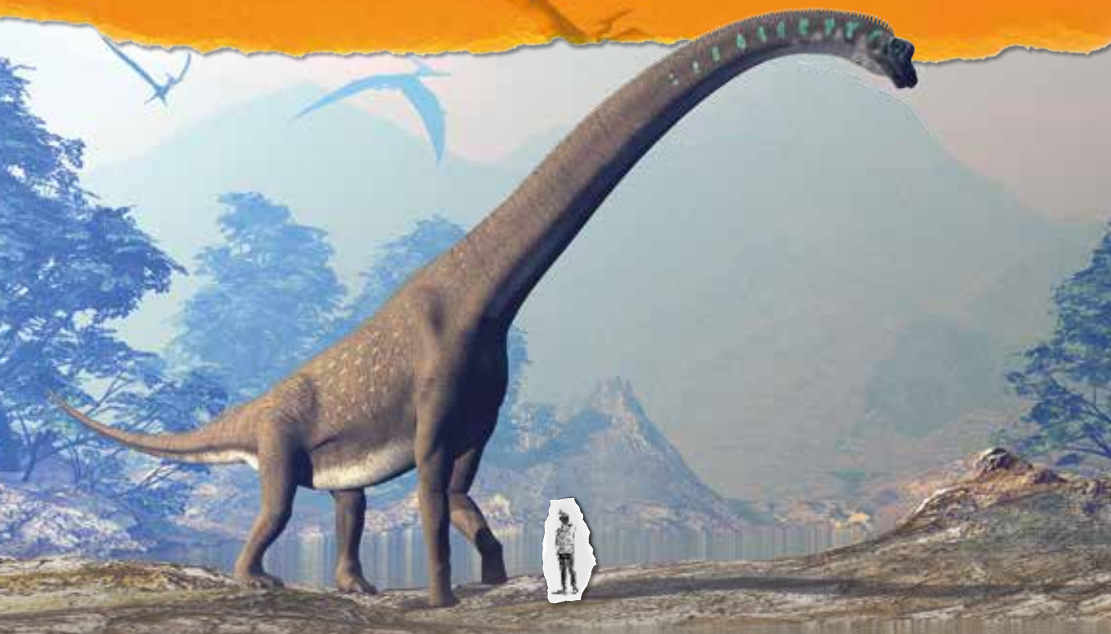
While you're gawping in awe at the Patagotitan, you can also check out the plants and animals that were around at the time by admiring the surrounding illustrations. And you can follow the life history of a titanosaur on film, from its birth from a football-sized egg to a fully grown adult.

You can also handle fossil specimens, stare into the creature's giant skull, measure yourself against its massive thigh bone, and even smell its poo.

The original Patagotitan fossil consists of bones from seven creatures, found in the same area just nine years ago. It all began when an Argentinian farmer spotted his lost sheep on an odd-looking rocky ledge. Dinosaur finds in the area aren't rare, so he called the scientists in to get their thoughts. The rocky ridge turned out to be a thigh bone of a new species – the biggest dinosaur ever.

Life as the Biggest Dinosaur is open from March 31, 2023, till January 7, 2024, at the Waterhouse Gallery, National History Museum, South Kensington. The exhibition is suitable for children aged five and over. Tickets cost £16 for adults and £9 for children. Concessions and family tickets are available.

For more information, visit www.nhm.ac.uk



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A SPRING REBOOT

for your home

Spring cleaning is all very well. But sometimes you might feel the need to do something more. So why not bring in the new and throw out – or better still, recycle – some of the old? You'll feel energised and refreshed, all ready for the brighter days ahead.

ADD A SPLASH OF COLOUR: The terracotta and dark greens we all loved in winter can look a bit dowdy in spring, so perk things up with something brighter. Yellow, bright green and pink can all liven up a home. You don't need to redecorate completely; painting a piece of furniture in a new colour can help to put a fresh spin on things. And if you don't want to go that far, add a few cushions, lightweight throws or an art print. Floral designs are perfect and look great with stripes or gingham.

BRING IN THE GREEN: Not the colour this time, but foliage. Think fresh flowers, potted plants and terrariums. If you want to be super-thrifty, a bunch of

wildflowers from the garden can look great when arranged in a big glass jar. Have a hunt for some unusual containers – galvanised watering cans, terracotta pots and woven baskets can all work well.

LIGHT UP YOUR LIFE: You won't have to draw your curtains or blinds so early with the longer evenings. This is often enough to make your room look bigger and brighter, but don't forget to wash the windows. If you like, add some inexpensive sheer curtains. You could also choose some spring-scented candles – though remember to follow safety guidelines.

GET MOVING: Rearranging existing decorations costs nothing and can give a room a new lease of life. Try moving mirrors, lamps and furniture to see how it makes you feel.

Above all, have fun!



HOME & DIY





HOME & DIY

Morning. nune and night



Bringing design influences from both sides of the Atlantic, nune is a collaboration between British designer Sheena Murphy and Canadian Tor Sauder, who run studios in London and New York respectively and create dreamy designs all over the world.

Known for subtle, clean designs that are full of light, their projects have a Scandinavian influence that is popular in many contemporary homes.

The designers state their work is "driven by the simple belief that thoughtful design contributes to wellbeing; we work to create comfortable, approachable spaces". Their style has a calming, pleasing aesthetic, and uses a lot of light colours paired with wooden accents and dashes of colour for a look that's modern but timeless.

Their style works in contemporary apartments and Victorian period properties, highlighting nune's talent for transforming spaces into liveable works of art.

How to get the nune look

The great thing about the nune aesthetic is that it can be simple to create in your own home. Some great tips to refresh your space and embrace the nune style include:

- > Keep spaces light and airy by choosing lighter colours for your walls and flooring, like white, cream, beige and grey, and bring in black, grey and wooden accents to add some contrast.
- > Take a minimal approach. Add storage to hide clutter for spaces that are easy to maintain. This will also help to create a more calming environment.
- > Use abstract art to add touches of personality to your space. Finding artwork that complements your colour scheme can help keep the look simple but coordinated.
- > Use soft textures like fluffy or knitted cushions and throws to add cosy vibes, ideal for making a home feel warmer during the colder months.

The nune style is an easy one to recreate in your own home and can be budget-friendly.

Photo credit: nunenune.com



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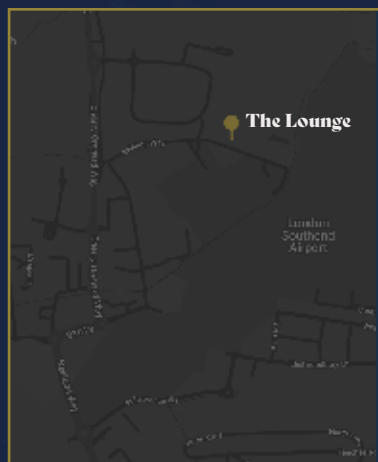
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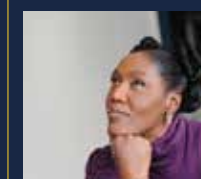
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Soul Party Night



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28th April
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FROM YOUR AREA



LOCAL NEWS

Man arrested in armed raid for multiple violent crimes



Photo credit: Google Maps

A street in Leigh-on-Sea became the site of a major police operation last month, as a man was arrested and charged with multiple violent crimes.

Acting on a warrant, Essex Police descended on London Road at around 6pm on Sunday, March 19, together with armed officers and dogs.

After the team gained entry to an address, a 40-year-old man was arrested and brought into custody. The charges brought against him include suspicion of false imprisonment, threats to kill, intentional strangulation, and engaging in controlling and coercive behaviour.

The man has now been released on bail until May 21. Essex Police stated that enquiries are continuing.

Residents' association sets out road plan

Following a survey of residents, Thorpe Bay Residents Association (TBRA) has put forward a list of ongoing road issues in the area.

The main issue suggested by residents is the need for more road crossings. Several areas were cited as needing a crossing, including Thorpe Hall Avenue, the middle of The Broadway shopping area, and the Maplin Way corner of Caulfield Road.

Residents also stated that new double yellow parking lines should be placed on the roundabout by The Broadway to prevent parking, and a new loading bay installed for delivery drivers by the Post Office on the same road.

Other requests put forward include remodelling The

Broadway's buildouts and repainting all the signage and road markings in Thorpe Bay.

A spokesperson for TBRA said: "We were established because a proposal was made to install 241 speed bumps in Thorpe Bay. The association worked alongside the residents to provide them with a voice.

"TBRA has listened to so many requests and recommended these remedial works to be taken by the council as soon as possible."

A spokesperson for Southend-on-Sea City Council said: "We constantly review and consider the roads across Southend-on-Sea, especially with regard to safety. We're always interested to hear the views of residents and hope TBRA shares the results of the survey directly with us. Any urgent issues relating to carriageways or footways can be reported to MySouthend at www.southend.gov.uk/mysouthend"

Running group named champions for second year

Leigh-on-Sea running team have been crowned South Essex Cross-Country League champions for the second year in a row.

Following their triumph last year, the Leigh-on-Sea Striders beat fierce rivals Billericay at an event at Hadleigh Country Park on Sunday, March 19.

In South Essex Cross-Country League races, the number of points given to a team is determined by adding up the placements of the top four men and the top four women in each group, so the lower the score, the better.

In the final race last month, the Striders earned 78 points compared to Billericay's 161.



Photo credit: Finish Line Fund



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JAMES DUDDRIDGE MP

Rochford and Southend East



Like thousands of others, on Sunday, April 23, I will be running the London Marathon.

This will be the fifth London Marathon I have taken part in, having previously raised £9,489 to date for local charities such as Havens Hospices, HARP and Southend Samaritans, as well as national charities such as The Rose Paterson Trust and Diabetes UK.

For my marathon this year, I decided to run on behalf of Southend Royal National Lifeboat Institution (RNLI). The RNLI provides a vital 24-hour search and rescue service across the United Kingdom and Ireland.

Locally, the Southend-on-Sea RNLI Station has two boathouses, one at each end of the pier, and is the busiest all-volunteer coastal station in the country, averaging more than 100 shouts a year.

I always look forward to the challenge of the London Marathon, and every pound I raise will go directly to Southend RNLI to provide it with funds to continue its fantastic work.

As a charity, the RNLI does not receive any government funding. Instead, it depends upon donations from the public to continue saving lives at sea. If you would like to donate and find out more about Southend RNLI, please visit www.justgiving.com/sirjamesduddridge

Finally, as ever, I'm here to help, so if you require my assistance as your Member of Parliament, then please do not hesitate to contact me via email at james@jamesduddridge.com or contact my office on 01702 616135.

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St Augustine's Church, 70 St Augustine's Avenue, Thorpe Bay, SS1 3JQ
Sunday, April 23, 3pm

To book your place, please visit www.expressyourselfessex.co.uk/events/red-admiral-leigh-on-sea-1



Photo credit: Irid Escent

Several choirs from across Southend will gather together for this special spring concert. Enjoy the musical voices of both the Southend Boys' and Girls' Choirs, who will be joined by the Southend Young Men's Chorus and Chorus Sirenum.

To find out more and book tickets, please visit www.southendchoirs.org.uk/event-details/spring-concert-at-st-augustines-church-thorpe-bay

SCOTT BRADLEE'S POSTMODERN JUKEBOX

Cliffs Pavilion, Station Road, Westcliff-on-Sea, SS0 7RA

Monday, April 24, 7pm

Founded in 2011, the Postmodern Jukebox is a global phenomenon, with 5.8 million YouTube subscribers for its videos of reworking popular songs into different musical genres.

In this stop on the UK stretch of its world tour, it come to the Cliffs Pavilion with its *Life in the Past Lane* show, celebrating the music of the 20th century. To book, visit www.southendtheatres.org.uk/online/tickets-scott-bradlees-postmodern-jukebox-southend-2023

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The Estuary Club, 1386 London Road, Leigh-on-Sea, SS9 2UJ

Thursday, April 27, 7pm – 10pm

Learn to paint a beautiful red admiral butterfly at this charming workshop. No experience is required and there is no need to bring equipment. Older children and adults interested in art can take part, with a full bar available. Old clothing is recommended.

CORONATION TEA DANCE

The Haven Community Hub, 138-140 Hamlet Court Road, Westcliff-on-Sea, SS0 7LW

Thursday, May 4, 2pm – 4pm

Hosted by the charity Age Concern Southend, this special tea dance will celebrate the upcoming coronation of King Charles III. Styles of dance will include Latin, ballroom and jazz, with patriotic clothing and flags encouraged.

To find out more and book, visit www.visitsouthend.co.uk/event/coronation-tea-dance

MANDO'S OPEN MIC NIGHT

Woodcutters Arms, 307 Eastwood Road North, Leigh-on-Sea, SS9 4LT

Thursday, May 4, 8pm

This event sees the return of the regular open mic nights at the Woodcutters Arms. All musicians can take part, and all music lovers are invited to come and have a listen.

SOUTHEND COMEDY CLUB

The Royal Hotel, 1 High Street, Southend-on-Sea, SS1 1JE

Friday, May 5, 9pm

The official Comedy Club comes to Southend's Royal Hotel, with live stand-up from Matt Stellingwerf, Karen Bayley and Steve Gribbin. Guests can also enjoy a two-course meal before settling in to laugh out loud. Doors open at 6.45pm and the show begins at 9pm.

To book, visit www.thecomedyclub.co.uk/events/southend-comedy-club-2023-05-05



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An ancient forest with sinister secrets

Epping Forest's history is as celebrated as it is sinister – a place of great natural and agricultural beauty, yet also a place renowned as a hiding spot for the county's gangster fraternity.

At first glance, Epping Forest's beauty is rather simple – an ancient woodland of some 6,000 acres that straddles the border between the counties of Essex and Greater London, and one that serves as a thriving oasis of natural beauty and biodiversity.

It rates as the largest public open space in the London area, providing a vital green lung for millions of people who seek solace in its verdant embrace.

The forest dates back thousands of years, when it was part of a vast, continuous woodland that stretched across England. In the 12th century, it became a designated royal hunting ground, and in 1878, Queen Victoria bestowed it upon the people for their enjoyment and recreation. Since then, the City of London Corporation has managed the forest, ensuring its preservation for future generations.

It contains more than 50,000 ancient trees – majestic beech, oak and hornbeam – many of which are more than 1,000 years old, with traditional and fiercely protected woodland management practices that reflect its ecological past.

Subsequently, Epping Forest provides a critical habitat for various wildlife species, including the rare and elusive fallow deer, as well as a host of other mammals, birds, insects, and a rich variety of fungi. It's also thought to be a hotspot for truffles.

The forest contains a vast network of footpaths, bridleways and cycling trails, inviting visitors to explore its enchanting beauty.

These routes have also, in the past, offered an elaborate map for local criminal entities to dispose of contraband, weaponry and bodies. In addition, the much-vaunted Epping Forest Country Club, a collection of three nightclubs, endured a controversial existence before final closure in 2002.

In 2023, Epping Forest has largely been returned to a place that captivates and inspires visitors with its breath-taking landscapes, vibrant ecosystems, and profound historical significance.



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GOOD MORNING

from Susanna Reid

LOOKING BACK OVER A PRESENTING LEGACY THAT CONTINUES TO GROW FOR SUSANNA REID, ONE OF OUR FAVOURITE BROADCASTERS

Susanna Reid is synonymous with newscasting in the UK. The 52 year old is the sometimes friendly, sometimes fierce face of breakfast TV, and in 2023 celebrates two decades of waking up those in the UK to the news and views of the world.

The journalist has accomplished something many set out to do, yet few achieve – presenting the news with confidence, balance and no small amount of personality.

“I think they are skills which emerge over time, and you can only really learn on the job,” says Reid, who made a controversial switch from the BBC to ITV in 2014. “I think in my early days, I was certainly a lot more stunted in my delivery. In many ways, a presenter or interviewer puts too much pressure on themselves, when they should just let the interviewee, or the news item, do the work for them.

“And I don’t think I’m the finished article yet, either,” she continues. “The news and the technology evolve all the time, so the blueprint for what we do changes in similar ways.”

Reid built her name for exemplary broadcasting when she started work as a news producer for BBC Bristol back in 1994. She later joined BBC News 24, getting her big break one night when the 11pm presenter did not arrive on set. That stand-in role soon turned into a permanent position, and she later moved into rather more sociable work on BBC *Breakfast* (notwithstanding the 3am alarm calls), presenting alongside the late Bill Turnbull, as well as Charlie Stayt and Sian Williams.

Having also appeared on *The Andrew Marr Show* and as the host of the BBC’s Oscars coverage, in 2014 Reid scoffed at rumours she was going to defect to ITV, saying: “If you cut me open, I’d bleed BBC.”

Yet a month later, ITV announced their impressive scoop, with Reid signing a £1million-a-year contract to front *Good Morning Britain* alongside the likes of Ben Shephard and Piers Morgan.

Reid has interviewed an impossibly wide cross-section of people from the worlds of sport, entertainment and more. She is known to be particularly resilient when coming up against politicians, and has famously sparred with former Prime Ministers Boris Johnson and David Cameron, as well as Nigel Farage and Sir Keir Starmer.

In spite of Reid’s relentless schedule, she has cultivated a busy and rewarding homelife, and has three children with her journalist ex-husband Dominic Cotton.

In addition, she has proved herself to be unafraid of stepping above the parapet of the traditional broadcaster, appearing on *Strictly Come Dancing*, *Gogglebox* and *Tipping Point*, and is a fan of Premier League club Crystal Palace.

“I think if I spent my whole life reading and presenting news on everyone else that would be pretty dull,” she laughs. “I’m not one of those people who wants to put themselves in everyone’s faces, but if the opportunity arises to do something exciting, then I will take it.

“My main focus has been and will always be helping viewers get motivated for the day. That can sometimes be difficult when the news is negative, but we always do our best to put a positive shine on things and to get smiles on people’s faces.”



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A guide to GARDEN OBELISKS

Looking for a simple way to add interest and style to your garden or patio area? Garden obelisks are one of the most versatile structures available and can be used effectively in any outdoor space, no matter how big or small.

WHAT ARE GARDEN OBELISKS USED FOR?

Garden obelisks are commonly used to support flowering plants and can act as a stunning focal point in your garden. They are usually made of wood or metal, and are perfect for defining the entrance to your garden, adding an extra dynamic to a seating area or even placing in a conservatory to bring a touch of the outdoors in.

TOP TIPS FOR ADDING OBELISKS TO YOUR GARDEN:

- > Make sure you place each one on a flat piece of ground
- > Bury the feet of the obelisk in the soil to prevent it from falling over
- > Opt for a larger size to accommodate growing plants
- > Hang bird feeders off an obelisk to attract birds
- > Place in a circular flowerbed to create a showstopping centrepiece

BEST PLANTS TO GROW UP YOUR GARDEN OBELISK:

Clematis | Wisteria | Sweet peas | Star jasmine | Common ivy
| Morning glory | Climbing roses

HOW TO CHOOSE A GARDEN OBELISK:

When choosing a garden obelisk, there are several factors you need to consider:

1. Is it weather resistant?
2. Does it come pre-built or is construction required?
3. Is it the right height for your chosen plants?
4. Do you want a garden obelisk that is designed to rust for a more authentic look?
5. What type of finial do you want? (This is the decorative feature that sits on the top of the obelisk)

WHERE TO BUY GARDEN OBELISKS:

While you can make your own garden obelisk, you will need a certain amount of DIY expertise and a number of tools to do so. Therefore, you may prefer to purchase one either online or in a store. Most garden centres offer a range of obelisks to choose from.



GARDENING

Photo credit: sarahnavenroom





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SPORT



RIVALRY

on the River

Every year, on the last Sunday in March or the first Sunday in April, two of Britain's most prestigious universities battle it out in a gruelling 4.2-mile Boat Race along the Thames.

On March 26 this year, the eight Cambridge men plus a coxswain were first across the finishing line and now have 85 victories compared with Oxford's 81. Only once has there been a dead heat – back in 1877.

WHY ALL THE FUSS? The Boat Race is a symbol of fierce academic and sporting rivalry between the two universities. It's also a tough test of strength, endurance and strategy. Rowers spend months ensuring they're at peak mental and physical fitness on race day.

The Boat Race is also steeped in history and tradition. The first event was held in 1829 and has been held almost every year since, except during the First and Second World Wars and the COVID-19 pandemic in 2020.

Watching the race live makes an exciting and low-cost day out, and every year thousands of people line the riverbank and stand on the bridges to watch the event.

WHAT'S THE ROUTE? The race starts at Putney Bridge and the teams navigate several bridges, including Hammersmith Bridge and Barnes Bridge, before reaching the finish line at Chiswick Bridge.

One of the most challenging parts of the course is the stretch of the river known as the Tideway, near the Houses of Parliament and the London Eye. This part of the river is subject to strong currents and tidal changes, making rowing difficult.

IS IT JUST FOR MEN? Not anymore. The first women's race was held in 1964, and since 2015 the women's course has been identical to the men's. That said, the men's race is still the one that makes the headlines. This year saw the Cambridge women win the Boat Race, marking their sixth straight win.

Photo credit: Nordin Caticvia Cambridge University Twitter: The Boat Race Twitter



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TRAVEL

They say your holiday begins as soon as you arrive at the airport, which makes getting it right, pre-flight, all the more important. Here's our list of departure lounge dos and don'ts.

DO relax

Finally, your break from work and from the stresses of everyday life can begin. It's important to take time to relax – you deserve it!

DON'T stress about time

While it's important to be on time at the airport, it's also worth remembering you have plenty of time. Most pre-flight stresses come about because people panic they will miss their flight, but keeping a clear head is important, even if the departure gate seems like it's in a different postcode!

DO refresh

Although it's easy to grab a snack once in the air, buying a sensible meal and drinks after you pass through security is a good idea before a long flight.

DON'T be excessive

Many people celebrate going on holiday by having a tippie or two before the flight. While it might seem like a good idea at the time, arriving at the airport early or filling time if your flight is delayed, means it's easy to drink too much. If that happens, you run the

risk of being turned away at the gate.

DO organise hand luggage

Keep a close check on luggage allowance, and remember that the items you carry on board need to be scrutinised. Liquids of no more than 100ml should be kept in a single, transparent, resealable plastic bag which holds no more than a litre and measures approximately 20cm by 20cm. This should be placed at the top of your hand luggage, together with any electrical items.

However, restrictions on liquids and electrical items are on their way out. Airports in the UK have until June 2024 to install new security technology, which will mean passengers can carry up to two litres of liquids and large electrical items in cabin luggage as they go through security. London City Airport has already put this new technology in place, thereby reducing hassle for passengers.

DON'T overdo the shopping

While it's tempting to pick up booze, fragrances and all manner of other discounted items in the departure lounge, it's much smarter to do this on your return journey. Anything you buy in the airport before your outbound flight will contribute to your baggage allowance on your return flight. Whereas if you save your airport shopping for before your inbound flight, anything you buy can go in your hand luggage.



A SLICE OF HISTORY

Simnel Cake

There are some stories you wish were true – and the myth behind Simnel cake, the marzipan-covered fruitcake popular at Easter, is one of these.

Back in the mists of time, a certain Simon and Nelly apparently fell out while making a fruitcake. One said it should be boiled; the other wanted to bake it. After a squabble, they settled on using both cooking methods. The resulting cake was named after both of them.

Simnel cake dates back to the 17th century when live-in staff returned to their families around Lent, often bringing food with them. By the 19th century, Simnel cakes looked like the cakes we know today, complete with 11 balls of marzipan to represent Jesus' apostles – minus Judas, the traitor.



INGREDIENTS:

FOR THE CAKE: 175g light brown soft sugar | 175g soft butter (plus extra for greasing) | 175g self-raising flour | 3 large eggs | 50g ground almonds | 3 tbsp milk | 200g mixed dried fruit | 100g glacé cherries, quartered | 2 tsp mixed spice powder

FOR THE TOPPING: 450g golden marzipan | 3 tbsp apricot jam | 1 egg, beaten

HOW TO MAKE:

- > Preheat the oven to 160°C/Fan 140°C/Gas 3.
- > Grease a deep 20cm/8in cake tin and line it with baking paper.
- > Put all the cake ingredients into a large bowl and beat well.
- > Spoon half the mixture into the tin. Roll one-third of the marzipan into a 20cm/8in circle. Place it on top, then add the rest of the cake mixture.
 - > Bake for 1.5-2 hours till golden brown.
 - > Remove from the tin and cool.
 - > Warm the apricot jam over a gentle heat on the hob before using to brush the top of the cake.
 - > Roll half of the remaining marzipan into a circle, just bigger than the cake. Place it on top and crimp around the edges.
 - > Make 11 balls from the remaining marzipan and place them around the edge of the cake.
 - > Lightly brush the marzipan with the egg and grill carefully for about five minutes.

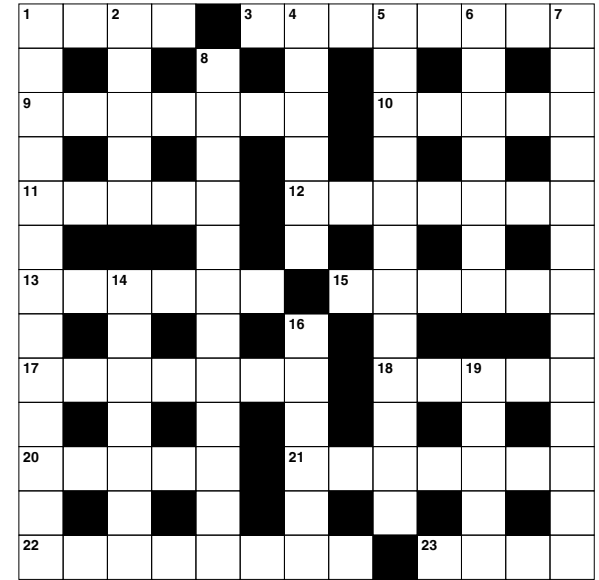
PUZZLES & TRIVIA

ACROSS

1. Liability (4)
3. Heated exchange of views (8)
9. Free a ship from her moorings (4,3)
10. Opposite of below (5)
11. Device used to connect to the internet (5)
12. Pulls back from (7)
13. Bird with yellow and black plumage (6)
15. Seem (6)
17. In the place of (7)
18. Head monk of an abbey (5)
20. Embed; type of filling (5)
21. West Indian musical style (7)
22. Gibberish (8)
23. Verge (4)

DOWN

1. Decay (13)
2. Beads (anag) (5)
4. Implement change (6)
5. Intolerable (12)
6. Passionate (7)
7. Hidden store of valuables (8,5)
8. Preservative chemical (12)
14. Pancreatic hormone (7)
16. Official proclamations (6)
19. Animal that uses two legs for walking (5)



DID YOU KNOW?

- ▶ One million Earths could fit inside the Sun – and the Sun is considered an average-sized star.
- ▶ The sunset on Mars appears blue.
- ▶ Space is completely silent. There is no atmosphere in space, which means that sound has no medium or way to travel to be heard.
- ▶ There are more trees on earth than stars in the Milky Way. There are about three trillion trees on Earth, and between 100 to 400 billion stars, approximately, in the galaxy.
- ▶ Saturn is the only planet in our solar system that is less dense than water. It could float in a bathtub – if anybody could build a bathtub big enough.
- ▶ One day on Venus is longer than one year on Earth.

SUDOKU

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



Don't worry BE HAPPY

If you are feeling a little down, this may not be because of something happening (or not happening) in your life, but may be owing to where you live.

According to an annual survey carried out by property experts Rightmove, there are 10 places in the UK where residents feel the happiest.

- 1. **St Ives, Cornwall:** Coming in at number one is St Ives in Cornwall, which scored highly for community spirit, safety and a sense of belonging.
- 2. **Galashiels, Scotland:** One of the most affordable areas in the top 10, Galashiels scored highly for friendliness and politeness of the locals.
- 3. **Woodbridge, Suffolk:** The market town of Woodbridge came in third overall and first in the East of England.
- 4. **Hexham, Northumberland:** Well known for its stunning floral gardens and parks, the market town of Hexham came in fourth on the list.
- 5. **Perth, Scotland:** The vibrant riverside city of Perth, which was once the capital of Scotland, came second in Scotland and fifth overall owing to its sense of belonging.
- 6. **Harrogate, Yorkshire:** Harrogate is a designated Area of Outstanding Natural Beauty and scored highly on access to nature and green spaces.
- 7. **Anglesey, Wales:** Hitting the top spot in Wales, Anglesey gained the highest score for its local green spaces and abundance of nature.
- 8. **Bury St Edmunds, Suffolk:** A historic market and cathedral town, Bury St Edmunds is surrounded by countryside and boasts a rich history.
- 9. **Stirling, Scotland:** Coming in third out of all locations in Scotland and ninth overall, the historic city of Stirling is known for its friendly local community.
- 10. **Cirencester, Gloucestershire:** Cirencester sadly could not beat St Ives in the South West but still made it into the top 10 owing to its beautiful countryside and picturesque Cotswold villages.



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Bananas about BANANAS

As well as being delicious, bananas are also one of the healthiest foods around. And what better time to celebrate them than National Banana Day on April 19?

LOOK AFTER YOUR HEART

Bananas are rich in potassium, which can help lower your blood pressure and prevent your arteries from becoming stiff.

TAKE CARE OF YOUR DIGESTIVE SYSTEM

The starch in bananas breaks down and becomes food for the beneficial bacteria in your gut. The pectin, meanwhile, can help keep you regular. Because bananas are relatively low in calories but also filling, they can also play a part in maintaining a healthy weight.

AVOID TYPE 2 DIABETES

The vitamin B6 and fibre in bananas may reduce your risk of type 2 diabetes. But if you already have this condition, ask your health professional before eating more bananas because they contain a lot of sugar.

IMPROVE YOUR WELLBEING

The vitamin B6 in bananas can help you sleep, while the magnesium can help your muscles relax. What's more, tryptophan, which converts into serotonin, together with the antioxidants also contained in this popular fruit, could help improve your mood.

BOOST YOUR ENERGY

The sugar and fibre in bananas will give you an instant energy boost. At the same time, potassium may reduce the risk of muscle cramps. This makes them a good snack both before and during exercise.

NOT JUST FOR EATING

Try these unusual uses for bananas:

- > Use banana skins as a garden fertiliser – chop them up and mix them in the soil around your plants
- > Tape a small piece of the inside of a banana skin to a wart or verruca to help remove it
- > Mash up a banana and use it as a face mask – it will hydrate your skin and help reduce blemishes
- > Use the inside of a banana skin to give dull houseplant leaves a shiny new finish.



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



Come and meet our experts

Why choose Nuffield Health Brentwood Hospital for your hernia repair surgery?

There are a range of different hernias which can form in different parts of the body, luckily every hernia can be removed, however some removal procedures are traditionally more invasive than others.

What types of hernias can you repair?

There are two common types of hernias that we can repair, hernia bilateral and hernia unilateral.

Hernia bilateral

This form of hernia presents itself on both sides of the groin area or lower abdomen at the same time.

Hernia unilateral

- This type of hernia occurs on one side of the body.
- In men, an inguinal hernia happens at the inguinal canal. This is a narrow passage in which blood vessels supplying the testicle pass through the abdominal wall
- More common in women, a femoral hernia appears in the groin
- Femoral hernias happen at the hole in the wall of the abdomen where the femoral artery and vein pass from the abdomen into the leg
- These hernias tend to occur following childbirth.

What happens during hernia repair surgery?

We can perform two types of surgery, both with quick recovery times, open surgery and Laparoscopic

(keyhole) surgery. You may not even need to stay in hospital overnight.

How quick is the recovery?

- Recovery from hernia repair surgery is usually very quick.
- You'll be mobile very soon after the procedure and will be encouraged to increase how much you walk around over the first few days post surgery
- Most patients return to normal daily activities within a week
- Your consultant at Brentwood Hospital will inform you of any specific "dos and don'ts", depending on your type of hernia and the chosen surgery.

Are there any risks with hernia repair?

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

For any enquiries, to book an initial consultation or to request more information, please contact our dedicated hospital enquiry team at **Nuffield Health Brentwood Hospital on 01702 898036**



www.nuffieldhealth.com/hospitals/brentwood

Join us at our free hospital open events.

Meet our experts on:

Back pain, injury or surgery

Wednesday 19 April 2023 at 18:30pm
with Mr A Qureshi, Consultant Neurological Surgeon

Knee pain, injury or surgery

Friday 21 April 2023 at 18:30pm
with Mr A Ali, Consultant Orthopaedic Surgeon

Haemorrhoids

Wednesday 26 April 2023 from 18:30pm
with Mr V Shatkar, Consultant General Surgeon

Hip pain, surgery

Tuesday 16th May 2023 at 18:30pm
with Mr A Waheed, Consultant Orthopaedic Surgeon

Shoulder pain, injuries or surgery

Tuesday 23rd May 2023 at 18:30
with Mr J Edwin, Consultant Orthopaedic Surgeon

Varicose veins

Thursday 15th June 2023 from 18:30pm
with Mr V Gadhvi, Consultant Vascular Surgeon

NEW free hernia clinic with Mr Sabu Jacob, Consultant General and Vascular Surgeon, at Nuffield Health Brentwood Hospital from 18:30 to 20:00 every Thursday.



Find out more about our free events and book your space today, visit nuffieldhealth.com/hospitals/brentwood/events or call 01702 898036



Nuffield Health Brentwood Hospital
Shenfield Road, Brentwood, Essex, CM15 8EH



FASHION

How to wear COBALT blue

Seen on catwalks in Paris, Milan, New York and London, cobalt blue is big news for spring 2023. A bold and beautiful colour that demands to be seen, here's how you can wear this stunning shade in five different ways.

COLOUR CLASH

Cobalt blue has the unique ability to work well with almost all colours, including black, navy, white, beige, red, orange and green. Try adding an element of cobalt blue to a grey suit for understated elegance or grab attention by teaming it with yellow.

TRY TONAL

If you love to layer, then rocking various shades of blue is the perfect look for you. Cobalt blue and pastel blue work wonderfully together, with the lighter shade softening your look and the cobalt blue acting as the highlight of your outfit.

MAKE IT MONOCHROME

Alternatively, for a bold vibe, wear head to toe cobalt blue in the form of a trouser suit, jumpsuit or dress with matching shoes. This is a very slimming look, and you could even add some cobalt blue accessories.

DENIM DELIGHT

Cobalt blue and denim are a match made in heaven, and there are so many stylish ways to mix these two trends together. Whether you pair a cobalt blue shirt with your favourite jeans or rock a denim skirt and cobalt blue boots, you can't go wrong with this perfect combination.

ACCENT WITH ACCESSORIES

If cobalt blue is a little too in-your-face for you, then why not opt for a more understated look with some cobalt accessories? Look for a cobalt blue clutch or a pair of cobalt blue earrings and matching bracelet to give a plain outfit just the lift it needs.



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FIVE REASONS TO CHOOSE FITTED FURNITURE



Fitted furniture may not be the first option that springs to mind when you're thinking of updating your home, but for many, it's the best option to maximise space, increase storage and create a look that feels true to you.

Here are a few reasons why it might just be right for you, from Sliderobes – the fitted furniture experts.

1 Extra storage

Inside a fitted wardrobe, you can add however many shelves, drawers and rails you need to hold your belongings – whereas with standard wardrobes, you're limited to the one rail or shelf that it comes with. Sliderobes fitted solutions typically go from floor to ceiling, making the most of the height in your room, as well as the depth. Fitted options also don't have to have a back panel that creates a gap between the wardrobe and the wall, wasting space.



2 It's designed specifically for you, your taste and your lifestyle

People often don't realise just how bespoke their fitted furniture can be. Sliderobes has a collection of colours, materials and finishes to choose from. How the wardrobe looks is your decision, right down to the door handles. Sliderobes designers learn about your preferences and use their knowledge of trends and styles to help you make the right design choices.



3 Well made and is long lasting

With forty years of experience, Sliderobes knows a thing or two about quality to ensure your furniture stands the test of time and we're so confident in that, that we offer a 10 year guarantee. And, instead of you sitting down with an instruction manual and screwdriver, with Sliderobes, your piece will be installed by a professional fitter.

4 Suitable for every room in your home and any awkward spaces

Fitted furniture works in any room in the home, from built-in media units in the living room to integrated home office shelving. It can also be designed around features like slopes, alcoves, chimney breasts or beams in our homes that create pockets of wasted space.

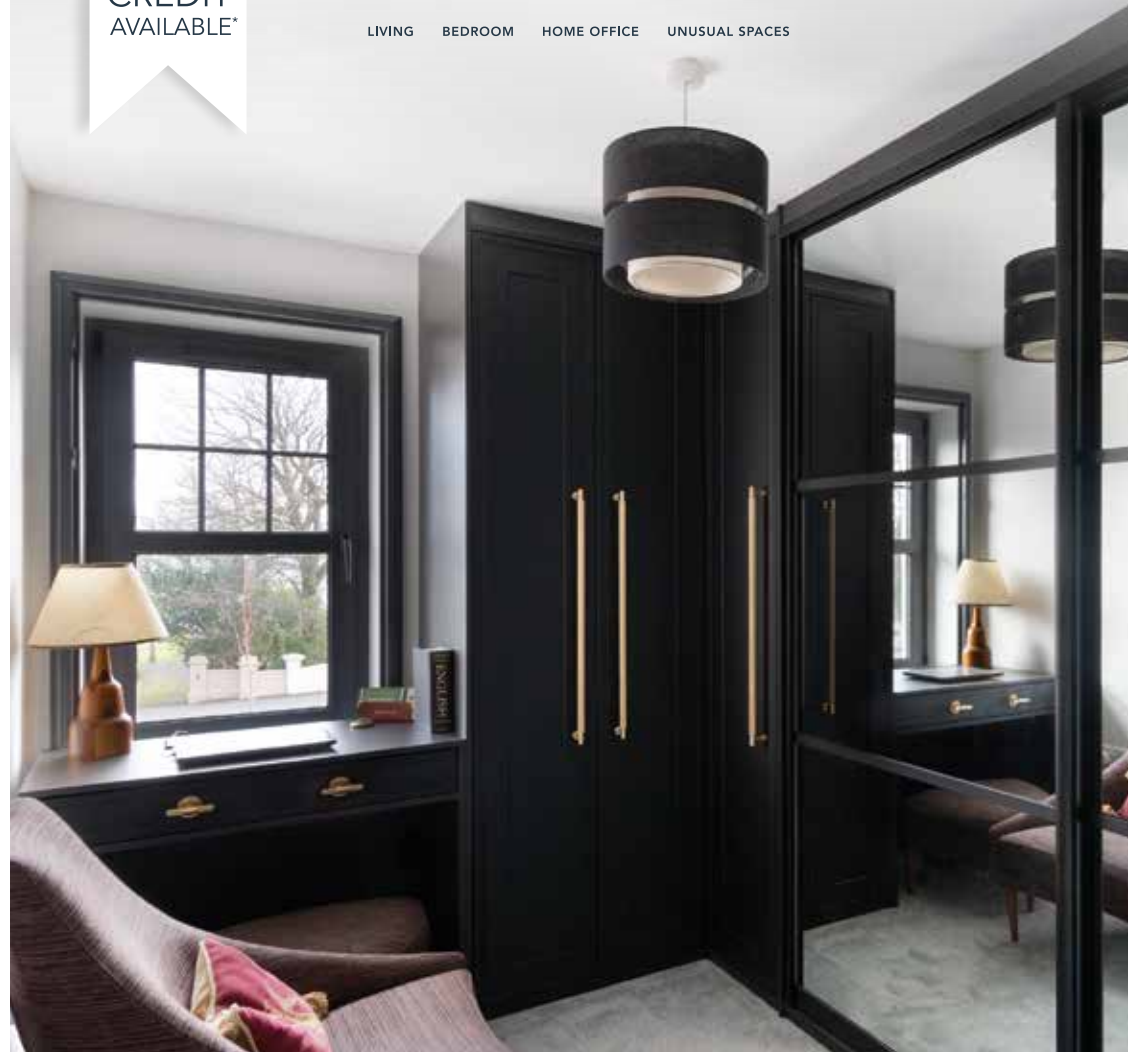
5 It's an investment that can add value to your home

Fitted furniture is an investment but one that is so worth it, as you won't have to replace it as frequently. And if you're planning to sell your property, your fitted furniture can be an attraction, as storage space is a premium that prospective homebuyers are willing to pay for.

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