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# HM King CHARLES III

Monarch ascends the throne in historic ceremony



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# Editor's notes...

JUNE 2023



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** LeighThorpeBay. In this month's edition, we reflect on the King's coronation. It was a momentous occasion that brought together people from all walks of life to celebrate the rich history and tradition of our great nation.

The coronation was a reminder of the importance of this institution and the values it represents - duty, service and devotion to country.

It was a moment of pride for all of us to witness the pageantry and splendour of the coronation, from the grand processions to the historic venues that hosted the ceremony. The event showcased the best of British culture and tradition, and reminded us of the deep roots that connect us to our past.

Most importantly, I hope you had a chance to use the coronation as a reason to catch up with family and friends and to celebrate together. There were a number of street parties, afternoon teas and community events taking place across the local area, allowing neighbours to get together and commemorate an occasion most had never before witnessed.

As we enter the summer months, it really was a great way to reconnect, reflect and look forward to the rest of the year. I hope you enjoy this month's edition.

*Nik Allen*

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# King Charles' Vision



They claim that patience is rewarded with the finest treasures, and His Majesty King Charles III's lengthy 70-year wait as the heir apparent undoubtedly demonstrates his worthiness for the throne.

Now, after being confirmed in the eyes of God during his coronation in May, His Majesty will finally implement his grand vision, aiming to propel the Windsors into the modern era.

So, what will this mean for the King, those closest to him, and us, his loyal subjects?

A key principle of King Charles III's plan is to streamline the royal family. In recent years, this process has unfolded somewhat naturally, with Prince Harry voluntarily stepping back from his official duties and Prince Andrew being removed from his responsibilities.

However, under the provisions of the Regency Act 1937, in the event of the monarch's incapacity, their spouse and the four eligible adults next in line to the throne can act as substitutes. This means that the Duke of Sussex, Duke of York and Princess Beatrice are authorised to fulfil these roles – yet there is a problem, in that they are not working royals.

King Charles III has already amended this law in Parliament to allow his siblings Prince Edward and the Princess Royal Anne to act as additional councillors, but perhaps he will go further and make it so that such duties and privileges are only fulfilled by working royals.

Having experienced numerous turbulent periods in the monarchy's history, King Charles III possesses a keen awareness of the Republican sentiment prevailing among certain sections of the British population. While the late Her Majesty Queen Elizabeth II enjoyed immense

popularity, there are those who firmly believe that the time has come to dissolve the monarchy and forge ahead into a fully modern and democratic Britain. However, when we consider the substantial contributions of the monarchy to our economy and the profound cultural value of our traditions and illustrious history, it becomes evident that the potential losses outweigh the gains.

According to Forbes, the House of Windsor is estimated to hold a value of £19billion. Moreover, although the annual cost of royal upkeep for UK taxpayers amounts to approximately £500million, Brand Finance estimates that the monarchy's brand contributes £2.5billion to the British economy over the same period.

In essence, His Majesty understands his significance, but he also recognises the importance of connecting more deeply with the everyday people in his kingdom. Addressing challenges such as the recent cost-of-living crisis, and its prevalence in people's minds over the King's own passions, such as the environment, are essential for him to ensure a peaceful reign.

An additional challenge that His Majesty may encounter is the requirement to refrain from taking a stance on partisan matters, including the pressing issue of climate change. He has long been an advocate for a greener planet, having converted his cherished Aston Martin DB6 so that it can run on cheese waste and surplus wine, adopted biomass boilers for heating Birkhall estate, and installed solar panels at Clarence House. Laura Tobin recently stated on *Good Morning Britain* that changes have also been implemented at Buckingham Palace, where the lights have been turned off at night as an energy-saving measure.

As a man who has skirted both sides of the popularity divide over the decades, the opportunity to cement himself as an exemplar for a modern royal family is surely one he won't pass up.



Photo credit: Shutterstock

A FINAL FAREWELL TO

# SOCCER AM

SOCCER AM'S SATURDAY FUN IS OVER, BUT THE LEGACY REMAINS

While the popularity of football is seemingly unending, not all survive the sport's continued evolution, with *Soccer AM* becoming the latest entity to be consigned to glorious retirement.

For a long while, the Saturday morning Sky show was a ground-breaking, perfectly unrefined piece of footballing irreverence. It set up the weekend's action with a laddish, lager-tinged layabout appeal that original presenters Tim Lovejoy and Helen Chamberlain lapped up.

A show that bolstered the careers of the likes of Andy Goldstein, Max Rushden, John Fendley, Tubes, Rocket and countless 'Soccerettes', its comedic approach saw many of its features permeate modern culture. From 'tekkers' to the Crossbar Challenge, Taxi! to the Save Chip campaign, not to mention the 'easy' chant and associated arm action, and getting the word 'bouncebackability' entered into the Oxford English Dictionary, *Soccer AM* finished up just a year shy of the 30-year mark, with the final show broadcast on May 27, 2023.

The death knell had sounded loudly in the past, though glorious reinvention saved *Soccer AM* from its demise. Yet with ratings continuing to fall, the final whistle has now been blown.

Despite a stellar cast of guests over the years, including Noel Gallagher, Tyson Fury, James Dean Bradfield, Richard E. Grant and Gordon Ramsay OBE, critics have, in the past, pointed to the show's politically incorrect content. Former producer Rocket recently said: "I don't know if that show can exist now because if there's a reason to complain about something, generally someone will."

While the show was always destined to ride the thin line between entertainment and controversy, its cessation became as much to do with the fact that even the biggest and best become tired and staid.

Regardless, *Soccer AM* ran a course longer than a generation of footballers, and for that reason, it will be remembered as one of the sport's greatest cultural success stories.

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# How organised are you based on your ENNEAGRAM TYPE?

The Enneagram is a system of personality typing that describes patterns in how people interpret the world and manage their emotions. Based on your Enneagram type, you can get a sense of how organised you are in your home and your life.

**Type 1: THE REFORMER:** You are very organised and believe that there is a place for everything. You need your home to be orderly and you favour a minimalist look.

**Type 2: THE HELPER:** You are incredibly organised when it comes to other people, but not always for yourself. You want your home to look nice, but you tend to hold on to too many sentimental items.

**Type 3: THE ACHIEVER:** You have people to impress, yourself included, so your life and your home need to be very organised. You have high standards and the drive to make sure things go exactly to plan.

**Type 4: THE INDIVIDUALIST:** You don't like to do things by the book, but you aren't opposed to keeping elements of your life organised. You always opt for the most creative solution.

**Type 5: THE INVESTIGATOR:** Your main priority is information. You don't stress yourself out with the small details of house cleaning, but your bookshelf must be specifically arranged.

**Type 6: THE LOYALIST:** You need to feel safe and secure in your home, so organisation comes naturally to you. You prefer to keep items out of sight as this makes you feel more at ease.

**Type 7: THE ENTHUSIAST:** You are not the most organised type, and you tend to take one day at a time. You do have good intentions, but somehow life always gets in the way.

**Type 8: THE CHALLENGER:** You create a structured plan and stick to it. You thrive off being productive and love nothing more than a handy planner or calendar.

**Type 9: THE PEACEMAKER:** You may not have the strongest focus on organisation, but that doesn't mean you aren't capable. Though you would like to be more organised, you are content as long as your home is clutter-free.

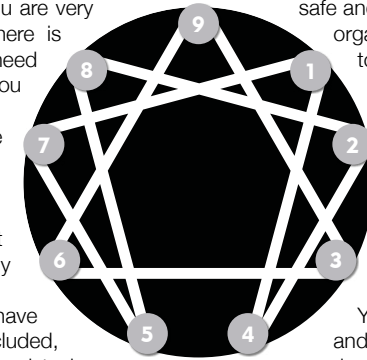


Photo credit: Pinterest - Lauren Kolyn, Federico Paul, Ulrika, Jessica Rapp, Valeria Jacobs, Margaret Stepien, Tamara Gavin



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HOME & DIY

CREATE A

# VERTICAL

GARDEN  
INDOORS



Photo credit: Pinterest @samseite

Indoor plants will improve the air quality in your home, and could also help reduce stress and increase concentration. Also, if you grow herbs, you can harvest them all year round to perk up your culinary creations. One of the biggest home trends of 2023 is the vertical indoor garden – simply a group of plants arranged on a single wall to save precious floor space. Read on to find out how to get started.

### YOU WILL NEED:

- > A selection of shelves, containers and hanging baskets. Although you can buy specially designed containers for your plants, recycled items usually look more interesting and are also kinder to the environment. Wooden boxes, wire baskets, tins and even cut-down plastic drinks bottles all work well. Just remember to add drainage holes to containers if necessary.
- > A selection of plants and herbs. Rubber plants, dragon trees and the good old spider plant are excellent choices – they help remove formaldehyde, one of the main toxins in indoor air. Tarragon, thyme, rosemary, basil and mint all grow well indoors. If you're feeling adventurous, try growing cherry or plum tomatoes. But remember, they'll need somewhere warm and sunny.
- > Suitable compost.
- > DIY tools and materials to fix your containers firmly in place, and a sturdy stepladder.

### HOW TO MAKE:

**STEP 1:** Work out how you're going to arrange your plants and containers. You could make a sketch, or lay out the items on the floor. You don't need to be exact and can change things as you go, but a plan is always handy.

**STEP 2:** Fix all the containers and shelves in place, ensuring they're secure.

**STEP 3:** Fill all your containers with compost, then add the plants.

**STEP 4:** Water your plants and work out a routine to take care of them.

**STEP 5:** Sit back and watch your garden grow.

# FROM YOUR AREA

LOCAL NEWS

## Plans revealed for 5G mast near seafront



Photo credit: CK Hutchison UK

Plans have been put forward to Southend-on-Sea City Council (SCC) for a 15-metre 5G mast on a residential road close to Leigh-on-Sea seafront.

The blueprints show proposals for the mast on Marine Parade, at the junction of Thames Drive and Belton Way West, along with cabinets and other associated works.

At the time of writing, 71 online comments have been submitted concerning the application, with residents complaining about the height of the equipment and potential disruption of their coastal view.

In the application documents, applicant CK Hutchison UK states: "We have considered the detailed siting and design carefully to ensure that the scheme has a limited impact on the locality and general visual amenity.

"The overall impact of the installation on the environment is limited."

A date has not yet been set for a decision on the proposals.

CK Hutchison UK and SCC have been contacted for comment.

He sustained stab wounds and was taken to hospital for treatment.

Enquiries are ongoing.

If you have any information, CCTV, dashcam or other footage in relation to this incident, then please get in contact with Essex Police by calling 101 and quoting crime reference number 42/90241/23.

If you would like to make an anonymous report, you can contact Crimestoppers by visiting the website at [crimestoppers-uk.org](http://crimestoppers-uk.org) or by calling 0800 555 111.

## Team complete leg 58 of 100-part charity relay

A team of four Thorpe Bay churchgoers have taken a part in a fundraising walk that is taking place over 100 legs.

Organised by Brentwood Catholic Children's Society (BCCS), the Relay 100 is an event held across the Catholic Diocese of Brentwood, extending throughout Essex and parts of East London.

Covering almost 450 miles is no easy feat, but dividing it up makes it easier for anyone across the diocese to take part. All money raised by sponsored walkers will go towards children's mental health funding and work done by BCCS, with a fundraising target of £15,000.

Leg 58 of the 100-part walk took place between St George and the English Martyrs in Shoeburyness and St Gregory's in Thorpe Bay, and then back again. It was local churchgoers Frank, Val, Joan and Tony (pictured left to right) who took up the challenge.

To donate to the ongoing fundraiser for BCCS, visit [www.justgiving.com/page/bccs-relay100](http://www.justgiving.com/page/bccs-relay100) and write the name of the walker you are sponsoring in the comments.



Photo credit: Brentwood Catholic Children's Society

## Appeal after man found with stab wounds outside bar

Essex Police are investigating after a man suffered stab wounds during an assault in Leigh-on-Sea.

The incident occurred outside The Vine Leigh in Leigh Road at around 1.10am on Saturday, May 20. It was reported that a man in his 20s was assaulted after confronting three men who were being inappropriate to women.

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LOCAL NEWS



With the summer season soon to start and residents flocking to the beach, it was welcome news to see that many of our beaches once again received 'Excellent' ratings by the Environment Agency for their water quality last month.

Every year, when the bathing season starts in mid-May, the Environment Agency regularly tests the water at each bathing site, with our beaches being tested up to 20 times until the end of September. Many of our beaches will be tested every week and each result is published on the Swimfo website, enabling everyone to learn more about the waters they are swimming in. I recognise that there is still a bit of work to do around

Southend Jubilee Beach to bring it up from a 'Good' to an 'Excellent' rating. I will continue to work alongside the Environment Agency and Southend-on-Sea City Council to achieve this.

With the waters at Southend Three Shells, Thorpe Bay, Shoeburyness and East Shoebury all being rated as 'Excellent', there is no better time to have a trip down to the beach over the summer.

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](mailto:james@jamesduddridge.com) or contact my office on 01702 616135.

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WHAT'S ON

# YOUR LOCAL EVENTS

## SAUSAGE AND CIDER FESTIVAL

Priory Park, Southend, SS2 6ND  
Saturday, June 17, 2pm – 11pm



Photo credit: Sausages and Cider Fest

The ultimate festival of sausages and cider comes to the area this summer, with eating competitions, live music from the UK's biggest tribute acts and DJs, and much more.

Tickets cost between £21 and £43, and under-fives go free. To book, visit [bit.ly/3WhZU8L](http://bit.ly/3WhZU8L)

## JUST FOX BOUTIQUE FASHION SHOW

The Boatyard Restaurant, 8-13 High Street, Leigh-on-Sea, SS9 2EN  
Wednesday, June 21

One of Leigh's premier fashion boutiques, Just Fox, is putting on a fashion show at The Boatyard, with live singer Joe Gibson providing a fabulous soundtrack.

To find out more, visit [www.theboatyardrestaurant.co.uk/event/just-fox-boutique-fashion-show.html](http://www.theboatyardrestaurant.co.uk/event/just-fox-boutique-fashion-show.html)

To book and find out times, call The Boatyard on 01702 475588.

## LEIGH FOLK FESTIVAL

Leigh Library Gardens, Broadway West, Leigh-on-Sea, SS9 2DA  
Thursday, June 22, to Sunday, June 25, various start times

In this 31st iteration of this much-loved annual event, Leigh Library Gardens will play host to a variety of folk music acts for four days straight.

Music, dance, poetry, comedy, food, workshops and more can all be expected, with the line-up yet to be announced. To find out more, visit [www.visitsouthend.co.uk/event/leigh-folk-festival-2022/](http://www.visitsouthend.co.uk/event/leigh-folk-festival-2022/)

## LIONEL RICHIE TRIBUTE

The Boatyard Restaurant, 8-13 High Street, Leigh-on-Sea, SS9 2EN  
Friday, June 30

Come and party *All Night Long* with Hamilton Browne, the Lionel Richie tribute act so good, he was brought alongside the man himself on *The Graham Norton Show* in 2009. You can relive all the greatest hits while enjoying a meal as well.

To find out more, visit [www.theboatyardrestaurant.co.uk/event/lionel-richie-tribute-june-23.html](http://www.theboatyardrestaurant.co.uk/event/lionel-richie-tribute-june-23.html)

To book and find out times, call The Boatyard on 01702 475588.

## LIONS CHARITY DUCK RACE

Bell Wharf Beach, High Street, Leigh-on-Sea, SS9 2DN

Sunday, July 9, between 9am and 11am

Leigh is set to be invaded by 1,400 rubber ducks in this race like no other. Organised by Leigh-on-Sea Lions Club and 3rd Chalkwell Bay Sea Scouts, the owner of the winning duck will get a grand prize of £100, with awards also for second, third and fourth places.

To find out more, [www.visitsouthend.co.uk/event/lions-charity-duck-race](http://www.visitsouthend.co.uk/event/lions-charity-duck-race)

## SOUTHEND RNLI MULBERRY FUN RUN

Thorpe Bay Beach, Thorpe Esplanade, Thorpe Bay, SS1 3NS

Sunday, July 9, 10.45am

Ever been interested in visiting the out-at-sea Mulberry Harbour? Well now you can, as part of a 3.5-km charity run.

All money raised will go towards the Southend Royal National Lifeboat Institution lifeguard station. To sign up, visit [www.southendlifeboat.org/funrun](http://www.southendlifeboat.org/funrun)



Photo credit: Visit Southend

# LEIGH-ON-SEA PROPERTY NEWS

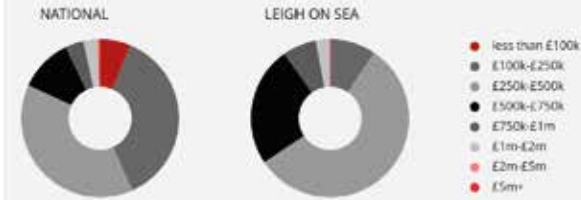
**kw** CHARLOTTE ADAMS

## LOCAL MARKET ROUNDUP



Over the last 12 months the average sales price in Leigh on Sea was **£416,235**. The total value of sales was **£331,427,021**.

## Transactions by price band over the last 12 months



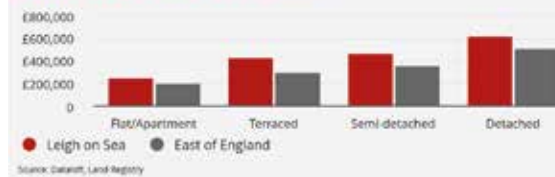
## House price growth over 1 year and 5 years



## Top transaction in last 3 months



## Average prices over last 12 months



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Hi, I'm Charlotte Adams – your local property expert for Leigh-On-Sea.

I hope you found your first monthly local property column focusing on SS9 useful.

I am a local estate agent living in Leigh-On-Sea and my aim is to bring you useful property content each month.

I have partnered with Keller Williams as it allows me to be a local independent agent while having the backing of the world's largest Estate Agent.

This month I thought I would share some research from DataLoft on what people want from their estate agent? Professionalism and knowledge top the reasons of why prospective vendors choose their agents, irrespective of age or how experienced a seller may be. 'Confidence in an agent's ability to market my property', was the most cited reason for choosing an agent and 37 per cent of vendors include 'pleased with their valuation'. With the market stabilising, appointing an agent who understands market conditions, and prices accordingly, is important to achieving sales success.

I'm always happy to have an informal chat and offer guidance where I can, regardless of when you're thinking of selling, so get in touch today if you would like to find out more about working together.

Have a great month, see you in July.

*Charlotte*

## NATIONAL MARKET

### House prices

Nationwide report the average price of a property rose 0.5% month-on-month in April, the first month-on-month rise after seven consecutive months of falls. Rightmove report year-on-year asking prices are 1.5% higher.

### Economy

Resilient demand and falling energy prices are set to help the UK economy grow by 0.4% in 2023 according to the latest forecast by the International Monetary Fund. Last month the IMF predicted the economy would shrink by 0.3%.

### Transactions

The HMRC report 89,560 sales took place in March 2023, a rise of just 1.3% on February. Non seasonally adjusted figures however suggest there was a 26% rise.

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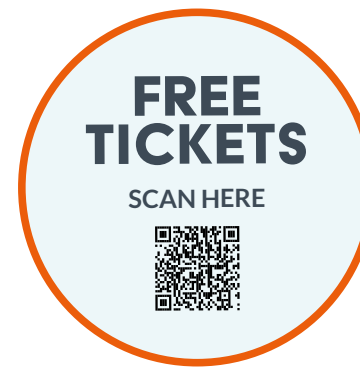
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# A piece of wartime history lost to industrialisation

This month, we remember Belmont Castle, an Essex site rich in history, which survived German artillery from above only to succumb to the gradual creep of industry from below ground.

A once-grand architectural gem, Belmont Castle stood majestically atop a hill in Grays. Erected in 1795 by Zachary Philip Lynch, this Grade II listed building was a symbol of wealth and prestige, boasting a rich history that spanned more than two centuries.

The castle was designed in the Gothic Revival style by Samuel Wyatt, and showcased an impressive façade characterised by tall, pointed arches, intricate stone carvings and a symphony of decorative elements. The building was adorned with battlements and turrets, creating an imposing silhouette against the Essex skyline.

Its grandeur was further accentuated by an expansive estate featuring vast gardens, meandering pathways and lush, verdant landscapes.

The castle played host to various notable figures and events throughout its history. It is rumoured that

the renowned English poet, Lord Byron, once stayed at the castle as a guest of its original owner, Zachary Philip Lynch.

In 1815, it was acquired by James Walker, a prominent civil engineer. He added an observatory, making the castle one of the few private residences in England to feature such an amenity. During the Second World War, Belmont Castle was requisitioned by the British Army and served as the headquarters for the Royal Artillery's Anti-Aircraft Division.

Many may have thought it was in good hands, having been returned to the state, yet in truth the move sounded the building's death knell. This was despite it being an exemplar of grandeur and a reflection of the opulence of a bygone era, and irrespective of its rich history, illustrious guests and unique features. Belmont Castle was forced to make way for the relentless expansion of the huge Grays Chalk Quarry, which had crept unerringly towards it in the preceding years, and was demolished in 1943.



LOCAL FEATURE



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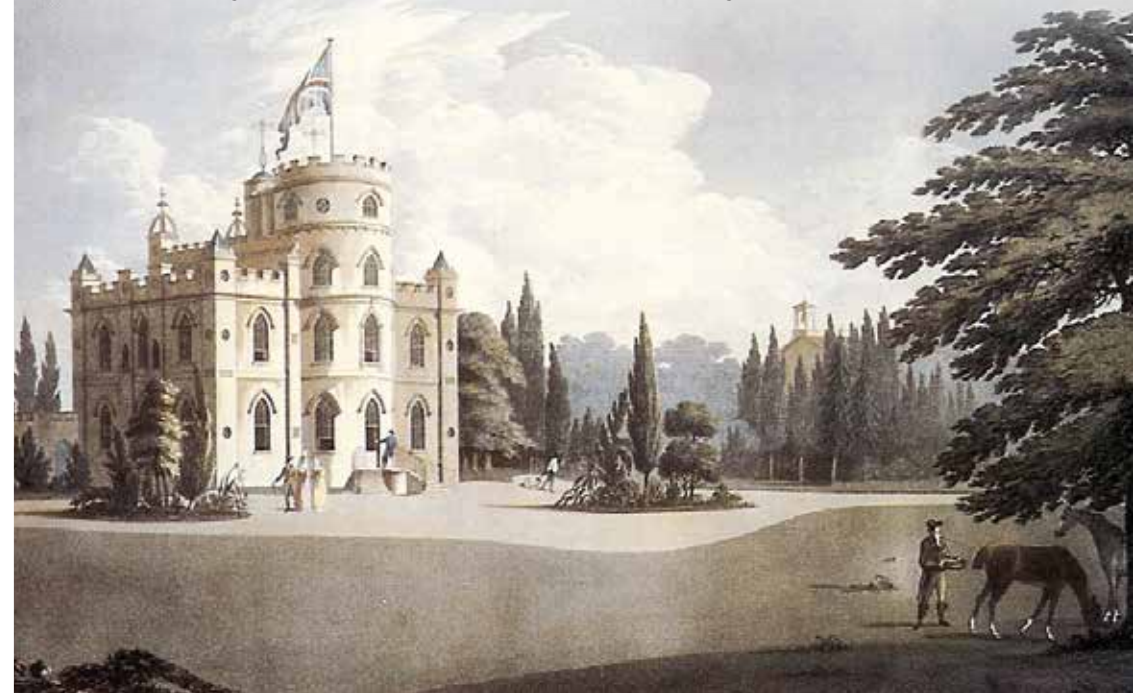
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*The coronation of*  
**KING CHARLES III**  
*and his wife Queen Camilla*

SATURDAY 6 MAY, 2023

# GOD SAVE THE KING

Princes, princesses, presidents and pop stars alike crowded into Westminster Abbey to witness the historic coronation of His Majesty King Charles III, and what a marvellous day it turned out to be.

On Saturday, May 6, 2023, the world's gaze turned to Westminster Abbey in London. More than seven months had passed since we said a final farewell to our beloved Her late Majesty Queen Elizabeth II, and what bittersweet joy it was to witness King Charles III's official ascent to the throne.

Naturally, comparisons were not drawn between this event and the Queen's funeral, but instead to her coronation 70 years previously. This was the first televised coronation, broadcast on radio and television around the world. Both ceremonies were watched by millions, though the King's was the first British coronation to be televised in glorious, high-definition technicolour.

Regardless of your feelings about the monarchy, it can't be denied that when it comes to pomp, ceremony and splendour, no one does it like Great Britain.

The journey from Buckingham Palace to Westminster Abbey alone was a thing of wonder, with joyous fans lining the streets as more than 4,000 members of the Army, RAF, Royal Navy and Commonwealth forces in immaculate dress uniforms accompanied the Diamond Jubilee State Coach.

One BBC commentator remarked how the coach – drawn by eight Windsor Grey horses – looked like something from a fairy tale, before admitting that so ancient are ceremonies such as these, that the fairy tales are more likely based on them.

Inside the abbey, proceedings took on an even more timeless quality, with the two-hour ceremony effortlessly fusing the old and the new. One poignant example of this was during the presentation of the orb, sceptre and other regalia – pieces from the Crown Jewels that hold “incalculable cultural, historical, and symbolic value” and date back to the 17th century – by various faith leaders, and the carrying of the Sword of State by a resplendent Penny Mordaunt MP.

Another poignant moment was when the King was screened from the public as he was anointed with holy oils by the Archbishop of Canterbury, because this is an event historically regarded as taking place between the sovereign and God. The anointing was carried out using an ampulla and coronation spoon, which is believed to date back to the 12th century.

Finally came the moment all had been waiting for as His Majesty sat resplendent in the Robe Royal – made for King George IV's coronation in 1821 and one of four robes worn during the service – and was adorned with St Edward's crown. After crowning Charles, the Archbishop boomed, “God Save the King”, a sentiment that was then echoed by all in attendance.

Shortly after, Her Majesty Queen Camilla was also crowned, with Queen Mary's Crown placed on her head. Interestingly, she was granted the title of Queen on the late Queen Elizabeth II's request.

The late His Majesty Prince Philip, on the other hand, was never given the title of king. This is because a ruling queen's husband is called a Prince Consort, as the title of king is only given to a monarch who inherits the throne. If King Charles passes away before Queen Camilla, Prince William, who is the heir to the throne, will become king. Queen Camilla will not become a reigning queen; her title will change to queen dowager, the official term for the widow of a king.

Following the ceremony, the King and Queen were joined by the other senior royals and their children on the balcony at Buckingham Palace for the traditional Royal Air Force flypast which, despite the rain and subsequent need to simplify the air show, drew to a close to a most historic and memorable day for all.

A new King, a new set of values, and a new era for all.





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# PUZZLES & TRIVIA



PUZZLES

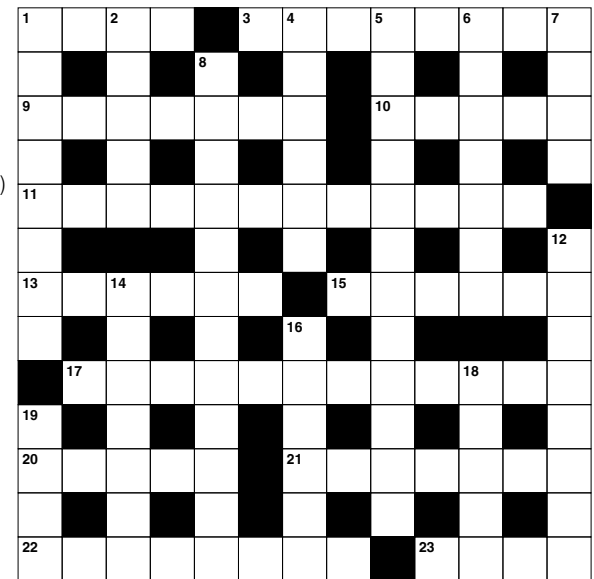
Answers: see end of The VISION Listings

### ACROSS

- Beloved; expensive (4)
- Break (8)
- Majestically (7)
- Giraffes have long ones (5)
- Uncurled (12)
- Fierce or domineering woman (6)
- Dual audio (6)
- Ruinously (12)
- Simple (5)
- Inactive pill (7)
- Conceptual thinker (8)
- Arduous journey (4)

### DOWN

- Mocking (8)
- Ire (5)
- Sense of musical time (6)
- In accordance with general custom (12)
- Uncertain (7)
- Otherwise (4)
- UFO (6,6)
- Exterior of a motor vehicle (8)
- Print anew (7)



- Ear bone (6)
- Give a solemn oath (5)
- Tuba (anag) (4)

### DID YOU KNOW?

- Your eyes blink an average of 20 times a minute. That's more than 10 million times a year.
- The entire surface of your skin is replaced every month, which means you have about 1,000 different skins in your life.
- If you live to age 70, your heart will have beaten around 2.5 billion times.
- Laid end to end, an adult's blood vessels could circle the Earth's equator four times.
- Bodies give off a tiny amount of light that's too weak for the eye to see.
- Your left lung is approximately 20 per cent smaller than your right one.
- You produce about 40,000 litres of spit in your lifetime. Or to put it another way, enough spit to fill around 500 bathtubs.

### SUDOKU

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

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**B**elladonna is one plant that you do not want growing in your garden. Belladonna, sometimes referred to as deadly nightshade, is extremely toxic to humans, dogs and cats, and needs to be quickly identified and removed.

**WHICH PARTS ARE TOXIC?**

All parts of the belladonna plant are toxic to humans and domesticated animals, including the leaves, flowers, fruits and roots. It is not toxic to birds and wildlife, although when honeybees feed on belladonna, the honey they produce can also be toxic.

**HOW TO IDENTIFY BELLADONNA**

Belladonna is a tall and bushy perennial that grows three to four feet high and wide. It boasts dark green leaves that are oval and unevenly sized. On the bottom part of the plant, the leaves are solitary but on the upper parts, they grow in pairs. Belladonna blooms from June through to early September, with dull purple or lavender flowers that are slightly scented.

The fruit ripens between late August and September and is black and shiny like a cherry.

**HOW DOES BELLADONNA SPREAD?**

Belladonna spreads very quickly, just like a weed. This plant dies back in winter and then regrows in spring from its thick, fleshy roots. Birds that eat the seeds can spread the plant to other areas via their droppings.

**HOW TO REMOVE BELLADONNA FROM YOUR GARDEN**

You must protect your skin when handling belladonna, so make sure you wear long sleeves, long trousers, boots and gloves. If the plant is particularly tall and there is a risk of it coming into contact with your face, then you should wear goggles.

- > Dig out the plant with all its roots
- > Dispose of the plant in your garden waste bin
- > Disinfect any tools you have used
- > Wash your work clothes immediately and separately from your other clothing.




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# STAYING ALIVE!

**U**nless you have someone looking after your garden while you are on holiday, you may be wondering how you are going to keep your plants alive and well until you return. Discover our top tips below.

make mulch from woodchips, gravel and decorative stones or even with just a few handfuls of good quality compost. Place around the base of your plants in a doughnut shape.

### WATER BEFORE YOU GO:

Before you leave for your holiday, make sure you give all the plants in your garden a thorough watering. Soak any pots, containers and hanging baskets at the plant base until the water rises above the soil. Allow this water to soak in and then repeat.

### INVEST IN AN IRRIGATION SYSTEM:

If your budget allows it, an irrigation system will deliver a controlled amount of water to reach your plants at set times during the day. This is a good choice if you are away for a longer period of time, or you go away frequently.

### MOVE POTTED PLANTS:

Move potted plants into shady areas of your garden to slow the rate at which they dry out and to help them stay hydrated. Avoid using shade cast by the eaves of your home as this can prevent any natural rainwater from reaching them.

### TOP TIPS FOR HOUSEPLANTS:

- > Move any houseplants away from direct sunlight to cooler, darker areas of your home
- > Give them a good, deep soak for around 10 seconds but make sure to drain any excess water
- > Place one end of a damp cloth into a glass of water and the other end in the soil. When the plant becomes thirsty, it will absorb moisture from the cloth
- > Gather your houseplants together to create a humid microclimate.

### MAKE SOME MULCH:

A thick mulch can help to reduce the evaporation of water and lock moisture into the ground. You can



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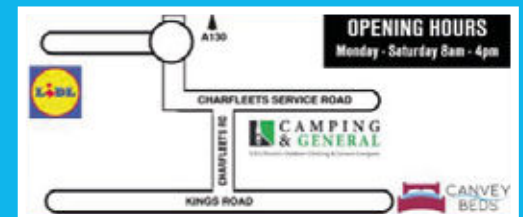
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# easy Does it

THE SUCCESS OF CHARISMATIC EASYJET FOUNDER, SIR STELIOS HAJI-IOANNOU

When launching a brand, it pays to make sure you have people rooting for you. And easyJet founder Sir Stelios Haji-Ioannou has one big thing on his side – charisma.

The now 55 year old, whose success as the founder of a revolutionary airline concept soon led to him being instantly recognisable by first name only, caused a major stir in the airline business in the mid-1990s when he started running a cheap shuttle air service between Luton and Scotland.

At the time, the concept of cheap air travel was one that had never taken off – literally. However, by putting on a ‘no frills’ service that did away with complementary food, refreshments and even seat reservations, Stelios found a gap in the market that short-haul travellers loved.

Soon, the airline was servicing destinations across

Europe. With fares starting at just £1, the marketing took care of itself.

It wasn't Stelios's first venture into transport. He had previously owned a shipping business, Stelmar Shipping, and had learned the ropes from his father, who was hugely successful in the same space.

Yet nothing quite rivals the serial entrepreneur's achievements with easyJet. He and his family still own one-third of the business, which values his stake at more than £4billion. This is despite the fact that, as a group floated on the stock exchange, he has repeatedly fallen out with the company's senior managers, declaring that shareholders have had no notable return in more than a decade.

Stelios's battles with Ryanair founder Michael O'Leary are also legendary – Stelios was once portrayed as Pinocchio on a Ryanair advert.

He now lives in Monaco, and received a knighthood from Her Late Majesty Queen Elizabeth II for services to entrepreneurship in 2006.



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# Ride ELECTRIC

We see these casual speedsters effortlessly and gracefully gliding their way along the roads, and the realisation is that the days of pumping pedals may be on its way out.

It appears the electric bike revolution is here to stay; yet with the price of these magnificent machines is considerably more than their manual counterparts, handlebar aficionados are instead exploring ways to convert their existing rides into battery-powered versions.

It turns out it's not actually that difficult. Conversion devices can suddenly transform our humble bikes into rapid, resplendent electric vehicles.

These devices work by replacing a normal bike's rear disc-brake rotor with its own drive, which looks and works just like a traditional disc-brake rotor.

A weighty unit housing the battery and a 250-watt-hour motor clips onto the bike frame, with the rotor slotting into the clip-on unit and engaging with the gearing inside. Internal gearing turns the

special brake rotor, spinning the rear wheel and, hey presto, you're away.

You should be able to achieve almost 40 miles of assisted cycling, and be able to propel the vehicle at speeds of almost 20mph.

Recharging takes around two-and-a-half hours, and the unit can be easily unclipped and charged inside.

Pedal bikes have long been an incredibly green way to travel – it's the reason there are 20 million on Britain's roads. While those who use them as part of their job – think food delivery driver or parcel courier – may like the added speed and energy conservation of an e-bike, the stronger target market for this product is those keen to ditch the car for short trips, but who need some kind of propulsion when it comes to embarking on two-wheeled adventures.

Whatever the reason, users choosing an e-bike look certain to light the path... or road!

# Is a bad hip stopping you from doing everyday things?

**Nuffield Health Brentwood Hospital reveals the signs you might need a new one.**

## What is a hip replacement?

This is a procedure to remove your damaged hip joint and replace it with an artificial joint. It's used to treat hip pain, most commonly hip osteoarthritis, which is gradual wear and tear of the joint. During the procedure, the damaged joint is removed and replaced with an artificial ball and socket joint (a prosthesis). There are many different types of hip replacement and your surgeon will recommend the one that's best for you.

There are no set rules when it comes to hip replacement. While the surgery is commonly associated with older patients, in truth it's a life-changing procedure for anyone with a worn hip joint.

The following signs may indicate hip arthritis or be symptoms of other problems. The best way to accurately diagnose the state of your hip is to speak to a specialist and have an x-ray.

## 1. Hip or groin pain

Pain around the hip or groin area can be one of the major indicators that there may be an underlying problem with your hip joint. Let's look at some of the different ways it can manifest.

### Pain when walking

If hip or groin pain is preventing you from walking normal distances for you or completing your usual daily activities, then speak to a specialist.

It's important to remember that this can be relative to you. For some, being able to comfortably stroll a short distance to the post box or local shop is enough. For others, being unable to complete a five-mile walk is unthinkable. It all depends on your lifestyle.

You may find yourself compensating with a limp, relying on a walking stick, or even needing painkillers just to cope with the pain of walking or other activities such as climbing the stairs or getting into a car.

### Pain during exercise

Soreness or pain during or after exercise which is stopping you from being as active as you normally would, be it jogging, swimming or other physical activities, can be a sign of hip arthritis.

The pain is usually localised between your hip and knee. If the pain is lower down towards the ankle the problem might be caused by back problems.

### Pain at night

If hip pain makes it hard to fall asleep or you find yourself waking up because of the pain caused by your movements in the night – talk to someone about it. There are a number of hip or joint-related issues that could be affecting your sleep.

## 2. Stiffness

Difficulty putting your shoes or socks on is a common sign of stiffness in your hip, especially if one foot is more difficult than the other. You may also start to feel your hip joint clicking, popping or grinding in ways which impair your normal range of movement. If this is an ongoing problem, you should speak with a specialist.

## 3. The one leg test

If you can't stand on your problem leg for longer than a minute – even with the support of a door frame or table-top for balance, then you might have a problem with your hip.

There are some other exercises you can try at home to see if you could benefit from hip pain treatment. For instance:

- Lying on your back or sitting, can you bring your knee to your chest? Assist with your hands if you need to.
- Lying on your back, can you move your leg out to the side without moving your trunk?
- Sitting on a chair, can you place your ankle on the opposite knee and let the knee drop down as far as possible?

For each test, compare both sides of your body. You may find the test easier on one side than the other, and many people notice this.

## 4. No relief from other treatments

Most hip problems can be resolved without a full hip replacement. There is a range of treatments available, including physiotherapy and medication that may better address your symptoms.

If your hip pain is not severely limiting your daily life, or you have found ongoing relief from these less invasive treatments, then it indicates a hip replacement is likely not the right option for you yet.

At Nuffield Health Brentwood Hospital our experienced team of orthopaedic surgeons are experts in lower limb procedures and provide quick access to hip replacement surgery.

## How to book a consultation at Nuffield Health Brentwood Hospital

**If you are interested in hip replacement surgery or want expert advice from a professional, you will need to book a private consultation with one of our orthopaedic experts before proceeding with any treatment. To book a consultation, please contact our dedicated hospital enquiry team on:**

Telephone: **01702 898036**

Online: **[www.nuffieldhealth.com/hospitals/brentwood](http://www.nuffieldhealth.com/hospitals/brentwood)**

Visit: Brentwood Hospital, Shenfield Road, Brentwood, CM15 8EH



# Orthopaedic services

## Nuffield Health Brentwood Hospital

We provide a range of services locally for patients who require orthopaedic surgery. We are passionate about health and the care we provide and are here to reassure and help you, throughout your journey.

### Treatments include:

- Hip and knee surgery
- Hand, wrist, elbow or shoulder injury
- Back and spinal or sport injury
- Foot and ankle surgery and joint injections.



For more information call **01702 898036** or visit **[nuffieldhealth.com/hospitals/brentwood](http://nuffieldhealth.com/hospitals/brentwood)**





# Prescriptions

ALL ABOUT

## How much does a prescription cost in England?

The prescription charge in England is £9.65 per item. However, you can get an NHS prescription prepayment certificate (PPC), which can help you save money if you need more than three items in three months or 11 items in 12 months.

A PPC costs:

- + £31.25 for three months
- + £111.60 for 12 months

You can purchase a PPC either online or with any registered pharmacy.

## Who is eligible for free prescriptions?

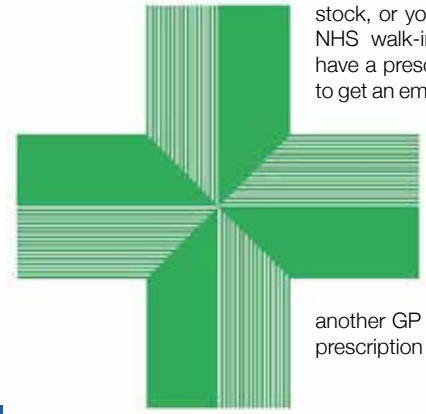
You are eligible for free prescriptions if you are:

- ✓ Aged 60 or over
- ✓ Under 16
- ✓ Aged 16-18 and in full-time education
- ✓ Pregnant or have had a baby in the last 12 months and have a valid maternity exemption certificate
- ✓ Have a specified medical condition and a valid medical exemption certificate
- ✓ Have a continuing disability that prevents you from going out and have a valid medical exemption certificate
- ✓ Hold a valid war pension exemption certificate and the prescription is for your accepted disability
- ✓ An NHS inpatient

You are also entitled to free prescriptions if you or your partner receive certain benefits, or if you are under 20 and the dependent of someone receiving certain benefits, such as income support and income-based Jobseeker's Allowance. Contraception is free for everyone in England.

## Is it possible to get an emergency prescription?

If you have a prescription, you can visit any pharmacy to get your medicine as long as they have it in stock, or you may be able to use an NHS walk-in centre. If you do not have a prescription, you may be able to get an emergency supply from your local pharmacy. Take your old prescription or the medicine's packaging with you if you have it. If you are away from home, you can register as a temporary patient with another GP and ask them to do your prescription for you.



## Can you get your prescription delivered to your door?

If you are unable to leave your home, your local pharmacy may be able to deliver it to your door free of charge. Alternatively, some retailers such as Boots will deliver your prescriptions for a small fee.



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# Goodbye GREASE

If you struggle with greasy hair, then these hairstyles are just what you need to skip a hair wash and still look and feel great.

**BABY BRAIDS:** If the front of your hair is prone to oil, then baby braids offer the perfect way to conceal this. Start by working a little bit of dry shampoo through your hair and then section out the front strands. Braid them as tightly or loosely as you like and secure with a clear hair band.

**A SNATCHED PONY:** Delivering a super sleek look, a snatched pony is bang on trend and perfect for days when you don't have time to wash your hair. Separate your hair into two sections (top and bottom half) and apply a smoothing serum. Then brush from roots to ends, making sure that the front is smooth and tight. Join the sections at the crown and secure with a hair band.

**WET-LOOK WAVES:** Rather than try to hide the natural oils in your hair, embrace them with wet-look waves. To start, dampen your hair and add a liberal amount of heat protectant spray. Then gently blow dry your hair and add waves using a curling iron. Apply hair oil to complete the look.

**A ZIGZAG PARTING:** Add a playful touch to a low ponytail with a zigzag parting. Perfect for distracting from greasy roots, you need to invest in a tail comb to get a zigzag parting right. Start at the centre of your parting and then use the comb to form a zigzag along the parting line. For best results, keep all the zigzags within the same one-inch margin.

**A SILK SCARF:** If your curls are looking a little oily, then pile them high on your head and add a silky scarf for added visual interest and to conceal grease at the roots.



Photo credit: Instagram @justinmarjan, capellistyle.it, Pinterest/goldfishkiss.com, terrificresses, Etsy



# King Charles' CORONATION QUICHE

With the coronation still fresh in everyone's minds, why not have a go at making your very own King Charles coronation quiche? This dish was chosen to celebrate British seasonal produce – and also because the King loves eggs and cheese.

**YOU WILL NEED:** (serves 6)  
**FOR THE PASTRY:** 125g plain flour | 25g cold butter, diced | 25g lard | 2 tbsp milk | Pinch of salt  
Or 250g block of readymade shortcrust pastry  
**FOR THE FILLING:** 125ml milk | 175ml double cream | 2 medium eggs | 1 tbsp chopped fresh tarragon | 100g cheese | 180g cooked spinach, lightly chopped | 60g cooked broad beans | Salt and pepper | Pine nuts for garnish, if desired | You will also need a 20cm flat tin and baking beans

**HOW TO MAKE:**

1. To make the pastry, sieve the flour and salt into a bowl. Add the butter and lard and rub the mixture together using your fingertips until you have a breadcrumb-like texture.
2. Add the milk a little at a time and bring the ingredients together to form a dough.
3. Cover and leave to rest in the fridge for 30-45 minutes.
4. Lightly flour your work surface and roll out the dough into a circle approximately 5mm thick.
5. Lightly grease the tin with butter and line with the pastry, being careful not to

make any holes. Cover and rest for a further 30 minutes in the fridge.

6. Preheat your oven to 190°C/170°C fan/gas mark 5.
7. Line the pastry case with greaseproof paper, add baking beans and bake for 15 minutes.
8. Take the case out of the oven, remove the paper and beans, and leave the pastry case to one side.
9. Reduce the oven temperature to 160°C/140°C fan/gas mark 3.
10. To make the filling, beat together the milk, cream and eggs.
11. Scatter half of the cheese into the blind-baked base and then top with spinach, broad beans, tarragon and seasoning.
12. Season and pour over your liquid mixture of milk, eggs and cream.
13. Sprinkle over the remaining cheese.
14. Place in the oven and bake for 20-25 minutes until set and lightly golden.
15. Garnish with pine nuts if desired.



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TRAVEL

# PLANE sailing

Love family holidays but dread flying with young children? Discover five ways to keep your kids occupied on a plane, with options for all ages.

## DOWNLOAD AN AUDIO BOOK

If you want a bit of peace and quiet but you don't want your kids glued to a screen the entire time, then an audio book is a great alternative. There are so many books to choose from – just make sure you remember to pack headphones.

## BOOK A WINDOW SEAT

If your budget allows for it, booking a window seat is a great way to keep your children entertained during take-off and landing. Whether they just gaze at the views below or look for animals in the cloud shapes, children of all ages can enjoy looking out of the window during a flight.

## PACK PLENTY OF SNACKS

Do not underestimate how distracting snacks can be for kids during a flight, especially younger ones. Rather than buying them on the plane, bring a selection of your children's favourite snacks with you in your hand luggage and then give them out sporadically throughout the flight.

## ACTIVITIES TO KEEP THEM OCCUPIED

Remember to pack colouring and puzzle books in your hand luggage to help keep boredom at bay. Alternatively, bring blank paper and pens and ask your children to draw what they can see out of the window, or what they imagine your destination will look like.

## TALK ABOUT YOUR TRIP

Chatting about what you are planning to do when you get to your destination and what you are excited about, can be a great way to pass the time and engage with your children. You can also take the opportunity to teach them about the different places you are flying over.

You can also bring travel games or even a pack of playing cards; simple games like snap are perfect for little ones, while older children can enjoy more advanced games like solitaire.







# HOW TO PROTECT YOUR CAR IN HOT WEATHER

**W**hen temperatures soar, your vehicle requires a little bit of additional TLC. Unless, of course, you don't mind having to fork out for expensive repairs.

**PARK IN THE SHADE:** Although this may seem obvious, it is really important that you try to park your car in the shade when the sun is at its hottest. This will help to prevent your dashboard from drying out and cracking.

**USE A WINDSHIELD PROTECTOR:** A windshield protector can help to keep your car cool and prevent sun damage. These are low-cost and easy to use; simply unfold and slide into place on your dashboard.

**WAX YOUR CAR:** If a heatwave is on its way, it can be a good idea to wax your car as this provides a layer of protection between your car and the sun's powerful ultraviolet rays.

**CHECK THE TYRE PRESSURE:** Hot pavements and low tyre pressure are a dangerous combination and can lead to a blowout. Therefore, you should make sure that you regularly test your tyre pressure when the warm weather hits.

**USE SEAT COVERS:** As well as protecting both leather and fabric seats from spillages and stains, seat covers can also help to keep them cool and prevent sun damage.

**CHECK YOUR COOLING SYSTEM:** To prevent your engine from overheating, you need to make sure that the cooling system is in good working order. Have the belts checked and the antifreeze drained. Also, make sure that you change the belts and fluids on a regular basis.

**WASH AND DRY OFTEN:** Both sun and heat can cause your car's exterior to crack and fade. However, frequent washing and hand drying can help to remove dirt and dust particles that can cause scratches and dull your car's finish.



Photo credit: Anton Ukolov/Shutterstock.com, motor1.com



Photo credit: Meaning March/Shutterstock.com



# A Very BRITISH RACKET

**N**othing conjures up a British summer better than Wimbledon, the oldest tennis championship in the world. In true British fashion, it's not all about who wins – or even the lovely sound as the racket whacks the ball. Think strawberries and cream, bizarre tennis outfits, celebrity spotting, and an endless obsession with the weather.

Yellow tennis balls were introduced in 1986 because they were more visible on TV than the white ones.

At the last Wimbledon tournament, spectators consumed almost 2,000 servings of strawberries and cream, along with a staggering 250,000 glasses of Pimm's.

The tournament employs around 250 ball boys and girls, selected from 27 nearby schools, who must pass a test to ensure they can stand still for at least three minutes.

The longest tennis match in history was held at Wimbledon in 2010. It lasted for 11 hours and five minutes over three days between Frenchman Nicolas Mahut and the eventual winner of that year's championship, American John Isner.

This year's tournament marks Rufus the Harris's Hawk's 16th year as chief pigeon scarer, making sure matches aren't interrupted by unwanted avian guests. Follow him on Twitter or Instagram.

To mark this year's contest, which takes place from July 3 to 16, let's look at a few fun facts.

The first Wimbledon took place in 1877, but only involved men's singles. Ladies weren't allowed to compete until 1884.

Wimbledon attracts around 500,000 spectators, and millions more from around the globe catch up on TV.

During an average tournament, players go through around 55,000 balls.

The grass on the Wimbledon lawns has to be precisely 8mm high.

There's a strict rule that Wimbledon players must wear white clothes – though a small dash of colour is now allowed. The tradition started in the 1800s to avoid sweaty patches showing up on dark clothing.

So whether you're lucky enough to attend in person or will be watching the competition from the comfort of your own home, sit back, relax and enjoy this prestigious display of sporting prowess – Pimm's optional.

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