

**KEW
GARDENS
EVENTS IN
2024**

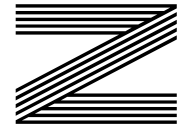
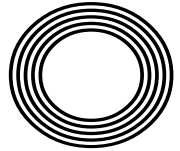
**10 KEY
SIGNS OF
BAD HEART
HEALTH**

MOTHER'S DAY
How to make a blooming lovely gift

Michelle Keegan
Actress enjoys success of Netflix show

**LUKE
LITTLE**

Teenage darts prodigy continues to break records



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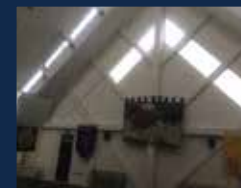
BEFORE



AFTER



AFTER



BEFORE



AFTER



Editor's notes...

FEBRUARY 2024



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Leigh Thorpe Bay.

I hope you have had a great start to the year.

I was recently shocked to learn about the Post Office scandal and the immense suffering it caused. The TV drama has helped to raise awareness of the scandal and has given a voice to those who have been affected by it.

The series recounts one of the biggest miscarriages of justice in British history, where hundreds of subpostmasters were wrongly accused of theft, fraud, and false accounting due to a defective IT system.

Since the series began airing on January 1, more than 100 new potential victims have contacted lawyers. The series has renewed mass interest in the scandal, with more than nine million viewers tuning in so far.

The government is now under pressure to overturn wrongful convictions and deal with compensation, with ex-Post Office boss Paula Vennells agreeing to hand back her CBE in response to public outcry. The series has also prompted a Parliamentary inquiry. It will be interesting to see how this unfolds over the coming weeks.

I hope you enjoy this edition of the magazine - it has something for everyone, whether you're looking for some interior design inspiration or interested in exciting new events to attend in 2024.

Nik Allen

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MICHELLE KEEGAN: NOBODY'S FOOL

MAKING THE LEAP FROM SOAPS TO SERIOUS DRAMAS IS NEVER EASY, BUT FORMER *CORONATION STREET* STAR MICHELLE KEEGAN HAS TAKEN IT ALL IN HER ELEGANT STRIDE

Most television actresses would be thrilled at winning the Sexiest Female gong at the various soap award ceremonies they are obliged to attend, but for Michelle Keegan – who was awarded the coveted title more times than she cares to remember during her stint on *Coronation Street* – the novelty had worn off.

The beautiful brunette was only 20 when she landed the role of Tina McIntyre on the iconic soap, and over her six-year tenure, became one of the most popular characters of all time. A feisty and dramatic presence in *Weatherfield*, Tina was at the centre of many pivotal plotlines, featuring everything from lurid love affairs to abortion and surrogacy. And yet, best actress awards always eluded her.

Fans of soap operas will be familiar with the tale of the celebrity who quits at their peak of primetime glory only to flounder in the larger world of showbusiness, but following Keegan's dramatic exit from the cobbled streets of *Corrie*, she has only blossomed into a bigger star.

In 2018, the Stockport sweetheart finally won her *TV Choice Awards* Best Actress gong for playing Sergeant Georgie Lane in the BBC drama series *Our Girl*, and has since wowed in comedy drama *Brassic* and BBC's *Ten Pound Poms*, which highlights British citizens who migrated to Australia following the Second World War.

However, it's her latest role as the lead in the new Harlan Coben drama, *Fool Me Once*, that

everyone is talking about. Not only is the show itself significant as the latest of the American crime writer's TV adaptations after Netflix acquired Coben's bestselling novels in a multi-million-pound deal, but Keegan herself dazzles throughout the twisty, complex thriller.

In the eight-part series, the 36-year-old actress plays Maya Stern, a military pilot suffering from post-traumatic stress disorder, whose wealthy husband is murdered. That's when things start to get a bit odd – like when, for example, her dead hubby pops up on the nanny cam in her home – and Maya must work out whether she is the one unravelling or if it is part of a larger plot she must uncover.

The success of *Fool Me Once* has meant that

Keegan has gained 132,940 new Instagram followers since the series was released on January 1, and it is estimated that the actress will earn up to £33,900 per sponsored Instagram post. She now has more than seven million followers on the platform – a number that is only set to increase as Keegan's star continues to rise.

Fortunately, Keegan's personal life is blissfully lacking in drama. She has been wed to *The Only Way is Essex* heartthrob, radio DJ and former professional footballer Mark Wright since 2015. The couple recently finished work on their £3.5million dream home in Essex, where, no doubt, they are busy plotting their next foray into entertainment superstardom.

THE WORLD OF KEW

Kew Gardens, home to 50,000 plants, is just a 30-minute Tube ride from central London. But it's not all about flowers!

ORCHIDS AFTER HOURS: Selected Friday and Saturday evenings throughout February 2024

While you wander among vibrant orchid displays in the Princess of Wales Conservatory, enjoy live music and dance from Madagascar (home to 194 orchid species) and experience the local cuisine.

SOUNDS OF BLOSSOM: March 23 – April 14

To boost your wellbeing this spring, take a stroll among the blossom trees while listening to specially commissioned music from London's Royal College of Music.

KEW THE RUN: March 30-31

Run 10km or a half marathon amid the cherry blossom, past the beautiful Palm House and Temperate House. Entry includes two free adult tickets and two children's tickets to the gardens.

KEW THE MUSIC: July 8-14

Enjoy great music and conversation in a stunning setting. This year's performers include Monty Don,

Mika, Passenger, Richard Ashcroft, and JLS. More performers will be announced nearer the time.

KEW'S SUMMER CYCLE: August 1

Cycle around the site and experience an array of entertainment and fabulous food and drink stalls.

THEATRE ON KEW and **KEW THE MOVIES** will also return in August.

CHRISTMAS AT KEW: November 2024 – January 2025

Soak up the holiday spirit amid stunning light illuminations, including the Christmas cathedral and fire garden. There'll be plenty of tasty festive treats – and a visit from Father Christmas, too!

ALL YEAR ROUND

Throughout most of the year, there are organised garden walks, including specialist tours for people with hearing loss, sight loss or dementia. There are also yoga and Pilates classes, art exhibitions, gardening courses, and craft sessions.

Check www.kew.org for details on all events and how to get to Kew.

Photo credit: kew.org, raceconnections.com, kewthemusic.org, RGB Kew via kew.org, Ollie Dixon via kew.org



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studio PEAKE

Studio Peake is a London-based design studio run by Sarah Peake, where the old and new are brought together to create beautiful and surprising designs that are full of personality.

With Studio Peake, no two spaces are alike. The aim is to create a space that looks lived in, with details that could have been built up over time. This

can provide you with a lot of inspiration for your own home, helping you work with your existing décor to give things a little refresh.

STUDIO PEAKE'S UNIQUE STYLING

Each of Studio Peake's designs is unique and interesting; each project is treated individually, meaning every look has its own personality. The studio says: "Bringing spaces to life involves a playful blending of opposites and an interplay between old and new – a dash of unexpected colour or detailing; that element of surprise."

From patterned curtains and panels to pops of colour, each project is designed to work with the client's personality, ensuring the space is both fun and functional.

A LITTLE PEAK AT STUDIO PEAKE'S STYLING

If you love the Studio Peake aesthetic, you'll be pleased to know it's something you can recreate easily in your own home. Some top tips include:

- > Don't be afraid to use colour in unexpected ways. The simplest of accents, from table decorations to lampshades, can help tie different elements of your space together. Muted walls in shades of sage or duck egg look fantastic with some coral red or yellow accents.
- > Bring old and new elements into your living space to create beautiful contrasts. Ornate antique furniture with modern accessories such as statement light fittings can help you blend different styles to create a visually appealing space.
- > Patterns are a simple way to add interest and bring life to your room. Consider using multiple patterns across your space, such as a wallpapered accent wall, patterned cushions and wall art, to help keep things fun and exciting. Floral patterns are an excellent way of adding a little colour without becoming overpowering.

Studio Peake's style is something that can be built up over time, so keep an eye out for new pieces you can add to your space to create an ever-evolving look that's full of life and personality.



Photo credit: studiopeake.com

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HOME & DIY

CAUTION! RISK OF FIRE!

If you often put off cleaning certain items and appliances in your home, you are far from alone. However, you may think twice about forgoing these tasks when you find out just how potentially dangerous avoiding them can be.

TOASTERS: If you do not regularly clean your toaster, crumbs will start to accumulate at the bottom of your appliance. When you use your toaster again, these crumbs could start to smoke and potentially cause a fire. Clean away any crumbs after each use.

HEATERS: Over time, dust starts to accumulate around any heaters in your home, which could ignite and spread. Dust once a week to prevent house fires caused by dust ignition.

BATHROOM EXHAUST FANS: If your bathroom exhaust fan is old and dirty, this can cause the motor to overheat and lead to a fire. Clean once a year or invest in a new fan that comes with a thermally protected motor.

UNWASHED RAGS: Oily rags (covered in oil-based paints, paint thinners or varnishes) are a common cause of fires in the home/garage and are the result of a chemical reaction between cotton and certain oil-based stains, which produces energy in the form of heat. Place any rags used for staining in a metal can filled with water and washing detergent, secure with a lid and leave to soak for three days.

CHIMNEYS: Wood-burning fireplaces need to be regularly serviced as any build-up in your chimney can be a fire hazard. Inspect your chimney for tar deposits after use and call a professional chimney sweep if needed.

HAIRDRYERS: When you use your hairdryer every day, debris, dust and hair start to build up, which can become hazardous. If you smell burning when drying your hair or your hairdryer burns or shocks you, this is a sign that it needs to be cleaned or replaced.

LAWNMOWERS: Debris and dry grass can easily get stuck in the mower deck of your lawnmower, which can pose a fire risk, especially during the warmer months of the year. Prevent this by cleaning your mower after each use.

MIRROR

on the wall

WHAT **NOT** TO DO WHEN USING MIRRORS IN THE HOME

When used correctly, mirrors can make your home feel more light, spacious and stylish. However, there are certain pitfalls that you need to avoid when decorating with mirrors. Discover them all below.

MOUNTING ABOVE A FIREPLACE

Although the space above your fireplace may seem like the perfect place to hang a mirror, this only works if the fireplace is 160cm or under. If you have a tall fireplace, then a mirror large enough to fill the space will reflect less desirable elements of the room such as the ceiling, door frame or a bare wall.

HANGING NEAR YOUR BED

Did you know that hanging a mirror opposite your bed can actually disrupt your sleep? A mirror opposite, above or next to your bed will bounce more light around the room, which is not conducive to a restful environment.

PLACING OPPOSITE YOUR FRONT DOOR

According to Feng Shui practices, placing a mirror opposite your front door is bad luck as it reflects the good energy of the natural world back out of your home. Instead, you should place the mirror perpendicular to your front door.

IN THE KITCHEN

If you are thinking about hanging a mirror in your kitchen, you should know that this is also considered to be unlucky. Furthermore, mirrors in this room can easily become grubby and greasy. For better results, hang mirrors in your dining room.

NOT CONSIDERING REFLECTIONS

When hanging a mirror in your home, you must always think about what it will be reflecting. Ideally, you want a mirror to reflect the natural view outside a window or a beautiful design element within your home. Remember, the purpose of a mirror is to enhance a room, not distract from it.



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Comedian's rise from rural surrounds to TV screen

Discover comedian Alan Davies' unique connection to Loughton, which not only underscores his personal journey but also highlights the town's influence on his career.

Alan Davies was born in Loughton in 1966. Known historically for its blend of rural beauty and urban convenience, it provided a unique backdrop for his early life and helped shape his worldview, a factor often reflected in his humour and storytelling.

Though he spent his childhood in nearby Chingford, Davies received his primary and junior education at Staples Road School in Loughton, before attending the independent Bancroft's School in Woodford Green, achieving eight O Levels.

The educational journey continued at Loughton College, adding four O Levels and two A Levels in Communications and Theatre Studies. Subsequently, he began to dabble in stand-up comedy as he graduated from the University of Kent in 1988 in Drama and Theatre Studies. In recognition of his achievements, he was awarded an honorary doctorate in 2003.

His relatable style – combining observational comedy with personal experiences – resonated with a wide audience. In the late 1980s, Davies began performing stand-up in London comedy clubs and pubs, quickly earning a following.

That talent for humour soon attracted the attention of producers, though apart from turns as a TV funnyman he also became widely recognised for the role as the quirky and lovable Jonathan Creek in the eponymous BBC mystery crime series. His portrayal of the creative and unconventional crime solver won him critical acclaim and a devoted fanbase and elevated his status as a household name in British entertainment.

Perhaps Davies' most accomplished role is as team host on boffin panel show *QI*. He joined the production at its launch in 2003 and has appeared in every episode.

A staunch Arsenal fan, he now lives in Islington with his writer wife Katie Maskell and their three children.



LOCAL FEATURE



LOCAL FEATURE

The architectural elegance of Chelmsford Cathedral

As far as cathedrals go, this country is adorned with a host of spectacular, awe-inspiring, and, in some cases, excessive displays of architectural ecclesiastical excellence.

Think of St Paul's, Westminster, Winchester, Lincoln, Ely and others, and there are presented some incredible expressions of faith through architecture.

Yet while Chelmsford Cathedral certainly doesn't compete alongside those other locations' achingly big domes, roofs and arches – nor in its age, as it was only given its current status in 1914 – it does sit as a true British architectural gem.

Originally a parish church dedicated to St Mary the Virgin, it was elevated to cathedral status at the dawn of the First World War, and perhaps the timing was fitting, as a nation found itself striving for peace.

In the way it's built, it showcases a variety of styles that reflect the changes it has undergone over the

centuries, with Norman and Victorian elements blending seamlessly with modern additions (even if it's classified as one of the youngest cathedrals in England).

Inside, Chelmsford Cathedral is more than just a place of worship – it's a beacon of history, community and spirituality in the heart of Essex. It boasts beautiful stained-glass windows, an impressive organ and a warm, intimate atmosphere.

Meanwhile, its active congregation and vibrant programme of events, from concerts to workshops, ensure it remains a hub of community life.

With around 60,000 visitors a year, in 2024 it welcomes in all faiths, all beliefs, all persuasions. This is particularly prevalent during the summer when the annual festival takes place, and at Christmas.

In everything Chelmsford Cathedral does, it reinforces customs, behaviours, support and hope, celebrating the traditions of the past and, of course, the purpose and potential of the future.

Photo credit: Robb Atherton/Shutterstock, Chris Lawrence/Travel/Shutterstock, Chelmsford Cathedral – Facebook



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WHAT'S ON

YOUR LOCAL EVENTS

VALENTINE'S QUIZ NIGHT
Leigh Community Centre,
71-73 Elm Road, Leigh-on-Sea, SS9 1SP
Friday, February 16, 7pm



Photo credit: The Mayor of Southend-on-Sea Facebook

The Mayor of Southend (pictured inset) invites all to this Valentine's Quiz Night for teams of six to eight. The event is being held in support of the Mayor's nominated charity, Havens Hospices.

Tickets cost £10 per person. The bar will be open but bring your own nibbles. To book a table for your team, please call 0300 102 1557 or send an email to events@southendmayorscharity.net

LIVE WRESTLING

Thorpe Hall School, Wakering Road,
Southend-on-Sea, SS1 3RD
Saturday, February 17, 7pm – 9pm

The superstars of WrestleForce return to Thorpe Hall School's theatre for another evening of professional wrestling action. Drinks and snacks will be available for purchase.

Tickets cost £14 for adults and £12 for pensioners and children aged 16 and under. To book, please visit www.wrestleforce.com/all-events/wrestling-events/live-wrestling-in-southend-8

REMEMBERING LILLY-ROSE – CHILDREN'S PARTY FUNDRAISER

St Michael and All Angels Church,
62 Leigh Road, Leigh-on-Sea, SS9 1LF
Wednesday, February 21, 10am – 12pm

This children's party will feature an arts and crafts table, bouncy castle, character meet and greets, rabbits to play with, and a disco finale.

Tickets cost £10 for under 12s and £5 for over 12s.

For more information or to purchase tickets, email rememberinglilly-rose@mail.com
All funds raised will go towards supporting the family of late local resident Lilly-Rose, who passed away suddenly aged 17.

LEIGH-ON-SEA TO SOUTHEND

Leigh-on-Sea Station, Belton Way E,
Leigh-on-Sea, SS9 2ET
Sunday, February 25, 10am – 3pm

Come along for a walk along the sea front and cliff gardens to Southend, meeting at Leigh-on-Sea Station. There will be time for a spot of lunch at Southend, before the groups ambles back to Leigh.

Visit www.thurrockramblers.org.uk if you would like more information.

LUKE BRITNELL – LIVE AND UNPLUGGED

The Crooked Billet, 51 High Street,
Leigh-on-Sea, SS9 2EP
Friday, March 1, 8pm – 10.30pm

Come on down to The Crooked Billet to hear local talent Luke Britnell perform live. The audience can expect a lively singalong and acoustic vibe to ease us all into the weekend.

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LUKE THE NUKE LITTLE

THE TEENAGE DARTS SENSATION WHO IS DEFYING AGE, APPEARANCE AND THE EXPECTATIONS OF A FERVENT DARTS FANBASE



While the popularity of darts has arguably never been greater – a sport reinvented from smoky, dusty, dirty pubs to high-octane, precision entertainment on Sky, the world's most polished sports broadcaster – it does still require the odd paradigm shift in order to keep its momentum going forward.

While Phil 'The Power' Taylor oversaw an unapologetically long period of domination as the growth of the Professional Darts Corporation (PDC) led to an acceleration in the popularity of darts, and Dutchman Michael van Gerwen assumed the mantle upon The Power's retirement, it was unclear where the next bastion of bullseye brilliance would emerge from.

That all changed over the festive period when Alexandra Palace, the annual base for the PDC World Championships, ushered in a rather unassuming 16 year old from the industrial heartland of the north. Born in Runcorn but raised just down the road in Warrington, Luke 'The Nuke' Littler picked up a set of darts at the age of just 18 months, and won the Youth Grand Prix aged 12.

His early foray into professional darts saw him clinch the Irish Open title in 2021 (when still only 14), and he has since picked up other senior titles along the way, including last year's British Open. Yet few had heard of the teenager until he began bulldozing his way through the early rounds of the World Championships; destined, as we know now, to make it all the way to the final, where he finally succumbed to new world number one Luke Humphries.

With a fanbase and global attention that has grown from a little to a lot, the now 17 year old has taken everything in his stride, approaching both the success he's had and the scrutiny of the media with effortless ease.

"I know, for a lot of people, it seems like I have come from nowhere, but in truth I've been doing this a while," he laughs. "I've pretty much had a set of darts in my hand permanently for the past seven or eight years, so it feels very natural to me to be hitting treble twenties and closing out doubles."

And while the sporting star has endured notable comments about his appearance and persona that bely his teenaged years, Littler is happy to go along with the joke. "I always have my passport in my back pocket these days as every other question is about my age!" He's also revealed the pre-match diet that helped propel his journey to success: a ham and cheese omelette for breakfast, followed by a pizza for lunch.

As if Littler's reputation couldn't have risen further following his battling 7-4 defeat in the Ally Pally final on January 3, the youngster then nailed a sensational nine-dart finish on the first leg of the first set at the Bahrain Open in the middle of January, then aged just 16. "I don't think I'll start a match like that ever again," he said afterwards... yet you wouldn't bet against it!

He went on to take the title, beating former world number one van Gerwen in the final.

As for the future, Littler has a place in this season's Premier League Darts, and his eye on securing yet more major tournament success. The bad news for The Nuke is he's still almost a year away from toasting his success with a celebratory pint!

Let's get PLANTING!

WHAT TO PLANT THIS MONTH SO YOUR GARDEN'S SUMMER READY

If you want to enjoy flowers in your garden as early as possible and for the longest time, you'll need to start early. The good news is that to grow these plants, you won't need any fancy equipment.

SUPER SEEDS

The easiest plants to grow from seed are hardy annuals, like **cosmos**. These are daisy-like flowers with feathery leaves and come in shades of pink, orange, red and white.

Annual **salvias** in shades of blue and mauve are a great choice, too. The small flowers, shaped like tubes, grow in a mass on tall stems.

As well as looking great in pots and flowerbeds, these two annuals are a great hit with pollinating insects and make excellent cut flowers. And best of all, they'll bloom from May right through to late autumn.

Sow cosmos and salvia seeds in peat-free seed compost in pots or seed trays. Then put them in a warm, sunny spot like a windowsill and keep them moist. Plant them out in a sunny spot when the danger of frost has passed. Make sure to keep an eye on local weather forecasts.

Sweet peas are another seed to sow indoors in February, though they need a bit more care. And don't forget **herbs** like basil, chives, coriander and dill.

FLASH BULBS

Many bulbs can survive outside at low temperatures, but they might rot if the soil is heavy and wet. To play it safe, plant your February bulbs in containers in an all-purpose or specialist bulb compost. All the bulbs listed below are stunning – and relatively undemanding.

Lilies – Asiatic varieties are the easiest to grow.

Eucomis – Their exotic pineapple-shaped flowers look stunning.

Liatris – Striking bottle-brush-shaped plants, usually in shades of mauve.

This month, you could also plant **galtonia**, known as summer hyacinths, and **agapanthus**.

Happy gardening!



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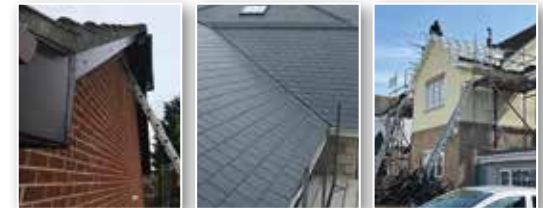
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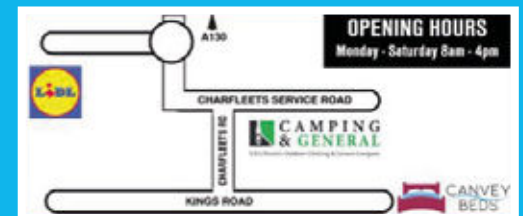
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Raising the bar

for low-alcohol drinks



FOOD & DRINK

Low-alcohol drinks are gaining in popularity, so is this the end of Britain's drinking culture as we know it?

There has been a huge shift in drinking culture in recent years as we become more health aware, with the younger generation, in particular, turning their backs on booze.

Fortunately, as low-alcohol drinks are becoming trendier, they are becoming tastier too. Low-alcohol beer is far more than the watery, light lager offering it used to be, with much craft brewery hop-based ingenuity on offer. You can get fruity IPAs, crisp Japanese lagers, and Bavarian beers all as low as 0.5 per cent. Best of all, some of them still come by the pint.

Wine drinkers needn't feel left out by this teetotal trend. Not only are there some excellent wines that have had the alcohol gently removed, but there is also a rise in tea-based kombucha, which is a worthy substitute for bubbles given its natural fizz and acidic taste.

Finally, there is the spectacular rise of spirit alternatives. Many brands have managed to match

the mouthfeel and warmth of alcohol by using herbs, spices and roots to build layers of complex flavour, mimicking everything from the botanical depth of gin to the spicy heat of golden rum and even the bitter complexity of negroni.

For many of us, though, drinking is about more than just taste: it is a culture, a social experience. Fortunately, not only are many bars offering these tasty alternatives, but some venues are also popping up that eschew alcohol altogether.

If in Brighton's Kemptown area, why not pop in to Tørstigbar ('tørstig' being the Danish word for 'thirsty'), or if in London the first alcohol-free bar has just opened in Hoxton. Also in London, head to the Coco Grill & Lounge in Tower Bridge, where you can tease your palate with delicious food as well as a variety of alcohol-free drinks. And finally, consider the perfectly named Café Sobar if heading north towards Nottingham.

Get out there and raise the bar on your social sensitivities!





Helping women and men feel better about themselves

Karen, is a national multi award-winning permanent makeup artist based in Leigh on Sea. She found a passion for permanent makeup after having her own done, meaning she could save time and simply get up and go each day. That combined with her love for holidays as she wanted her makeup to stay put!

Now she enjoys helping women and men feel better in themselves through semi permanent makeup treatments for permanent eyebrows, permanent eyeliner, and permanent lip blush. Whether that be because their brows are non-existent, thin from over-plucking or they want to be able to have smudge-proof, waterproof permanent makeup that enhances their features.

Karen creates a look that means her clients can then wake up ready to go, with minimum maintenance. Her easily accessible clinic in Leigh on Sea is the ideal place to visit for all your semi permanent makeup needs.

To further the services on offer, you can now have permanent jewellery put on in the clinic. Permanent



micro-needling. Karen and her team also introduced a medical grade laser machine to the clinic last March and so now offer a range of laser treatments such as tattoo removal, radio frequency facials, etc.

In 2022, Karen expanded from the purpose built clinic in her Leigh on Sea garden, to create a beautiful high street clinic on London Road, Leigh on Sea. As part of this growth, she has expanded the team and therefore the treatments on offer to her clients, with professionals who are as dedicated and enthusiastic about the services they offer, as she is. Karen and the team are passionate about the natural look. About helping every client enhance and rejuvenate their looks, ageing gracefully, but beautifully, so no one would necessarily know they'd had any treatments done.

Karen will be opening her own permanent makeup training academy in Leigh in March. So DM if you'd like to find out details.



jewellery is the ultimate in friendship bracelets – a big hit in America and London, now available on your doorstep. It's the seamless welded jewellery that you don't need to take off.

Karen founded Karen Harvey-Conran Permanent Makeup in early 2019, in Leigh on Sea. After having her own permanent eyeliner done, and loving the results and the ease it created for her, she decided to train with the prestigious KB Pro, Karen Betts in London. Karen is one of the few artists locally to have a full Level 4 qualification in permanent makeup for the full face. (The highest level currently available).

She has gone on to become a trainer with KB Pro, and has continued to improve her technique through attending permanent eyeliner, hairstroke, ombre, powder brows and lip blush techniques master classes. Building on this she went on to train in LVL lashes/HD brows, tattoo removal through lightening, as well as facial treatments such as dermaplaning and



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Karen offers a range of permanent makeup and beauty treatments designed to help her clients to both look and feel confident and beautiful.



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KarenHarveyConran



A popular staple of the 1990s, you may have noticed the return of ombré lips when scrolling through recent social media posts. A fun and easy make-up trend to try, here's how to achieve this look at home.

WHAT ARE OMBRÉ LIPS?

Ombré lips involve blending two or more standout colours on the lips. Sometimes referred to as two-toned lips, there are lots of different ways that you can experiment with this beauty trend depending on the finish you want to achieve.

HOW TO GET OMBRÉ LIPS

1 Prep your lips

Make sure that you gently exfoliate your lips using either a lip scrub or a mixture of sugar and olive oil, before applying a lip moisturiser such as a lip balm. This will ensure you have a good base to work with and help your chosen lipstick stay put for longer.

2 Apply a lip liner

Outline your lips with your choice of lip liner. This should be slightly darker than your lipstick. After tracing your lip line, shade in the corners of your lips with the pencil to add some dimension.

3 Apply a lighter lipstick

Use a lip make-up brush to carefully apply the lighter shade of lipstick in the centre of your lips for a highlight.

4 Apply a darker lipstick

Apply the darker shade of lipstick on the outside corners of your mouth that you previously shaded with lip liner during step 2.

5 Blend the two colours

Use a lip make-up brush to carefully blend where the two colours meet to create a smooth ombré effect. Do not blend too much as this can lose the effect of the gradient altogether.

OMBRÉ LIP COLOUR COMBINATIONS FOR 2024

- 🍷 An electric orange with a vibrant fuchsia
- 🍷 A nude with a deep brown
- 🍷 A neon pink with a neutral beige
- 🍷 A shimmery and matte lipstick in similar shades.

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ROB BURROW CBE

Heart of a Rhino

A Rugby League hero and devoted campaigner, Rob Burrow CBE is a testament to what can be achieved even in the darkest of hours.

Having won eight Grand Finals with Leeds Rhinos when they dominated Rugby League from 2004 to 2017, and with 20 appearances for Great Britain and England, Rob Burrow probably thought his trailblazing days were behind him.

However, since his devastating motor neurone disease (MND) diagnosis towards the end of 2019, the 41 year old has become not just an inspiration for others who suffer from the illness, but also a totem of strength and courage.

In January, Burrow was awarded a CBE for the tireless work he has done in raising awareness of MND. Presented at Headingley Stadium in Leeds by the Prince of Wales – who told the former athlete “we’re all so proud of you” – Burrow was joined by his proud wife, Lindsey, and their three children.

Also recognised in the New Year Honours List 2024 is Burrow’s former Rhinos teammate and

current England rugby coach, Kevin Sinfield CBE.

A great friend and fellow MND campaigner, Sinfield has completed several gruelling endeavours, including the 7 in 7 in 7 Challenge, running seven ultramarathons in seven cities in seven days. Not only did the stunt raise more than £1million for various MND charities, but the inspirational duo also won the hearts of the nation when Sinfield carried Burrow across the finishing line of the Leeds Marathon, having pushed him for the preceding 26.2 miles in his wheelchair.

Despite his diagnosis, Burrow has remained optimistic in the face of adversity, always campaigning and pushing for awareness – something that came through in the BBC documentary *Rob Burrow: Living with MND* and in his 2021 book *Too Many Reasons to Live*.

“What will be, will be,” he says. “We all have to leave the world behind at some point, and I want to go not just with a legacy, but with a project that others can keep fuelling.”

HEART HEALTH

10 signs never to ignore



H eart diseases kills around one in four people in the UK, yet many are ignoring some of the key signs of poor heart health. Discover the top ten below.

1 CHEST PAIN: One of the most well-known signs of a heart attack. If you have chest pains and you feel extremely unwell, you should dial 999 immediately.

2 FEELING SICK: Of course, not every bout of nausea means you are having a heart attack. However, if you are experiencing chest pain and nausea, then you need to call for an ambulance.

3 STOMACH PAIN AND/OR INDIGESTION: An indigestion-type pain or a burning sensation in your chest or stomach could indicate a heart attack or be a sign of a related heart problem.

4 FEELING SWEATY: If you feel hot and clammy without having done any physical activity and you are experiencing chest pain, this is a sign that you need medical attention.

5 LEG PAIN: A gripping, cramping sensation in your calves when you are walking could indicate that you have peripheral arterial disease. This is most common in smokers and diabetics.

6 ARM PAIN: Pain going down your arm, especially your left arm, can be a sign of a heart attack.

7 JAW OR BACK PAIN: As well as chest pain, jaw and back pain that doesn’t go away can be a sign of a heart attack. This is more common in women.

8 A CHOKING SENSATION: The word ‘angina’ actually means choking and can cause tightness or pain in the throat.

9 SWOLLEN ANKLES: Very swollen ankles are a marker of heart failure, but they can also be caused by blood pressure medication. Make an appointment with your GP to be safe.

10 EXTREME FATIGUE: Feeling tired all the time can be a sign of heart failure. If you are experiencing extreme fatigue and your lifestyle has not changed, see your doctor.





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- 17th - Festival of Railway Modelling
- 18th - Essex Countryside with lunch
- 19th - Milton Keynes
- 20th - Hever Castle
- 21st & 23rd - Stitch Festival
- 22nd & 26th - Ideal Home Show
- 24th - Columbia Road Flower Market
- 26th - Bluewater
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- 18th March - Warners Lakeside - 5 days **£260**
- 25th March - Eastbourne - 5 days **£445**

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Have you MICROCHIPPED your cat?



PETS

While microchipping your cat isn't currently compulsory, following the government's announcement on March 13, 2023, all pet cats in England must be microchipped by June 10, 2024, or owners face a penalty.

microchipped at the same time as being spayed or neutered, as they will already be under general anaesthetic. It is recommended to have your cat microchipped before they go outside for the very first time.

When should I have my cat microchipped?

From June 10, 2024, it will be compulsory to have your cat microchipped from 20 weeks of age. All cat owners will be given 21 days from this date to have their cat chipped or face a fine of up to £500. There is no minimum age to have your cat microchipped. A lot of kittens are

Why should you microchip your cat?

As well as being a legal requirement from June of this year, microchipping your cat gives them the best chance of being identified and returned to you if they become lost or are stolen. Microchips are completely safe, easy to implant and, unlike collars or ID tags, do not come off or put your cat at risk of injury.

How does microchipping work?

Microchipping involves the insertion of a small chip (around the size of a grain of rice) underneath your cat's skin. This is typically carried out by your vet, a local authority or a trained member of an animal welfare organisation such as Cats Protection. If your cat goes missing, the microchip can be scanned and matched to your contact details.

How much does microchipping your cat cost?

In England, you can expect to pay between £20 and £30 to have your cat microchipped depending on where you live. If you are struggling to cover the cost, local charities or cat rescue organisations may be able to microchip your cat for a reduced rate.



POUR & PLANT

Are you looking for a fun and simple craft project for Mother's Day? Perfect for children of all ages and abilities, these pour paint pots are guaranteed to go down a treat.

YOU WILL NEED:

A terracotta pot or several (these can be bought at your nearest garden centre or you may be able to find some for free on local social media selling sites) | Acrylic paint – various colours | Masking tape | Nylon or cotton gloves | Plastic sheet or cover (to protect work surface) | An old cooling rack | An old tray | Mod Podge (optional) – this is a water-based adhesive

HOW TO MAKE:

1. Cut a piece of masking tape (enough to cover the hole in the bottom of your pot).
2. Cover the hole with the tape on the inside and press down firmly to ensure it sticks.
3. Put down the plastic sheet or cover to protect your chosen work surface.
4. Place the pot upside down onto an old cooling rack on top of the old tray – this should help catch the dripping paint and prevent too much mess.
5. Put on the gloves. Take one paint colour at a time and carefully squeeze the paint over the bottom of the plant pot.
6. Choose your next colour and repeat the last step. You are looking to create a 'dribble' effect.
7. Keep building up different colours until you are happy with the design.
8. Leave to fully dry for up to 24 hours.
9. If you want to use your terracotta pot outside, then apply a layer of Mod Podge as this will help to protect it from the elements.
10. Remove the masking tape.

You can choose to simply pop your painted pot in a gift bag, or fill it with soil and add a couple of seasonal bulbs such as daffodils, tulips or lilies. Alternatively, you could craft your own artificial flowers using tissue paper and then place these in your newly painted pot.



Photo credit: amyjattacreations.com



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MOTORING

WHEELY GOOD

This year looks set to offer an array of motoring magnificence in the form of shows and displays that will captivate motoring enthusiasts across the world. From classic car shows to high-octane motorcycle races, the year is set to be a thrilling ride.

Isle of Man TT (May 27 – June 8)

The pinnacle for motorcycle racing fans, as the world's top road racers navigate the 37.7-mile Mountain Course, a challenging circuit on the island's public roads.

Le Mans (June 15-16)

Car racing fans can look forward to the iconic endurance race in June, where top manufacturers like Ferrari, Toyota, Porsche, Cadillac, BMW and Alpine compete for what many deem the ultimate prize.

British Grand Prix (July 5-7)

Silverstone will see Formula 1 champion Max Verstappen defending his title against top British drivers such as Lando Norris and Lewis Hamilton.

Goodwood Festival of Speed (July 11-14)

This prestigious event features, among other things, the exhilarating Timed Shootout, a highlight of the 2023 festival won by the McLaren Solus GT.

London Classic Car Show (August 15-18)

The Evolution arena at Battersea Park will host the UK's largest car show for its 10th anniversary, featuring a diverse range of vehicles, including historic and iconic cars.

CarFest (August 23-25)

Created by Chris Evans, the annual event takes place at Laverstock Park Farm in Hampshire, with a mix of exhibits, races, live music and funfair rides. All proceeds go to UK children's charities.

IAA (September 17-22)

Hanover showcases the latest in German automotive design and technology for the commercial vehicle industry in its annual week-long event.

British Motor Show (TBC)

Hosted at the Farnborough International Expo Centre, the British Motor Show blends the past, present and future of motoring, featuring stunt shows, pro-drifting and a technology hall.

Motorcycle Live (November, but dates TBC)

The UK's largest motorbike show at the NEC Birmingham will provide motorcycle enthusiasts with an array of displays, live events and interactive experiences.



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PUZZLES & TRIVIA

PUZZLES

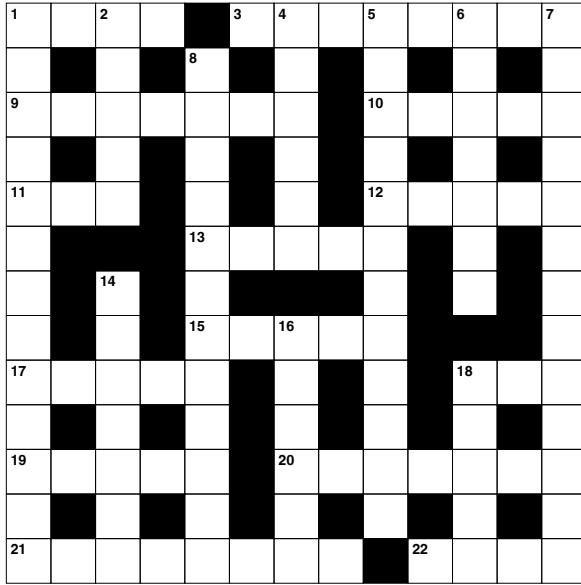
Answers: see end of The VISION Listings

ACROSS

- 1. Logical division; rank (4)
- 3. E.g. physics and biology (8)
- 9. Poisonous metallic element (7)
- 10. Solid blow (5)
- 11. Sorrowful (3)
- 12. Wedding official (5)
- 13. Cuts (5)
- 15. Tiny pore on a leaf (5)
- 17. Snow and rain mix (5)
- 18. Excessively (3)
- 19. Form of expression (5)
- 20. Coolness (7)
- 21. In these times (8)
- 22. Refuse to admit (4)

DOWN

- 1. Violation of a law (13)
- 2. Became less difficult (5)
- 4. Bird; crazy (6)
- 5. Very eager; keen (12)
- 6. Defeated heavily (7)
- 7. In a manner that exceeds what is necessary (13)
- 8. Not familiar with or used to (12)
- 14. Trailer (7)
- 16. Eccentricity (6)
- 18. Recurrent topic (5)



DID YOU KNOW?

- ▶ Mary, Queen of Scots, was born to King James V of Scotland and Mary of Guise on December 8, 1542. Six days later, baby Mary officially became Queen of Scotland when her father died in battle.
- ▶ Mary married three times: first to Francis II of France, then Lord Darnley, and finally the Earl of Bothwell. None of the marriages lasted longer than two years.
- ▶ Mary was executed in 1587 after being found guilty of treason against her cousin, Queen Elizabeth I. At her execution, she wore red petticoats underneath her dress, as red is the colour of martyrs.
- ▶ Mary requested to be buried in France, but was instead buried in Peterborough Cathedral. In October 1612, her body was exhumed at her son's request and her remains buried in Westminster Abbey.

SUDOKU

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

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