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## MARGARET THATCHER

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# Editor's notes...



Nik Allen, Editor

Hello and welcome to the first edition of **VISION**Rayleigh. Our magazine is new to this area but well established in other local towns including Brentwood, Billericay, Hornchurch and Loughton.

We'll be bringing you local news, lifestyle articles and plenty more each month from now on.

We'll also be providing a great platform for local businesses to advertise their products and services.

It's a recipe that's worked well in our other areas and I have high hopes for this magazine.

Our focus is on providing you with a magazine each month which will keep you entertained, informed and of course, interested.

We're all about keeping the pound local and supporting and promoting local businesses.

In the days of Amazon's dominance and the high street's demise, it's never been more important to support local businesses.

I read a good quote recently which was along the lines of "When you buy from corporations and chains, you enrich shareholders. When you shop locally, you support families". I agree with that.

And an essential part of our magazine will be sharing your news and we're always interested in hearing from you.

I'm excited about the future of this magazine and look forward to getting to know readers and advertisers better in the future.

Thanks for reading.

*Nik*



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# THATCHER'S BIG ENTRANCE

*40 years on*



MAY 4 MARKS 40 YEARS SINCE MARGARET THATCHER BECAME THE UK'S FIRST FEMALE PRIME MINISTER.

.....  
**W**hile the current disillusionment over the role of politics in our lives requires little debate, at least we are united in what has become a mutual collective sigh of discontent. In the past, we didn't even have that, notably when the incoming Conservative government of 1979 left a nation severely divided.

The context of Margaret Thatcher's promotion to Prime Minister is vital in the sense of understanding her actions and bullish approach thereafter.

It's fair to say the UK had been in economic and social turmoil for quite some time leading up to the infamous Winter of Discontent strikes across late 1978 and early 1979. In the years before, the country's economy had been so weak that Labour's Foreign Secretary James Callaghan warned his fellow Cabinet members of a complete breakdown in democracy, brazenly stating "If I were a young man, I would emigrate".

Despite the green shoots of recovery forming, the Conservatives won a 44-seat majority at the 1979 General Election, and in the process Margaret Thatcher became the country's first female Prime Minister.

When arriving at Downing Street for the first time as Prime Minister on May 4, 1979, Thatcher paraphrased the misattributed Prayer of Saint Francis, in saying: "Where there is discord, may we bring harmony; Where there is error, may we bring truth; Where there is doubt, may we bring faith; And where there is despair, may we bring hope."

Whether she and Thatcherism succeeded in those goals really depends what side of the political divide you sit, but what can certainly be said without any conjecture is British politics, and British life, would never be the same again.

While the Iron Lady's devastating tourniquet-like grip on the economics of government was designed to ease high levels of unemployment, one of her greater legacies turned out to be deregulation. She saw private ownership making labour markets more flexible, whilst at the same time diminishing the power of the trade unions.

And while recession in the early 80s saw her popularity wane, victory in the Falklands Conflict lifted the mood, and subsequent election victories in 1983 and 1987 saw the country begin to emerge as one of the world's service and financial sector giants.

But there was always a cost, and few forgave Thatcher for the way she cut a swathe through the manufacturing and mining industries, destroying not just job prospects but entire communities.

And it was one controversial economic policy too far – the Poll Tax – that eventually saw the Grantham girl hoisted by her own petard. After being ousted as leader in 1990, she quit the House of Commons entirely in 1992, accepting a life peerage as Baroness Thatcher.

Thatcher died of a stroke in 2013, aged 87, and while she left behind mixed feelings amongst the electorate, it remains important to mark the 40th anniversary of her entering Downing Street.

At the time a landmark event for women in politics, Thatcher drove a stake through a male-driven institution that reflected its staid values on an entire nation; and it's fair to say the promotion of strong women thereafter came through in all sectors, all avenues, and all corners of everyday life.

Photo credit: David Fowler/Shutterstock.com



# Fuelling the fires *of restoration*

Photo credit: Thierry MALLET/SIPA/Shutterstock

*Why the fire at Notre-Dame means this iconic building will return even more significant than before.*

When fire ripped through Notre-Dame Cathedral on the night of Monday, April 15, it not only threatened to destroy a structure that had stood for 850 years, but tried to take with it into the Paris sky some of the most treasured artefacts and relics from an iconic city's incredible past.

That fire crews were able to limit damage at the 13th century building to just the central cathedral and spire is a miracle in itself, and as folk all around the world woke to the news that the rebuilding process was already several hundred million euros in – thanks to pledges from those of all backgrounds – people could begin to come to terms with what was yet another devastating night for a city that has endured so much in recent times.

The trouble with Notre-Dame is it represents so many different things to so many different people. For the fiercely religious it is a spiritual place of

worship, for others a symbol of historical excellence, while those passionate about architecture or just French culture will all lay claim to it.

Yet as one reporter said, events such as these are what make cathedrals, castles, buildings, boats and more, living, evolving objects. They are constantly on the move, constantly living in the present, not in history, and have enveloped and endured life around them since the day they were made.

From a similar fire at Windsor Castle in 1992 – which led to a £40million, five-year repair process – to seeing the Cutty Sark reduced to a mass of smouldering cinders in 2007, we are in an era where sympathetic restoration can actually not just repair, but breathe new life into these behemoths of culture.

As the French President Emmanuel Macron said, “She will return more beautiful than ever” – and with yet another story to tell.

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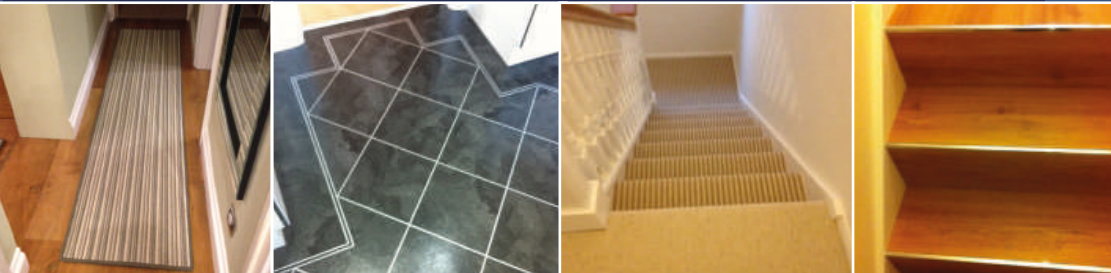
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HOME & DIY

Simple, stunning and easy to achieve, industrial-inspired interiors are a fantastic way to modernise a space in a unique and impressive way.

Old factories and warehouses are rarely associated with style and glamour, but as the industrial-style trend proves, decor inspired by these buildings can be both timeless and effortlessly modern. The combination of exposed brickwork, oversized metal light fittings and elements of natural wood create the kind of space that is open, but also warm and welcoming.

This is often thanks to the open plan design, a look that comes from the presence of trendy lofts and characterful workshops in cities that have been converted to homes. But you don't have to live in an old shoe factory to achieve this look, as adding just a few elements can really transform a space, large or small.

So how do you achieve industrial style in your home? Firstly consider your colour palette, which ought to be neutral. Not white, but more of an earthy,

natural colour scheme with plenty of browns, tans and greys. If you're lucky enough to have exposed brickwork, make this the centrepiece.

When selecting furniture, go for raw materials, the more rugged the better. A large dining table for example, made from reclaimed wood; armchairs upholstered in buttery tanned leather; stainless steel cabinets and antique hanging lighting features with Edison bulbs that bathe the space in a warm, golden glow.

Those who have money to burn can buy expensive reproductions of vintage pieces, but anyone wanting to create something that is truly unique must be prepared for the treasure hunt, because the industrial style by its very name requires pieces to have history and a certain amount of wear and tear.

So no, you don't need to actually live in an old factory to obtain this look, but were you to chance upon some chairs or light fittings recently expelled from one, they would be a valuable contribution to your aesthetic.







HOME & DIY

# Decorate...



## to your taste

If you find yourself at home on a Friday night staring at the four walls, there are one of two things happening. One - you're bored out of your mind; two - you've already embraced some of the brilliant design ideas below.

Whether you're decorating the smallest of spaces, or perhaps a room akin to *Downton Abbey*, getting your walls working with your surroundings is imperative for an inspirational home. Here are seven sumptuous design dalliances:

**One: ART**  
Either hung from the wall or propped against it, art is a great method for matching wall colours to that of furniture. A single-piece painting or perhaps collection of record covers can immediately give a room personality and a theme, and at low cost.

**Two: SIMPLE SHELVES**  
Practical and decorative, shelves can be thick, thin, bracketed or suspended, but they add interest and busyness to a space that needs livening up.

**Three: YOU'VE BEEN FRAMED**  
A collection of different picture styles in a variety of

frames can speak so many moods and really create a mixed identity to a wall. Never dull, it offers small stories within one main visual.

**Four: STRING IT UP**  
Hanging string or suspending plants across a wall can draw the eye from one side to the other, with the gentle sag of material taking away what can sometimes be stark, sharp angles, particularly in new-builds.

**Five: EFFORTLESS ENTERTAINMENT**  
Go ultra-modern with your ultimate entertainment wall, housing widescreen telly, gadgets, computer console screens, LED signs and anything else that screams 'tech'.

**Six: MIRROR MIRROR**  
If you're lacking surface area, a mirror is the best cheat going for reflecting, adding to and intimating space and light.

**Seven: ASTOUNDING STORAGE**  
If you're really clever you can make a design feature out of storage - suspend a bike, create a hat montage or show off your shoes!

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HOME & DIY

# DIFFERENT WAYS *to use a ladder* IN THE HOME

Think that a ladder is just for accessing hard to reach places? Think again. This essential DIY tool can be used in so many inventive ways; from storage to decoration to a kid's climbing wall. The possibilities are endless.

### HANGING BLANKET STORAGE

You can never have enough blankets, but they certainly take up a lot of space underneath the bed. The solution? Use a leaning ladder as a vertical blanket storage unit. Simply strip and varnish your ladder or paint in your desired colour and attach to the wall.

### *Trendy outdoor bar display*

It can be tricky to find space to put out all the drinks when you have a few friends over for a BBQ, but this handy ladder drinks display unit is the ideal solution. All you need is a ladder and a few wooden boards placed across the rungs and hey presto.

### QUIRKY BOOK SHELF

If you are an avid reader but have minimal space, then a ladder book shelf is the ideal invention for you. All you need to do is mount your ladder horizontally on a spare wall, high enough to avoid appearing cluttered but not so high that you cannot reach your treasured books and job done.

### *Child's climbing wall*

We don't know many children who would object to having a climbing wall in their bedrooms so why not make their day and save yourself a few pennies by creating one with just a basic ladder. And if you have another spare, why not create some indoor monkey bars too?

### UPLIFTING LIGHT FIXTURE

For a rustic ceiling light fixture that would work perfectly in a country-style kitchen, hang a ladder from the ceiling and attach as many bulb string lights as you wish.







HOME & DIY



Mrs Hinch  
HINCH  
YOURSELF  
HAPPY

All the Best  
Cleaning  
Tips to Shine  
Your Sink  
and Soothe  
Your Soul

# Hinchhikers

## GUIDE TO SANITY

She's got over two million followers, has just released a book which became the second fastest-selling title ever on the Bookseller's non-fiction chart, and even made a guest appearance on *This Morning*, so what is it that makes Mrs Hinch so popular? Quite simply, she makes cleaning a cinch.

Anyone who has ever stared hopelessly down a filthy toilet bowl or spent hours trying to successfully restore limescale-encrusted taps back to their former shine, can appreciate that any hack is gratefully received when it comes to the thankless task of cleaning.

That's why even the most begrudging scrubber can enjoy the daily tips, tales and musings of Instagram's hottest 'cleanfluencer' Mrs Hinch – AKA former hairdresser and Essex housewife Sophie Hinchliffe.

The 28-year-old social media star openly admits that cleaning provides a positive outlet for her various anxiety issues, revealing that a thorough scrubbing session can even ward off an impending panic attack.

This notion that a clean house can help create a clean mind is not a new one, but her fuss-free and fun approach – Mrs Hinch even names her favourite cleaning tools: Pinkie the sponge, Dave the fluffy duster – makes the experience enjoyable. And anyone feeling overwhelmed by housework might find her debut book, *Mrs Hinch – Hinch Yourself Happy*, just the ticket for creating calm in a chaotic home.

And following her Christmas Day announcement that she and husband Jamie are expecting their first child, exhausted mums everywhere will be excitedly anticipating tips on how to 'Hinch' their way through motherhood.

### Mrs Hinch's top tips:

- > Rid yourself of plughole smells by pouring in soda crystals, followed by white vinegar spray, neat disinfectant and a kettle of boiling water.
- > Make mattress stains disappear by sprinkling on bicarbonate of soda which can be hoovered off once dry.
- > Use tumble dryer sheets to remove dust from blinds - the anti-static sheet attracts dust.
- > De-scuff doors by dabbing fabric conditioner onto a scourer and then buffing.



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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS



## Award-winning headteacher to step aside after 13 years at the helm

An award-winning headteacher has stepped down having led a Rayleigh school for 13 years.

Andy Hodgkinson joined Sweyne Park School in 1997 before later becoming headteacher in 2006.

During his time at the helm he has been recognised nationally for his teaching qualities having won the National Secondary Headteacher of the Year award in 2014 before Rayleigh Town Council crowned him Citizen of the Year in 2015.

Having dedicated more than two decades to Sweyne Park, he said he made the decision to resign owing to a family illness and the impact it has had.

Speaking after being crowned the best headteacher in the country he said: "Winning this award has been a personal highlight of my career."

Regarding his upcoming departure, Andy said: "Although we are not perfect, Sweyne Park is genuinely a good school, and it has been an honour and a privilege working in the town all these years with so many fantastic pupils.

"I am feeling incredibly sad to go, but my family needs me, and the school is in very good hands."

The role will be taken up by current deputy headteacher, Katharine Dines.





# Annual Rayleigh 10k run a huge success

Over 400 runners took part in the Rayleigh 10K last month organised by the Rotary Club of Rayleigh Mill.

The course started and finished at Belchamps Scout Activity Centre following a circular route through Hockley Woods, Grove Woods and Gusted Hall Woods.

Event director and Rotary club member John Cuthbertson said: "It went very well. We were very pleased with the outcome."

"We had lots of compliments from the people who took part to say how much they enjoyed it and how well it was organised."

"We had over 400 runners which is around the same as we had last year."

This is the third year that the event has taken place, and this year around £3,800 was raised.

John continued: "The money goes into our charity fund. We don't have set charities that we support, but as we go through time we try and support as many local causes that we can. We like to try to help the causes where we can make the most difference, as well as initiatives supported by Rotary International, such as the End Polio Now campaign and recently, the Cyclone Idai disaster."

The next Rayleigh 10K will be held on April 5, 2020 and entries will open at the end of the year.

For more information about the Rotary Club of Rayleigh Mill, who meet at The Rayleigh Club on Monday evenings, visit [www.rayleighmillrotary.org.uk](http://www.rayleighmillrotary.org.uk)

## Public warned as man poses as charity worker

A local hospice is urging the public to remain vigilant after reports of a man posing as a fundraiser.

The man, who claimed to work for Havens Hospices, targeted Rayleigh High Street where he picked up and replaced collection tins for the charity.

Havens Hospices, which incorporates Little Havens Hospice, Fair Havens Hospice and The J's Hospice, cares for children, young people and adults with life-limiting illnesses.

Judy Grocott, events manager for Havens Hospices received the call.

She said: "We have raised this matter with the police and urge our supporters to be vigilant."

"Our fundraisers always wear formal identification and the tins will always be sealed; so if you are approached by someone claiming to be a fundraiser for Havens who does not have ID, or the tin they try to give you has a broken seal, please report it to us or the police as soon as possible."

## Manager left in "shock" as car smashes into bed shop



A store manager of a Rayleigh Weir bed shop said he was in "shock" when he turned up to work to find a car had smashed into the shop front.

Mikeal Worship, Manager at Benson for Beds in Claydons Lane, arrived at work on March 31 to find a car had crashed into the shop.

It is thought the incident occurred after a driver failed to apply his handbrake causing the car to roll into the bed shop.

Despite the unusual feature of a car sticking out the front of the shop, it still opened as usual with Mikeal claiming it did not affect trade.

He said: "There were a few people asking what had happened and we had other Bensons stores calling us up."

"We were pleased that it did not affect trade. It is all boarded up and we are continuing as usual."

"The van had gone between two bollards and into the window. It caused a lot of damage."

"It took out the whole structure of the windows and smashed both windows."

## Special Constables learn about mental health

Volunteer police officers from Rayleigh were among 29 Special Constables who gave up their evening to learn more about mental health and how to help people in crisis.

They were joined by officers from Basildon and Southend at the evening held at Basildon Borough Council offices where they heard from Andrew Gordon, a mental health guest lecturer, who spoke to them about his own struggles with mental health and his experience with mental health services.

The team learnt how they can signpost people to help available.

Special inspector Kelly Bingham, from Basildon Local Policing Team, said: "It was a great insight into mental health and how we as people label those

with mental health issues.

"Andrew gave us some information on help available, a case study on someone who went through mental health services and actually how the police treated him like a human rather than a label of mental or depression."

"It was very interactive and just made officers see it from a different point of view."

If you would like to become a special constable or would like more information about the special constabulary, visit [www.essex.police.uk/specials](http://www.essex.police.uk/specials)

## Council chief sees benefits of community men's group

A community group which provides a base for men to socialise and learn new skills had a special visitor last month.

The Men's Shed at Rayleigh Weir reduces isolation of men in the community by bringing them together to share ideas, skills and to socialise.

On March 14 the mayor of Castle Point Council, Clive Walters, visited to find out more about the group and the positive impact it has had on the community.

Rayleigh's shed group is part of The Men's Shed UK Association and the 'Shedders' work on their own woodcraft and engineering projects and take on commissions from and for the community.

The movement started in the UK in 2013 and now has in excess of 280 registered 'Sheds'.

Paul Linguard, committee member for the Rayleigh Weir Shed, said: "As a member of the Shed, Clive has supported this project for sometime now and is delighted to see the progress and the support it gives to the men of Castle Point, Rayleigh and surrounding area."

For more information visit [www.rayleighshed.org](http://www.rayleighshed.org)







stock image

# Rayleigh Windmill re-opens for Spring season

The 200-year-old Rayleigh Windmill, in Bellingham Lane, has re-opened to the public.

A team of enthusiastic volunteers work hard to make the Grade II listed building an exciting place to visit, and even dress up in traditional costume.

Children can take part in colouring, learn some local historical facts and enjoy some breathtaking views from the top of the building.

Rochford District Council's culture officer, Elizabeth Lake, said: "You don't need to travel miles to have a great day out with the kids, when we have the award-winning Rayleigh Windmill on our doorstep.

"This year, the volunteers have surpassed themselves by creating a new display reflecting the

mill's former activity, and have even managed to find one of the original flour sacks that would have been used. It is really interesting to learn about the history of this unique venue, as well as climbing to the top to see the stunning vistas across the district."

The windmill will be open until September 29 on Wednesdays (10am – 1pm), Saturdays and Sundays (1pm – 4pm) and is free to visit, although a minimum £1 donation per person is encouraged.

To keep up with all the latest news and updates follow @rayleigh\_mill on Twitter or Rayleigh Windmill on Facebook.

If you are interested in volunteering at Rayleigh Windmill, email leisure@rochford.gov.uk

# Concern as garden centre set to be sold

Residents have expressed fear that jobs and a community asset will be lost after a Rayleigh garden centre was put up for sale.

Wyevale Garden Centre has been put on the market for £200,000.

The company say the pending Rayleigh closure is part of a nationwide sell-off and they confirmed "all centres are part of an ongoing sales process".

The company told **VISION** that they would not discuss any specific garden centre closure.

That uncertainty is a "sign of the times" according to one local resident.

Richard Keegan said: "It's worrying as jobs will be

lost and it's another business locally that is being forced to close its doors.

"It's a sign of the times but hopefully it will be sold and another business can come in and thrive, although that is probably wishful thinking."

The advert for Rayleigh Wyevale Garden Centre states: "A high-quality portfolio of 145 garden centres to be sold individually, as sub groups or as a portfolio.

"Ranging in profile from horticultural centres to major leisure destination venues.

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GARDENING

# Grow your own TOMATOES

Last year's British Tomato Week was so successful that this year the British Tomato Growers Association has announced that they will be paying tribute to the tasty tomato for a whole fortnight! And it couldn't have happened to a nicer fruit. And yes, a tomato is technically a fruit.

### ARE TOMATOES EASY TO GROW?

Yes, they are, mainly due to the fact that they are suitable for any garden size as they can be grown in containers or hanging baskets. All that they really need is lots of sun.

For beginners, we recommend buying a starter plant from your local gardening centre.

### WHEN SHOULD TOMATOES BE PLANTED?

If you are growing your plants from seeds, then it is advised that you sow your seeds either indoors or in a greenhouse six to eight weeks before the last frost date.

### HOW SHOULD I SOW TOMATO SEEDS?

Sprinkle the seed thinly onto a high quality seed compost within a small pot and then cover with around 1.5mm of the compost. Once two leaves have appeared, you can move the seedlings into bigger pots and once flowers have appeared you should transfer each plant into a grow bag or larger pot (roughly 23cm).

### WHAT VARIETY OF TOMATO SHOULD I CHOOSE?

**Gardener's Delight:** A small, sweet variety that likes grow bags or pots.

**Tumbler:** Best for growing in hanging baskets.

**Ferline:** A beefsteak tomato that is resistant to tomato plight. Grow in bags or pots.

**Sweet Million AGM:** Cherry-sized, sweet tomatoes that are perfect for kids to grow and pick.

**Fun fact:** If all British tomato plants were lined up, they would wrap around the equator eight times.



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# A Prince *for the people*

If ever there was someone on the inside perfectly placed to lead forward the Royal Family's often haphazard PR machine, it's surely Prince Charles.

As celebrations begin to mark 50 years since the Prince of Wales was given his investiture at Caernarfon Castle in 1969, we have to sit back and admire the strength, resilience and patience of a character who has spent a lifetime winning round public opinion.

Of course, much of that negative feeling stemmed from his apparent treatment of Princess Diana – a failed marriage and ensuing feud that ripped apart the Royals, with Camilla waiting in the wings. And upon Diana's tragic death in Paris in 1996, it was supposed Charles would never again win the hearts of the nation.

But his dedication to sons William and Harry, a passion for the environment and art, plus a head for business and entrepreneurial spirit have seen a positive perception restored. Certainly, where The Prince's Trust is concerned, Charles has sparked tremendous belief and potential in the next generation of commercial minds. An organisation he founded way back in 1976, its support for vulnerable and needy 11- to 30-year-olds makes it our greatest ever force for championing people, and is a project that remains very close to Charles' heart, all these years on.

While the Royals held their own 50th anniversary celebration for Charles at Buckingham Palace in a gathering on March 5, a separate bash is set to take place on July 19, to mark the exact date. Back then, Charles was Duke of Cornwall,

Duke of Rothesay, Earl of Carrick, Baron of Renfrew, Lord of the Isles and Prince and Great Steward of Scotland, and actually assumed the title he craved on July 26 1958, but it would be almost another year before his investiture.

He served in the Royal Air Force and Royal Navy and in his youth was linked to a number of women, at one point pursuing 16-year-old Amanda Knatchbull, who four years later he proposed to, only to have his offer rebuffed.

Marrying Lady Diana Spencer in 1977 was set to present the flagging royals with a fairytale marriage, but the couple's incompatibility and near 13-year age difference were perennial issues, and many thought Camilla Parker Bowles was more suited to Charles, and so it proved when the pair married in 2005.

Charles has certainly worked hard to repair the damage of some turbulent years, both in his philanthropic work and in an awareness that, for the royal family to survive, they would need to modernise. A hard worker, Charles – who has voluntarily paid tax since 1993 – carries out hundreds of official engagements every year as a light-hearted, jovial and humorous exemplar that many around him would do well to mirror.

Mostly though, Charles may well be regarded as the prince who has now waited half a century to assume the greatest title of them all – King of England. Some wonder if he will ever get his chance, and when he does, how long will he be sat on the throne?

What is certain is when he does make that final step, it will be as a result of a lifetime of admirable service to his country.

*50 years for Charles - the patience of a saint or the poise of a Prince?*





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with Mr Sabu Jacob,  
Consultant General & Vascular Surgeon.

**Let's talk weight loss surgery.\***

Thursday 27th June 2019 at 6.30pm

with Mr Sanjay Agrawal,  
Consultant General Surgeon.

**Cataract surgery & ageing eye diseases.\***

Thursday 11th July at 6pm

with Mr Aman Chandra,  
Consultant Ophthalmologist.

**Let's talk thyroid disorders.\***

Tuesday 2nd July 2019 at 6.30pm

with Dr Rehman Khan,  
Consultant Endocrinologist.

**Women's health  
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# THESE BOOTS are made for walking



Did you know that May is National Walking Month? So, what better time to put your best foot forward and reap the benefits, both physical and mental, of a daily brisk walk.

**1. Helps maintain a healthy heart**

If you work in a sedentary job or have a fairly sedentary lifestyle in general, a daily walk can work wonders on reducing your risk of both heart and cardiovascular disease.



**2. Aids weight loss**

Wanting to shift a few pounds without pounding away on the treadmill? Simply start getting off the bus a few stops early or walking to the local shops rather than driving. Even small changes can make a noticeable difference.



**3. It can actually make you smarter**

Really? Yes, the simple act of going for a daily walk can actually make you more intelligent. This is because walking helps to supply more oxygen and glucose to the brain which in turn, helps it to perform better.

**4. Reduces your stress levels**

Walking helps to improve your circulation which means your cells are provided with more nutrients and oxygen. It also decreases the amount of cortisol, the stress hormone, that is produced.



**5. Improves your mood and your memory**

Physical activity, especially in the open air, is known to help prevent depression, plus you will get a much-needed injection of vitamin D. And specifically, for older people, a daily walk can help improve their memory and even help prevent dementia.

**6. Helps to maintain a healthy digestive system**

Although you may not feel like it, a quick walk after a meal is actually a really good idea. Not only can it help keep your weight down, but it also helps support your digestive system, meaning you are less likely to suffer from bloating, constipation or diarrhoea.





# How to go ALCOHOL FREE for a whole year



**VISION** spoke with freelance journalist Jerry Lyons following his attempt to go alcohol free for a year. Here's his account of what happened...

April 2, 2019 was a special day in my life. It marked 365 days since I've had a drink of alcohol. Which, given I was a big social drinker for 30 years prior to my year of abstinence, was a huge achievement for me.

To me it was the equivalent of climbing Ben Nevis in the winter wearing flip-flops and while battling man-flu.

But here's five tips on how I went alcohol-free (AF):

**CHALLENGE** – I set the 365 challenge with the help of an organisation called One Year No Beer (no wine, no spirits either) which helps people embarking on the booze-free challenge.

**ENTHUSIASM** – I attacked the first 60 days of abstinence with enthusiasm. I listened to dozens of podcasts about health and living alcohol-free. I

also read a great book by a writer called Catherine Gray - *The Unexpected Joy of Being Sober*.

**SWAPPING BUZZES** – I swapped Friday night beers for going to the gym. The endorphin high from a good workout or gym class is unbeatable for me and there is no hangover.

**REWARD** – Another big help was something I thought was ridiculous before going AF. Alcohol-free beers. I'd always considered alcohol-free beers as pointless. A bit like going into a barber's but not getting your haircut. However, the AF alternatives seem to have the same trigger for the sense that you're rewarding yourself.

**SUPPORT** – I used the One Year No Beer Facebook group to lean on in the first 90 days. After that I had the best support anyone could ask for – my partner who, seeing the benefits being booze free brought me, decided to take on the challenge herself.

I've never felt lighter, brighter and clearer so I'm going to keep the dry run going for as long as possible and I'll raise a glass of cold (alcohol-free) beer to that.

*Cheers*



# Cataracts explained



Mr Aman Chandra  
Consultant ophthalmologist  
& vitreoretinal surgeon

# Q & A

## WHAT IS A CATARACT?

A cataract is the clouding of the natural lens in your eye. The human eye has a lens, much like a camera does. It has a role in focussing light to enable vision. As one ages, the lens becomes less clear, and it is this "clouding" which is called a cataract.

## HOW WOULD A CATARACT AFFECT MY VISION?

Cataracts can lead to poorer vision in the effected eye. In general, it may appear like looking through a frosted window.

## IS IT COMMON?

Cataracts are a natural part of aging and are therefore very common, but they can also develop due to a number of health conditions.

## HOW CAN IT BE TREATED?

Cataracts are treated by surgery. The operation involves removing your natural

clouded lens and replacing it with a clear artificial lens. The majority of cataract surgery is done under local anaesthetic and is undertaken as a day case, requiring up to a four hour stay in hospital.

## HOW SUCCESSFUL IS IT?

Cataract surgery is the most commonly performed and safest surgery worldwide. Over 450,000 cataract surgeries are undertaken in England annually with over 95% of patients experiencing improved quality of vision.

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**FREEZE  
FACTOR**

**D**emi Moore swears by this extreme beauty treatment for keeping her looking youthful. But what exactly does it entail?

**WHAT IS CRYOTHERAPY?**

Cryotherapy is a technique that involves exposing the body to extremely cold temperatures for several minutes. Whole body cryotherapy is particularly popular and uses liquid nitrogen to plunge your body into -200 degree temperatures.

**WHAT ARE THE BENEFITS?**

- **Increases your metabolism aiding weight loss**  
The extreme lowering of your body temperature causes your body to work harder to keep warm. Therefore, your metabolism is raised and you burn more calories. In fact, a single full body cryotherapy session can burn up to 800 calories.
- **Boosts circulation and stimulates collagen production**  
The sudden cool temperature on your skin’s surface results in your body boosting its natural healing and rejuvenation processes resulting in increased circulation and collagen production; both of which help you achieve firmer, younger-looking skin.

- **It’s anti-inflammatory**  
If you suffer from an inflammatory condition such as arthritis or fibromyalgia, cryotherapy can help by improving your body’s natural healing mechanisms.

- **Reduce chronic pain and muscle spasms.**  
As with a cold compress, cold therapy helps to increase your pain thresholds and in turn, reduce pain. It also reduces the sensitivity of your muscles.

- **Can help reduce the feelings of depression and anxiety**  
The incredibly cold air used in the treatment floods the body with feel-good chemicals such as endorphins which helps improve your mood and energy levels.



**IS IT DANGEROUS?**

No, this treatment is completely safe as long as it is carried out by a trained medical professional. It is likely to be unpleasant the first time you try it as your body gets used to the cold temperatures.

It is important that whole body cryotherapy is never undertaken for more than 5 minutes as your body will then start to shut down.

*...cryotherapy*





# Splurge or Save...

ON SKINCARE ESSENTIALS

We love trying a new skincare product as much as the next person but surely it shouldn't cost so much to look and feel good about ourselves? So when should we splurge and when should we try and save some of our pennies?

### Splurge on Serum

Serums contain lots of highly concentrated ingredients that target different skin problems such as fine lines, wrinkles and redness. Unfortunately, these ingredients do not come cheap. Spend more now and save your skin in the long term.

### Splurge on Moisturiser

Probably one of your most used skincare products, moisturiser stays on your face all day, so you should choose a good one. Cheaper versions can contain poorer quality ingredients such as alcohol, mineral oil and synthetic fragrances which can all aggravate your skin.

### Splurge on Exfoliator

A budget exfoliator runs the risk of breaking or irritating your skin, especially if it is sensitive or hypoallergenic. Instead invest in a higher quality brand that is known for being gentle to your face.



### SAVE ON CLEANSER

Cleansing is very important and should be done twice a day to clear your face of make-up, dirt and impurities. However, your cleanser does not need to be expensive. Choose a budget-friendly brand that is gentle on your skin.

### SAVE ON TONER

Similar to cleanser, using a toner as part of your daily routine is definitely beneficial but as it spends very little time on your skin, a cheaper version is fine to use. Try and find one that also has hydrating properties if you suffer from dry skin.

### SAVE ON FACE MASKS

Most masks contain very similar ingredients but can vary massively in price; opt for a cheaper version but one that is suited to your skin type. Clay ones are good for oily skin whereas aloe vera is beneficial to dry skin types.

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# MONOCHROME



FASHION

mayhem

Where do we even start with the beauty of the monochromatic trend? It's versatile, chic and is probably the easiest way to appear both taller and thinner. And who doesn't want that?

### WHAT IS MONOCHROMATIC DRESSING?

Monochromatic dressing means wearing separate items but all in the same colour. It often refers to black and white ensembles but can also refer to other neutrals and even bold colours such as blue, red or yellow.

colour and then make sure that your key wardrobe pieces are in the exact same shade. Accessories must be in the same colour but can be a different shade to your actual outfit. To stop your look from appearing boring, try embracing different textures.

### KEY COLOURS FOR THIS SUMMER

Head-to-toe monochromatic neutrals are set to be massive this season; look out for smart tailored trousers, a loose-fitting shirt and a matching trench coat for a cool office vibe that can easily be worn late into the night.

Navy is also a great colour for summer as it looks great against tanned skin. For a sporty look, why not team a sleeveless cropped shirt with matching wide legged trousers.

And of course, you can't go wrong with the classic and super chic black and white combo.

### WHAT ARE THE BENEFITS OF THIS TREND?

Well to start it makes outfit planning so much easier. No worries about clashing colours or prints; just choose one colour that you love and that suits your colouring and you're away. Picking the right colours ahead of the summer season is so much less complicated than choosing the latest styles which may or may not compliment your shape.

### HOW TO WEAR THIS TREND

It is very simple. All you have to do is pick your



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Photo credit: ASOS





# Top tips to ace your exams

*preparation is the key*

**E**xam season is almost here and while some already have their heads in their revision books, others find it difficult to find the motivation to revise. Dr Lisette Johnston, head of school at ScreenSpace, gives her top tips for effective revision.

- 1. Make fact or note cards**  
Check out Quizlet.com, you have to register but it's an amazing free resource, that's really easy to use
- 2. Draw mind maps**  
Do this after each chunk of intense study, write down what you can remember then revisit your notes, see what you missed and write those bits down in a different colour.
- 3. Highlight notes**  
Highlighting one key point or fact for each topic area can effectively breakdown the volume of information you need to remember. Sometimes colour can help text 'stick'.

**4. Make lists**  
Find the exam board's specification (this lists what you need to know), break down those topics into smaller topics, order them into priority of what you need to learn and revise from there. Breaking it down into these smaller sections makes the task seem more manageable and less overwhelming.

**5. Write essay plans**  
Look at the question, break it down into chunks and then plan each section to include point, evidence, explanation (PEE) and make sure to include a conclusion and be evaluative throughout.

**6. Answer past questions**  
Try to self-mark and get a someone else to mark your work too - this helps you learn as you go, and also ensures that you are being realistic with your marking - you need to know that you're not being too harsh or too generous.

It's important to not work hours without a break, or memory and recall become less and less effective. Plan your sessions of up to one hour and take a short break in between. Keep yourself interested by changing topics and make the time spent revising really count.



# 10 VEGAN FOODS that pack a protein punch

**V**eganism has been steadily increasing in popularity over the last few years with an estimated 540,000 vegans in the UK.

But can you follow this diet and still get your recommended daily protein intake?

- 1. TOFU:** This plant-based protein contains 22 grams of protein per half cup and can be added to stir-fries and salads.
- 2. BEANS:** Beans are packed with fibre and offer 21 grams of protein per cooked cup. They are filling and help aid muscle growth.
- 3. PUMPKIN SEEDS:** Pumpkin seeds contain 12 grams of protein per cup and also contain lots of bowel-friendly fibre. They can be enjoyed roasted as a handy snack or sprinkled over salads, soups and curries.
- 4. CHICKPEAS:** With 9 grams of protein per ¾ cup, these versatile sources of protein are especially yummy when roasted with your preferred spices.
- 5. EDAMAME:** Popular with sushi lovers, edamame beans are an excellent source of

protein with one cup containing 17 grams. They can be added to salads, pasta, soups or eaten as a tasty snack.

- 6. LENTILS:** Not only are lentils extremely budget friendly, they offer 18 grams of protein per cooked cup. Lentils are great at bulking out meals or as an alternative to mince in dishes like spaghetti Bolognese and shepherds pie.
- 7. OATS:** A popular breakfast staple, oats offer 6 grams of protein per ½ cup.
- 8. POTATOES:** Who doesn't love a chip? One large baked potato contains roughly 8 grams of protein.
- 9. BROCCOLI:** Providing 2.6 grams of protein per one cup serving of raw broccoli, this is not the highest plant-based protein offering available, but it does contain all the essential amino acids.
- 10. QUINOA:** The quinoa seed contains 8 grams of protein per cup and is considered a complete protein.





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# ACCESS

# DENIED

It is estimated that around 100 billion emails are sent by people in the world, every single day. Have a proper look at your inbox, particularly the spam and junk folders, and the chances are you'll find one there from your bank, from a 'friend' sending you some holiday snaps, perhaps some discount offers from retail companies; or in a recent case that made it into UK newspapers, from none other than Cliff Richard. All are fake; all want to steal from you.

These days, our email systems are pretty adept at detecting spam mail, but what if something slips through? The best ways to protect yourself is to ask the following questions:

- ☒ Do you even have a bank account/store account with the sending company?
- ☒ Is the person a stranger looking to strike up a business partnership or casual conversation?
- ☒ Are there typos in the email body?

- ☒ Is the email from a bank claiming there has been a security issue, and that you will be required to go to enter in your password and personal data through a link provided in the email?
- ☒ Does a link in the email go through to a different 'phished' website, or one with a name that doesn't match the typical web address format of your bank's?

If you can answer 'yes' to any of these, the chances are you're looking at an email being sent to intentionally glean data and log-in information, and from that, defraud you.

We are at least in an era now where companies invest billions in keeping their customers safe, but the threat – to ourselves and loved ones, particularly the elderly – remains severe, so be smart, be vigilant and approach any unsolicited email with the caution it deserves.





# PUZZLES & TRIVIA

PUZZLES

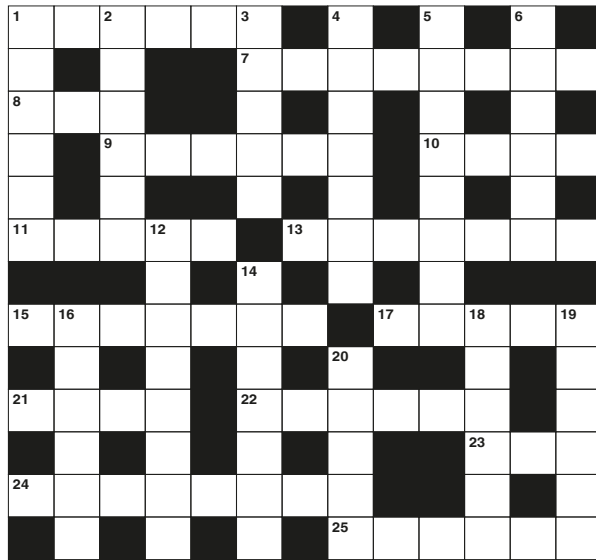
Answers can be found on the Contents Page 4

## ACROSS

- Red-breasted birds (6)
- Dry biscuits (8)
- Flat-topped cap with a tassel (3)
- Domestic assistant (2,4)
- Fleet of ships (4)
- Ethical (5)
- Tall tower (7)
- In the middle (7)
- Relating to vision (5)
- Smile broadly (4)
- Shrub with glossy leaves (6)
- Particle that is electrically charged (3)
- Relating to a topic (8)
- Fences made of bushes (6)

## DOWN

- Make changes to improve something (6)
- Type of market (6)
- Discard (5)
- Noisy colourful birds (7)
- Superficial (4-4)
- Small stones (6)
- Right to self-government (8)
- Hammers (7)
- Hearts (anag) (6)
- Covering a roof with thin slabs (6)
- Solid pieces; blocks (6)
- Cage for small pets (5)



## DID YOU KNOW?

- ▶ Brazil is the largest country in South America
- ▶ The capital city of India is New Delhi, while Mumbai is the most populated city
- ▶ French is the second most studied language in the world after English
- ▶ Australia hosted the 1956 and 2000 Summer Olympics
- ▶ The three colours of Iceland's flag represent elements that make up the island; red represents the island's volcanic fires, white is for the snow and ice fields, and blue the ocean.
- ▶ The famous giant panda is found near the Yangtze River in China.

## SUDOKU

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# A CENTURY *in the air*



A BRITISH MAINSTAY THAT HAS UNITED THE WORLD, BRITISH AIRWAYS CELEBRATES ITS 100TH BIRTHDAY THIS YEAR

It may not have started life with the most glamorous of titles, but as the British Overseas Airways Corporation (BOAC) celebrates 100 years in the air in 2019 we should all look to the skies and be proud of this incredible airborne institution.

Celebrations are already well underway - in February, BA gave a graceful retro makeover to one of its Boeing 747s by painting on it some classic 1970s livery. And as current chairman and CEO Alex Cruz confirmed, that iconic model will continue to be at the heart of events marking the brand's contribution to the aviation industry.

"Since reaching out in looking to mark this special year, we have received countless messages from our customers right across the world who have shared their memories of BA, and the various liveries come up in conversation more than perhaps anything else," said Cruz. "That made it all the more exciting when we re-introduced the classic BOAC design.

"Beyond that, of course, who we are and how we operate has been shaped hugely by our history, and

how we move forward is now vitally important in what is a rapidly changing industry."

British Airways was so-named in 1974, but it was on August 25th 1919 when minor airline Aircraft Transport and Travel (AT&T) (a forerunner to BA) launched the world's first scheduled passenger flight from London to Paris.

AT&T went through various difference mergers and guises before it finally landed as BA, and its humble beginnings are perhaps more in line with the cost-aware conditions that confront operators in the current market.

Celebrations of this landmark year are set to continue throughout 2019 - check out the current TV advert that embraces some of Britain's best-loved personalities (and, no doubt, their bountiful collections of air miles).



Photo credit: Ceri Breeze/Shutterstock.com



Photo credit: www.jaguar.co.uk



## The SUV setting **THE PACE**

### EXPLORING & ADMIRING JAGUAR'S UPDATED SUV, THE F-PACE

It is a brand that has enjoyed its fair share of ups and downs, but Jaguar's spectacular re-emergence as a genuine player in the luxury car market is a British success story we should all take time to celebrate.

The manufacturer's latest powerplay is its 2019 F-Pace, a beefed up Sport Utility Vehicle (SUV) that works as the punchier option to the top-selling sportier E-Pace.

As for the technical specs, there's the option of rear-wheel or four-wheel-drive, plus petrol or diesel engines; while four-and six-cylinder set-ups can see power moving anywhere from a basic 161bhp right up to a punchy 375bhp in the AWD automatic petrol.

The great thing about the F-Pace is it's a crossover sports vehicle that genuinely succeeds as a family car, with room enough for three adults in the back. And while it's more expensive than its predecessor, the E-Pace, handling is exact and

weight similar, despite its larger size.

As for gadgets, how about spending £300 for a wristband that allows you to lock and unlock, thus resolving any lost key worries...

Not interested? Okay, perhaps the stripped-back interior will help, or the 650-litre boot space. And did we mention this beast is two metres wide?

With prices starting at around £35,000, this is an upgrade worth much more than simply the kudos of a 2019 plate. It's a model that has the potential of replicating the success of the original F-Pace, which in 2016 was the manufacturer's fastest-selling car ever.

Understandably, the F-Pace has provoked comparisons to models produced by Jaguar's sister company Land Rover, but this fast-paced feline has always taken pride in its own identity, and if it can translate even some of the shimmer from its elegant saloon brands, then we have a new beast fully primed for the SUV market.



# for the love OF POD

Podcasts are now the audio equivalent of coffee shops. They're everywhere. For a medium which has its roots in the 1980s, it was Apple introducing it to iTunes in 2005 that sparked a wave which has become a tsunami in recent years.

When done well they are simply a recorded conversation between people, where you find out things about a topic you're interested in and which can be downloaded to your phone or computer to listen to anywhere.

The subjects the millions of podcasts out there cover, cross the kaleidoscope of life on earth – as well as outer space, aliens and moon-landing conspiracies.

Here are three (out of a choice of millions) worth a listen:

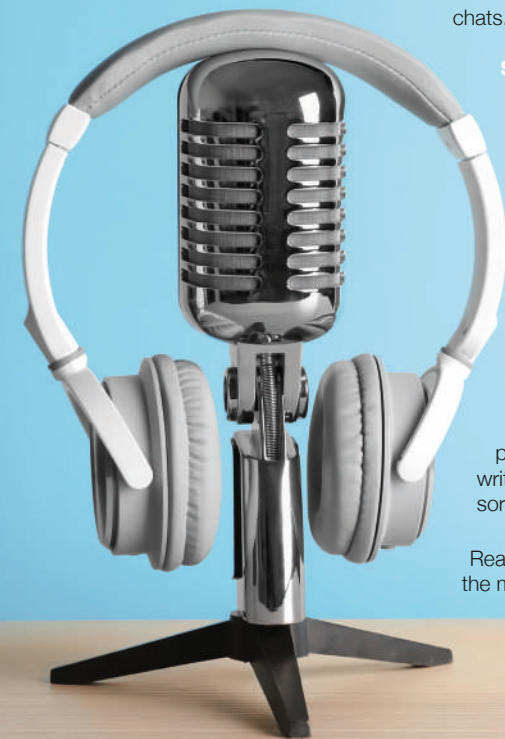
**THE JOE ROGAN EXPERIENCE** - A **VISION** favourite. American comedian and media star Rogan invites interesting guests from the world of comedy, sports, science and business to his studio for lengthy and often fascinating chats.

**SH\*\*GED MARRIED ANNOYED** - Comedian Chris Ramsey and his wife Rosie podcast regularly about the truth behind marital life. The pair received praise pre-podcasting for their openness in discussing a miscarriage they suffered in 2018.

**POUND FOR POUND** - Great boxing podcast featuring former fighter turned pundit Spencer Oliver and Jake Wood - better known to millions as *Eastenders'* Max Branning. Funny, friendly and insightful.

Another notable mention goes to *Blank* which features the likes of Gary Lineker, Louis Theroux and Michael Rosen. It revolves around how high-profile people deal with going 'blank' whether it's writer's block, a poor run of form or just feeling out of sorts.

Read next month's **VISION** for a rundown on some of the most popular podcasts aimed at a female audience.



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# MASTER WOODS



It's a sporting comeback right up there with the greatest of all time. A man beset, besieged and broken by personal demons, who had dropped to 1,199th in the world, roaring back to the peak of his sport and proving to the world that true greatness are not just those who win, but those who recover from adversity.

Woods had undergone four back surgeries; it was 11 years since his last Major, and 14 since his last Masters title. He thought he'd never play again and at the very pit of sporting slumber was diagnosed with depression.

At this lowest point, he wasn't just someone who walked away from the game – he was still playing it back in 2015, averaged a tournament per month and still couldn't get into the world's best 250 golfers.

But just a year after being found passed out in his car, incoherent, unable even to blow into a breathalyser and ultimately charted with 'Driving under the Influence', Tiger clinched the TOUR Championship. That September 2018 victory was his first in five years, and it set him on his way back to the Masters.

Sure enough, six months later, and at Augusta of all places, Woods carded 70, 68, 67 and 70 to beat fellow American Dustin Johnson by a single shot.

Tiger Woods' victory was one romanticised about by sports fans across the globe. For most people, his indiscretions were forgotten and forgiven. Whether anyone actually believed the Californian could climb one of the greatest sporting mountains is another thing, but in conquering his own demons as well as one of the strongest Masters fields in recent memory, Woods has restored himself back to true icon status.

What's more, take a look at his year of birth – 1975. The reality is this... at the age of 43, there is still a lot more to come.

# WHAT'S ON

*in your area*

**Treasure Island - A pantomime adventure**  
by Tina and Rob Burbidge  
The Mill Arts & Events Centre, Mill Hall,  
Bellingham Lane, Rayleigh, SS6 7ED  
May 9 – May 11



Young Jim Hawkins is working at the Benbow Inn with Dame Joanna when suddenly a mysterious stranger appears and hands him a treasure map. So begins Jim's exciting adventure across the seas in search of great riches. Along with faithful friend Flint the parrot (and a disguised Dame Joanna!) he joins the crew of the Hispaniola for a quest to tropical shores.

Unfortunately for Jim the evil pirate Long John Silver is in pursuit of the same treasure and is plotting to spoil his plans.

Will Jim find himself all at sea or will it end happily ever after?

Performances take place on Thursday and Friday at 7.30pm, Saturday at 1pm and 6.30pm

Tickets are £11 each with family discount available. Tickets are available from [www.ticketsource.co.uk/](http://www.ticketsource.co.uk/) rods or 07580 532068

**South East Essex Ramblers**  
Victoria Road car park, Rayleigh, SS6 8EG  
May 15, 9am

A pleasant walk from Kelvedon to Coggleshall with a pub lunch stop. Car park charges apply.

For more information, call Mary on 0751 914 5218

**Family History Club**  
Rayleigh Library, 132/4 High Street, Rayleigh,  
SS6 7BX  
May 17, 2pm – 3.30pm

Interested in family history?

Join this group of family history enthusiasts and learn how to research your family tree. Share your research, hints and tips.



**Card Making Club**  
Rayleigh Library, 132/4 High Street, Rayleigh,  
SS6 7BX

May 21, 2pm – 4pm

Recycle and create new cards for all occasions every month. Come along and create something special.



**Mamma Mia 2 Silent Outdoor Cinema and Live Music**

King George V Playing Field, Websters Way,  
Rayleigh, SS6 8JQ  
May 24, 8.30pm – 11.45pm

Book tickets to see the magnificent follow up to *Mamma Mia!*, this year's superb musical sequel *Mamma Mia! Here We Go Again* on our huge screen, outdoors and under the stars at the lovely King George V Playing Field, Rayleigh.

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