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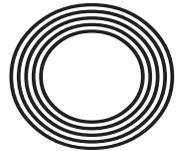
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Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION**Rayleigh.

I became a parent for the first time last year when my wife and I welcomed our son Max to the world.

My dad told me that I'd start seeing the world differently when I became a father and he's right.

I've recently taken a real interest in the issue of climate change. I think it's because the scientists and climate experts are warning us that the real issues will be felt most keenly in thirty to forty years' time. It's frightening stuff.

The Allen household is doing our bit. We recycle as much as possible, only use a car when we have to and have swapped our light bulbs for low-energy.

Granted, they are small steps, but if we all took these steps, we'd be able to tell Max's generation that we tried to combat climate change.

As a business we are reviewing everything we do to see how we can become more environmentally friendly. I also encourage readers to recycle their old magazines when the latest issue comes through their doors.

Ultimately though it will be the governments of the world and the big corporations who can truly make a huge difference.

Let's hope for the generations to follow that they rise to this challenge, because if they don't, the long-term future of planet Earth doesn't look too promising.

Nik



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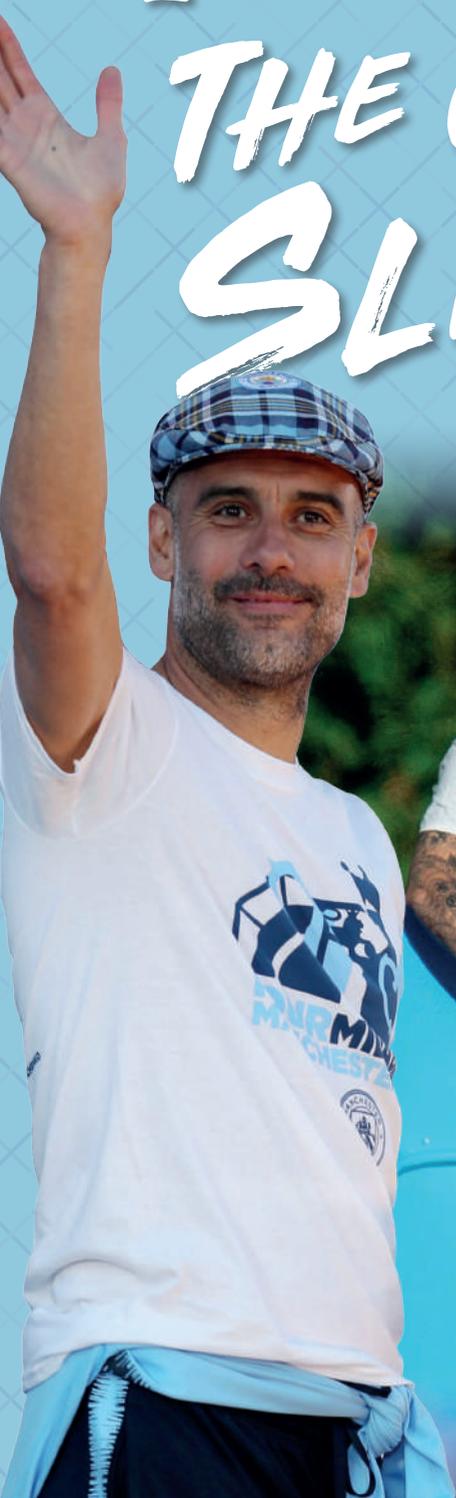
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Vision Magazine Essex

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 12. LARGESE, 14. PERGOLA, 16. BLOCKS, 18. IMAGE, 19. DEER

THE CITY SLICKERS



Those who felt Manchester City's relentless dominance couldn't surpass the 100 points they achieved at the end of the previous campaign have just been made to reclassify things again... not just the best Premier League team ever, but the world's best too?

In a sense, winning is something Pep Guardiola takes as 'the norm'. In his time as player and manager at Barcelona, at Bayern Munich, at City, and perhaps elsewhere in future if rumours of Juventus coming calling are to be believed, the 48-year-old expects and delivers.

Even when being asked to exceed those dramatic heights of the 2017/18 season, the mercurial boss had an answer – how about a clean sweep of domestic trophies?

The task was never going to be easy, particularly when main rivals, Liverpool, were a revitalised side looking to get back to the top table of British football for the first time in 30 years.

Pep Guardiola's men lost four times across the 38 games, but crucially, drew only two of the other 32, and while only a solitary defeat blemished Liverpool's season record (to Manchester City in January), it was the Blues' ability to turn draws into wins that saw them home.

Even when 10 points adrift of Liverpool, ice-cool Pep continued to let his side's ability do the talking. "Football matches can be won in the changing room, in the tunnel, on the pitch," he said at Christmas. "The good sides make sure it is on the pitch, and I think we will prove that."

Sure enough, in 2019, the Cityzens failed to win only three of 31 matches in 90 minutes, in all competitions. The exceptions were the 0-0 draw in the League Cup final – which mattered not as they beat Chelsea 4-3 on penalties anyway – an under-par 2-1 defeat at Newcastle United, and that 1-0 loss in the first leg of their Champions League quarter-final match against Spurs (in which they missed an early penalty).

In almost every other game they breezed past opponents with an air of fiery football finesse. It is a method of match mindfulness that only Liverpool under Jurgen Klopp can rival, and winning their final 14 league matches saw them take the Premier League crown by a solitary point.

And when the pressure was off, the prowess of Sterling, Aguero, Kompany and the Silvas (David and Bernardo) shone greater than ever – no better witnessed in that destructive 6-0 Wembley win against Watford, the match which sealed the 'treble' with the addition of the FA Cup to the season's silverware.

While some will point to City's failure to make their mark in the Champions League, did they actually do any worse than the supposed 'big two', Real Madrid and Barcelona? Both achieved catastrophic capitulations when it mattered, whereas Guardiola's men bowed out in a titanic battle against Tottenham, and were a VAR decision away from qualifying.

If the last two seasons are anything to go by, Manchester City will again be the team to beat next year. Rivals will be encouraged to see inspirational captain Vincent Kompany return to his native Belgium, but the club's pitch riches run embarrassingly deep, and in Phil Foden, Oleksandr Zinchenko and Lukas Nmecha, a new breed of youngster is emerging to make the challenge for others even greater.

Royal baby BOOM



As Archie Harrison Mountbatten-Windsor enters his second month, the world's fascination for the newest royal appears to have lessened very little.

Despite what must seem a full-on flourish of night feeds, nappy changes and calls from Nan (otherwise known as HM Queen Elizabeth II), it's only actually a few weeks since, on Wednesday May 8, the Duke and Duchess of Sussex revealed the name of their baby, that coming two days after his birth at the Portland Hospital in Westminster.

Archie is the Queen and Duke of Edinburgh's eighth great-grandchild, with Harry and Meghan breaking somewhat with convention – some would say predictably – in opting against a traditional royal name for their son.

Archie – short for 'Archibald' – was actually the 18th most popular boys name in the UK in 2018. Meaning 'genuine', 'bold' or 'brave', it has been gaining popularity in its shortened form and will no doubt creep ever closer to the likes of Oliver, Harry, Noah and George, now it references a royal owner.

Seventh in line to the throne may not be something currently on the mind of the newest member of the royal family – he will have to see off the Queen, Prince Charles, William, Harry, Princes George and Louis and Princess Charlotte first. He may instead enquire why it took his dad 11 days to register his birth.

When that task was finally completed, down-to-earth Harry didn't request any special treatment. Always keen to steer away from unnecessary pomp, the birth certificate was signed by only the duty registrar, Dexsha Mevada. That said, as has been the case with past royal babies, it is thought Harry was able to wait for a knock at the door – the civil servant on duty travelled to the couple's Frogmore Cottage home to complete the papers... proving that breaking with convention only goes so far.

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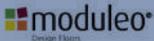


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HOME & DIY



Mr. Kate

BECAUSE WHY NOT?

THE DESIGN, STYLE AND BEAUTY BLOGGER WHOSE INFECTIOUS ENERGY HAS DRAWN A GLOBAL FANBASE

In the world of interior design, style, craft and beauty, standing out is what counts, and when you realise that Mr. Kate isn't actually a mister at all, but Kate Albrecht, you're halfway to realising why this high-energy, punchy, slightly rebellious American designer is making waves.

From a simple blog started back in 2011 that explored her passion for design and DIY, the 35-year-old, who is partnered in media projects by husband Joey, is now a conveyor belt of YouTube videos and TV appearances, as well as providing bespoke design services for some of Hollywood's biggest names.

Here are some of Kate's top tips for interior excellence:

IDENTIFY: Look at a room, a space or just an object and identify what needs to change. Is it a corner that's too dark, is the sofa outdated or is an entire room the wrong colour? Make a list and keep referring back to it to ensure you don't get sidetracked as the project develops.

GET INSPIRED: Use Instagram, blogs or magazines to pull together visual ideas and suggestions.

WICKED WALLS: Focus heavily on wall space as these are the areas we see the most. Always aim to fill space with colour or decoration rather than leaving large areas untouched.

THE ILLUSION OF EXPENSE: Add expensive looking items where possible in a room. These subtle cues can lift an entire space, particularly helping along older objects that, while you can't do without them, perhaps bring the tone down.

FUNCTIONAL AND FUN: A room should be a combination of practical and decorative. Combine the two for maximum impact and sensible living space.

SHAPESHIFTING: Use a combination of round and angular objects to create balance and variation.

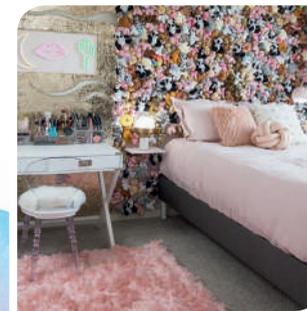


Photo credit: www.instagram.com/mrkate



HOME & DIY



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COMBINE A MULTITUDE OF TEXTURES, STYLES AND PERIODS TO CREATE A SPACE THAT POSSESSES BOTH OLD COUNTRY CHARM AND MODERN FLUIDITY.

At first glance, the eclectic style looks easy to pull off — an assortment of mismatched furniture pieces, books and various other knick-knacks effortlessly strewn around a lounge or bedroom, to create a lived-in and homely atmosphere.

But what at first appears to be effortless style must actually be well planned out in order to avoid a home that feels at best cluttered, and at worst, like a live-in jumble sale.

The key to achieving the style is therefore planning and consistency. You need to build the look around key features that already exist in your home. An antique fireplace, for example, will become even more stunning when set against a freshly-painted olive wall and accessorised with carefully chosen gilt frames and glass candlesticks.

Similarly, the eclectic style should not be restrained

to one room. The muted colours, art pieces, lamps and mirrors must be free to spill down corridors and all around the home. An antique hatstand in the hallway, a wall of framed photographs in the bathroom and Art Deco side-tables from 1920s Paris paired with a rustic country-style bed in the master bedroom.

An important part of eclectic styling is to ensure key pieces are juxtaposed with each other. Never buy sets, never choose a blanket in a single colour and be brave enough to pair items from very different eras, styles or genres – for instance a metallic frame above a wooden sideboard, or perhaps a zigzag cushion on a velvet chair.

And if you can mix textures while still maintaining comfort and a homely feel, your ability to create this individual look will mean you are always surrounded by stylish decor.

Photo credit: www.decorilla.com



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Low flow showerhead

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Steel straws

Forget dated plastic or horribly flimsy paper versions offered up in a certain fast food restaurant, only a steel straw will do when it comes to proper drinks and dedicated environmentalism. Providing you remember to clean it out with a wire brush, this drink delight will last for years.

Recycled pens

Pilot's B2P pens are made from old water bottles, with 80 per centS of the company's range comprised of recycled plastic parts. They're also making a big push on replacing ink cartridges rather than the entire pen, meaning even your shopping list itself can be environmentally friendly.

Energy-saving power switches

You mean you didn't know turned-off appliances commonly still draw energy from the plug even when they're switched to 'off'? Here's the news – they do... unless you're smart enough to install an energy-saving power switch, which eliminates the pull.

Solar-powered phone charges

Charging our phones creates one of the most concerted demands on the grid, but if you let that ball of fire in the sky do the work for you, particularly with summer just around the corner, your ray of sunshine doesn't just begin and end with a message from a loved one.



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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Man running for charity

A man from Rayleigh will be taking part in three gruelling runs this month.

Peter Redwood-Smith will be participating in GB24, a 24-hour endurance race in the Lake District, followed a week later by The Cateran Yomp, a 54-mile race, and finally Rat Race the Wall, a 69-mile run in Carlisle.

The 24-year-old started running in 2017 to battle against anxiety, depression and body confidence issues, while raising money for charities and local causes.

Peter said: "I've raised over £10,000 overall for charity and local causes since my first race in October 2017. I push myself outside of my comfort zone physically and mentally trying to make a difference, not only for my mental health, but to raise vital funds

to help those in need and hopefully inspiring others out there."

When choosing which races to take part in, Peter looks for events which will challenge him both physically and mentally.

Running has given him a focus to help overcome his battle with anxiety, depression and body confidence.

He said: "I'm not saying it's a cure, but it's given me focus and the running community is very supportive."

This month, Peter hopes to raise £1,000 for ABF The Soldiers' Charity.

To donate, visit fundraising.soldierscharity.org/ PeteRunsTheYomp

You can also follow Peter's running adventures on his blog The Man of Steel.

Rat-infested bins at Rayleigh Weir McDonald's

Rat-infested bins have been spotted outside McDonald's in Rayleigh Weir.

The rats were first spotted feasting outside the restaurant and then at the corner of Rat Lane and Claydons Lane.

A spokesperson from McDonald's said: "We take cleanliness and hygiene very seriously in the area surrounding the restaurant.

"The restaurant itself has been impacted in no way whatsoever and has a 5-star Food Hygiene rating."

MARK FRANCOIS MP



Member of Parliament for Rayleigh and Wickford



LOCAL NEWS

I am very grateful to the publishers of **VISION**, a new community magazine that will be covering the town of Rayleigh, for offering me the chance to have a regular column in order to update you on matters affecting the town in which, like you, I live.

For my first article in **VISION**, I wanted to update you on the plans for a new roundabout at the eastern end of Rawreth Lane, where it joins Hullbridge Road. Much of the debate about new housing in and around Rayleigh in recent years has centred around the need to upgrade our infrastructure, before any further major house building could be contemplated. As a result of all this, the highly unsatisfactory mini-roundabout currently located at this junction (which often takes a long time to traverse, because many drivers are unsure as to who has right of way) is now going to be replaced by a full up "conventional" roundabout, which will hopefully speed up the traffic

flow along Rawreth Lane, including in the rush hour.

You can already see an area fenced for this new roundabout, which will cost in the order of £2million, and which is being paid for by a combination of Countryside (who are developing the site between London Road and Rawreth Lane) and Barratt David Wilson (who are developing the site at Malyns Farm, Hullbridge). It is hoped that construction on the roundabout will begin later this year and that it will be fully operational by the summer of 2020.

As the local MP, I have long argued that we should only allow major house building if we are to be given significant infrastructure improvements in return and, while we will have to wait and see how this roundabout turns out in practice, it is encouraging to know that the developers between them have coughed up a seven-figure sum which should hopefully improve the traffic flow along this notorious bottleneck in future. Let's see how it turns out.

Residents awarded at ceremony

People from Rayleigh were among the winners at the Rochford District Awards recently.

More than 100 people attended the event to congratulate community champions and those who have excelled in local sport.

All winners were nominated by the public, including School of the Year, which was awarded to The FitzWimarc School in Rayleigh.

The FitzWimarc School offers and delivers over 60 extra-curricular activities every week ranging from early morning cross-country to football during lunch.

They provide contributions in sport for young pupils and have developed a culture of enjoyment and hard work, which is what has led them to their success.

Another winner from Rayleigh was Abbie Jackson who won Sports Personality of the Year.

The 16-year-old has represented The FitzWimarc School at district, county and national levels across many sporting activities.

Abbie has represented Essex and is part of the Under-16 Essex cup football semi-finalists team and



Photo credit: Clairsa Debenham

Under 16 Essex Plate Hockey semi-finalists team.

Ian Jordan from Rayleigh also picked up an award for Community Spirit of the Year. Ian was recognised for the local volunteering work he undertakes.

He is a core team member of the Hockley Woods parkrun, volunteering on most weekends. He is also a valuable member for the Kirste 5 Memorial Race and the Roche Valley Way Relay.

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NEWS FROM

RAYLEIGH TOWN MUSEUM

On Sunday, June 9 from 11am until 4pm, Rayleigh will be celebrating our annual Trinity Fair. This major event is again hosted by Rayleigh Town Council and the High Street will be closed from 9am until 7pm with many events taking place not only around the High Street but also at the Windmill, Mount, Holy Trinity Church with its tower open from 12.30pm, the Dutch Cottage, the Mill Hall and of course the Rayleigh Town Museum. Many retailers will also be open during the day.

But what are the origins of the fair and what part did it play in the history of our town?

Records show that the royal charter for Rayleigh's ancient Trinity Fair dates to the year 1227. The fair was held in the High Street on Trinity Monday at the end of May, early June, when the agricultural community all came together to trade various types of livestock, especially horses, as well as the annual gathering of local farm labourers hoping for the renewal of their annual contract.

It was not all work though and the local inns and taverns did a roaring trade, which by the late 19th



Photo credit: Rayleigh Town Museum

century led to the well-known saying throughout Essex "as rowdy as Rayleigh's Trinity Fair". However, this led to the fair's closure in 1899, as it was considered by the authorities to be no more than an excuse for all day drinking and riotous behaviour.

If you want to find out more about the fair, or indeed any aspect of our town's history, visit Rayleigh Town Museum which is open Wednesday, Friday, Saturday and Sunday between 10am and 4pm.

Essex's first ever country music festival

It's time to throw on your cowboy hat as Essex is debuting a brand new country music festival coming this July.

Taking place in Chelmsford on Friday, July 12 and Saturday, July 13, Dixie Fields is a new boutique music festival featuring a cinema under the stars, camping, BBQs and a host of great country music.

Along with headliner, Lauren Alaina, other artists

taking to the stage include Holloway Road, Megan O'Neil, Royal South, and local band The Jackson Line.

American country star, Lauren Alaina, was first discovered when she competed on season 10 of *American Idol* where she captured the hearts of the viewers and finished runner up.

The *American Idol* star has shared the stage with country legends Carrie Underwood, Luke Bryan, Alan Jackson and Martina McBride.

Former *TOWIE* star, Megan McKenna, is also set to take to the stage with chart toppers High Heeled Shoes and Far Cry from Love, the Essex star is said to be excited to be performing in her hometown.

Dixie Fields promises to be a festival like no other, with organisers working on it for over a year.

From open air cinemas to an American country shopping village, Dixie Fields is being held in the grassland fields that have been previously used by V Festival.




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News from

THE ROTARY CLUB

Rayleigh Mill



LOCAL NEWS

The Rotary Club of Rayleigh Mill is part of the huge organisation, Rotary International, which has 1.2 million members worldwide. The organisation was founded in Chicago in 1905 by a man called Paul Harris as a social gathering of like-minded people. The name "Rotary" evolved from the fact that the members met in each other's houses on a rotation basis. The social aspects of the meetings soon led to the members deciding to promote public service projects.

Rotary International subsequently expanded all over the world but every club maintains the same basic principles as the original Chicago club – social activities and service in the community.

The club meets every Monday at 7pm at The Rayleigh Club, Hullbridge Road, Rayleigh where they enjoy a meal and a variety of activities including speakers on several interesting topics and social nights as well as the more serious business meetings when the members consider how best to distribute

their donations.

The members enjoy various outings during the year, a dinner dance to celebrate the President's year in office and a Christmas celebration.

The Rotary Club of Rayleigh Mill raises money through its main fundraising activities its Charity Golf Day and the Rayleigh 10k Run and donate the proceedings mainly to local deserving causes but also national and international appeals for help.

The Rayleigh Mill Charity Golf Day will be held at the Rochford Hundred Golf Club on Monday, July 8 and is not restricted to Rotarians but is open to all. Entries are invited for teams of four but will be limited to 25 teams on a first come first served basis.

The club is also seeking sponsors for the competition itself and for individual hole sponsors. Interested parties should contact Roger Allen (roger@intune.me.uk) for details.

For enquiries about the club and its activities please see the website at www.rayleighmillrotary.org.uk

Police officer injured in 'targeted' stabbing

A police officer was rushed to hospital after being stabbed several times in Rayleigh.

The off-duty police officer suffered severe injuries to his stomach and chest after the attack in Church Road on April 24.

The force confirmed the police officer was in a stable condition however they believe the attack was "targeted and isolated".

An arrest has been made with one man under investigation for suspected attempted murder.

Chief constable, BJ Harrington said: "We believe this attack was targeted and that the officer and the suspect are known to each other. There is no wider

risk to the local community or other police officers as a result of this incident.

"I would like to commend the work of Essex Police officers, the medical professionals and the community for their response and would like to thank everyone for their continued support."

Mark Francois, MP for Rayleigh and Wickford said: "This is an appalling crime and my thoughts are with the officer concerned and his family.

"Mercifully, while his injuries are serious, I have been told they are no longer life-threatening.

"Nevertheless, attacking a police officer on their own doorstep is absolutely wicked."

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THE GAME IS UP



The end of *Game of Thrones* has provided some of the year's major talking points, yet for a brilliant actress so long a cornerstone in a mystical world of medieval conflict, could Emilia Clarke's move towards more conventional projects be her biggest challenge yet?

The eighth and final TV adaptation of George R. R. Martin's *A Song of Fire and Ice* was nothing short of spectacular. With plot lines that swayed between unpredictable and unfathomable, the supercharged exit of HBO's greatest success story has made stars out of even its minor actors, and taken lead names Emilia Clarke, Kit Harington and Sophie Turner to unfathomable heights.

What those actors do next is the stuff of rich speculation, and particularly for 32-year-old Clarke, who wants to sway between subjects as willingly as Jon Snow's Longclaw, but hasn't yet had the opportunity.

As an actress, the Brit appears so interwoven into the deepest *Game of Thrones* fabric, yet an ability to embody and imbue characters such as Sarah Connor (*Terminator Genisys*) and Qi'ra (*Solo: A Star Wars Story*) only serves to epitomise her genuine talent for owning a role, whatever the genre.

Summing up *Thrones*, she admits the conclusion of the legacy was a lot to come to terms with. "On the first glance of the script for season eight, I stepped out of my house for a walk to try to get my head around everything that I had just read. I didn't ring anyone - I was still unable to make sense of it all."

"The scripts took me away from everything - it was like I was having an out of body experience."

While the *Thrones* machine has ground to a halt, immediate rumours of a spin-off series have surfaced, and you sense Clarke would find it difficult not to be lured back; after all, so much of her adult life has been centred around the story - she was just 23 when filming for the first scenes began.

What's refreshing is the fact the actress doesn't look at the world entirely through a film set. She spreads her influence wide and recently became an ambassador for the SMA Trust, an organisation that helps those with spinal muscular atrophy. She is also a representative for the Royal College of Nursing in the UK, a link that echoes back to her own health issues - the actress revealed this year that she had suffered two brain aneurysms. The first caused a stroke, aged just 24, and upon filming the final series she frequently felt faint and suffered from headaches.

Now "on top" of her health and seemingly aware of the need to slow her pursuit of greatness, she has two films in pre-production to see out the year. *Above Suspicion* is a true story that combines FBI espionage and romance, while *Last Christmas*, a light-hearted, seasonal romance set in London, sees her star alongside Henry Golding and Emma Thompson.

"I can't look too far ahead," says Clarke, who credits her late father for giving her the confidence and relentless ambition to succeed in the industry. "In fact, I've never really had the option to."

In the immediate short-term then, Clarke's ambitions are clear.

"I need to do more dancing" she laughs. "Dancing like a maniac. Crazy dancing. It is the best thing."



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- 1. TOO MUCH OF A GOOD THING**
Less is more when it comes to good gardening. If you cram too much together it will look a mess, or worse still, die.
- 2. OVER- AND UNDER-WATERING**
Be regimented over your watering routine and adjust it depending on rainfall to ensure your garden is nicely hydrated at all times.
- 3. WEEDING THEM OUT?**
Ensure what you're pulling up are weeds and not slow-developing flowers. Remember, everything grows at a different rate and sometimes the most mundane of plants will become the most beautiful flowers... but only if they're left in the ground!
- 4. FAILING TO PREPARE (YOUR SOIL)**
Give your plants a chance by ensuring the soil is in good condition. A simple testing kit will let you know if you need to re-compost, add fertiliser, or simply switch to a different soil type.
- 5. INVITING IN A BULLY**
Ensure what you're planting doesn't have the ability to take over your entire plot.
- 6. ANIMAL LIFE**
Plants and flowers may be pleasing on the eye, but for local wildlife they represent dinner, so ensure your investments are well-protected or they may end up an evening meal for a squirrel or rabbit.
- 7. HERE COMES THE SUN**
Ensure plants are in the right areas to either soak up or be protected from the sun – it's a life-source and a killer in equal measure.
- 8. SOWING YOUR SEED**
Follow seeding instructions carefully or, much like fast-growing trellis plants, your garden floor could become a maze for all sorts.
- 9. PESTICIDE PERIL**
Consider that while pesticides will kill pests, they will also do real harm to your soil and grass if you use too much.
- 10. SPREAD THE WEALTH**
For a pleasing finish, try to tend to all your garden space in equal measure rather than blowing all your budget on one flowerbed.





MEN'S HEALTH MATTERS

3.2 million men in the UK.

Three out of four suicides are by men.

With suicide being the biggest cause of death for men under 35 years old.

Men are nearly three times more likely than women to become alcohol dependent.

With 8.7 per cent of men in the UK being dependent on alcohol compared to only 3.3 per cent of women.

One in five men in the UK die before the age of 65.

On average men die four years earlier than women with the biggest cause of death being cancer.

One in seven men die from coronary heart disease.

1.6 million men in the UK live with coronary heart disease compared to one million women.

One in ten men currently live with diabetes.

Men are 26 per cent more likely to develop type 2 diabetes than women, with being overweight the main cause.

Check out next month's issue to see our top tips on how to stay healthy and happy...

Men can often neglect their health and push any worries or concerns to the back of their minds; instead prioritising the wellbeing of their families.

But each year, Men's Health Week aims to educate and raise awareness of men's health problems and this year's focus is on numbers.

DID YOU KNOW . . .

An estimated one in nine men will be diagnosed with prostate cancer during their lifetime.

With about six in ten cases being in men over the age of 65. 50 per cent of men over the age of 50 will develop an enlarged prostate; that's a whopping



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Let's talk varicose veins.*

Thursday 4th July 2019 at 6.45pm

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 Urinary incontinence and prolapse.*

Tuesday 16th July at 6.30pm

with Mr Yemi Coker,
Consultant Gynaecologist.

Pelvic floor retraining.*

with Mrs Linda Griffin,
Physiotherapist.

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Age Related Macular Degeneration

WHAT IS THE MACULA?

The macula is the central part of our retina and is responsible for detailed vision such as reading and seeing clearly in the distance. The retina is the inside layer of the eye, like the film of a camera.

WHAT IS AGE RELATED MACULAR DEGENERATION (AMD)?

AMD is the most common cause of visual impairment in the UK. It is more common as you age, with over 10% of those aged over 65 years affected in some form.

Dry AMD is the most common type of AMD and is caused by the macula wearing away. Wet AMD is caused by abnormal blood vessels under the macula leaking fluid and bleeding into the macula.

HOW WOULD AMD EFFECT MY VISION?

Dry AMD can lead to a slow deterioration and blurring of central vision. This usually occurs over many years. Wet AMD is a more rapidly progressing form of AMD which distorts the central vision; commonly making straight lines appear kinked or wobbly.



Mr Aman Chandra
Consultant ophthalmologist
& vitreoretinal surgeon

Q & A

HOW CAN IT BE TREATED?

Presently Dry AMD cannot be treated directly. A healthy diet and protection from UV light can help keep the macula healthy.

Wet AMD is most commonly treated with injections of special medication into the eye. These injections need to be given repeatedly with regular review and is known to be very successful in improving and maintaining vision. The effectiveness is individual to every patient.

It is important for patients with Wet AMD to have individualised treatment for their condition and be under the care of an eye doctor with a special interest in macular degeneration.

Mr Aman Chandra

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HEALTH & FITNESS

We all know how important sun cream is, but do we really know what type we should be using, how much we should be applying and whether spending a bit more really will save our skin in the long run?

What is the difference between UVA and UVB rays?

UVB rays are responsible for the reddening of your skin and the unpleasant feeling of being sunburnt whereas UVA rays cause more long-term damage as they penetrate deeper into your skin and cause premature ageing. UVA stars are visible on all UK sun creams and indicate the percentage of UVA radiation absorbed in comparison to UVB. You should always pick a sunscreen that has between four and five UVA stars.

What is SPF?

SPF stands for sun protection factor and is the measure of how much protection a sun cream gives against harmful UVB rays. SPF 15 filters out approximately 93 per cent of all UVB rays, SPF 30 keeps out 97 per cent and factor 50 manages to prevent a whopping 98 per cent.

How much should I be applying?

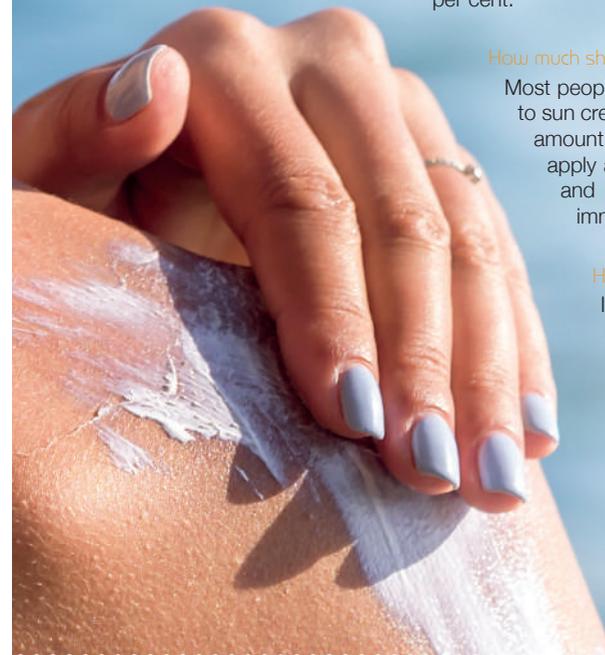
Most people actually massively underapply when it comes to sun cream, but it is essential that you apply the correct amount which is 1oz per application. You should always apply at least 30 minutes before going out in the sun and should always reapply every two hours and immediately after swimming.

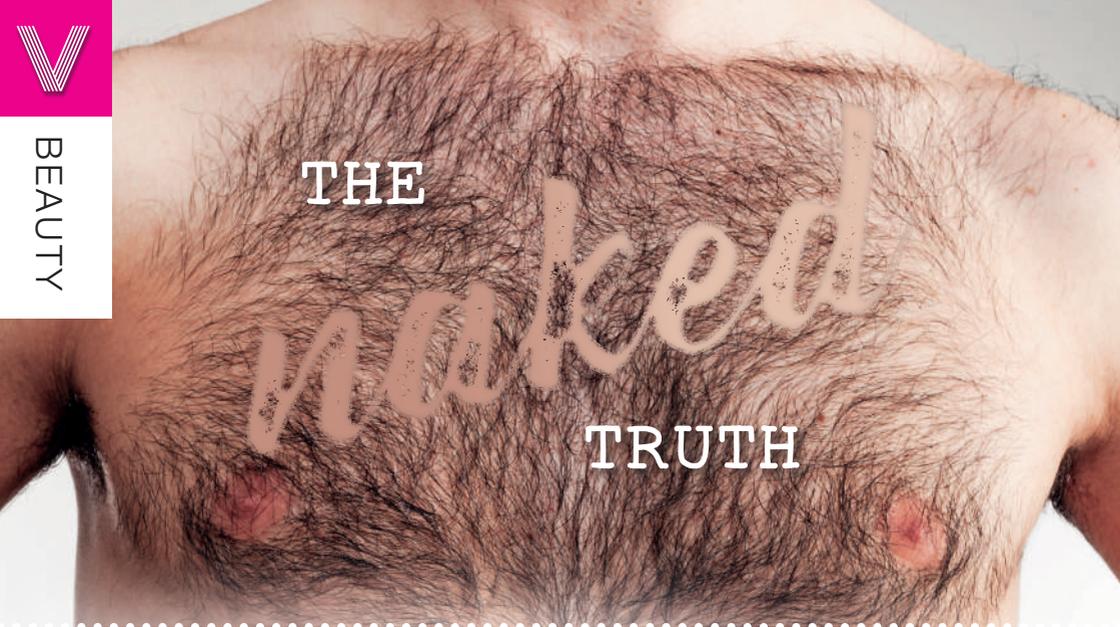
How long does sunscreen last?

It can be tempting to use last year's bottle if you have some left over but most sun creams only last between 12 to 18 months and this can be even less if they have been exposed to high temperatures or direct sunlight.

Are cheaper sunscreens as effective as more expensive ones?

Recent testing by *Which?* found that many supermarket-branded sun creams were equally, if not more effective than some of the best sellers.





These days there's absolutely no shame in a man taking care of his physical appearance, whether that means dying greys, investing in a good moisturiser or indulging in a little manscaping - AKA body hair management. In fact, when it comes to male grooming, business is booming, be it chest rug, back mane or those rather more intimate follicles. All that is left to be decided is which treatment is best for you...

SHAVING

Shaving is ideal for the fella who doesn't feel ready to share his hair removal endeavours with anyone else. It's also cheap, requiring nothing more than a decent razor and shaving foam and can be completed in the same time it takes to have long shower. However, this is definitely not recommended for those delicate areas and can also leave you more prone to ingrown hairs. It's also a case of easy come, easy go, as the hair makes a swift return.

WAXING

Waxing may not be for the faint-hearted, but it is a very good solution for the man who wants a really clean look for more than just one day. Unlike with shaving, waxing is generally only needed every four to six weeks. The hair follicle is often weakened through the process making it easier (ahem, 'less painful') as time goes on. It's particularly effective on larger areas and those hard to reach spots, explaining why the 'back, sack and crack' treatment remains so popular.

IPL (INTENSE PULSE LIGHT)

If you've got body hair which is becoming a genuine problem for you, IPL might just be the solution. Using intense heat and light, IPL permanently damages the hair follicle, theoretically meaning that hair never grows back. Not surprisingly, this is the most expensive treatment of the lot, with the required amount of sessions usually costing hundreds of pounds.



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HAIR MYTHS *revealed*

THE MOST COMMON HAIR MYTHS REVEALED

Myth 1: You should condition before you shampoo.

Truth: If you condition and then shampoo, the effects of the conditioner will simply be washed off by the cleansing agents within the shampoo. However, if you have thick hair, it can be beneficial to condition, shampoo and then condition again.



Myth 2: Unwashed hair will eventually clean itself.

Truth: Hair can never really self-clean, but many people do often over wash their hair and therefore it can become dependent on regular shampoos to appear clean. If you go several weeks or even months without cleaning your hair, it will adapt to this and in turn produce less oil so it will appear as though it has cleaned itself.



Myth 3: Plucking out one grey hair will make two more appear.

Truth: This is purely an old wives' tale. Each one of your hair follicles only has one strand of hair so it is impossible for two to grow back in one hair's place. However, once you find one grey hair, you are likely to go looking specifically for more and you may well find some.



Myth 4: Washing your hair with beer will make it grow.

Truth: Hops in beer are said to contain silica which may help strength your hair follicles and possibly promote growth, but the effects will be negligible. However, the sucrose and maltose can help your hair to appear shinier and less flat.



Myth 5: Cutting your hair regularly will make it grow faster.

Truth: Although having your hair trimmed regularly is good for your hair as it will make it stronger by getting rid of any split ends meaning it will be less likely to snap; it does not actually make your hair grow any faster.



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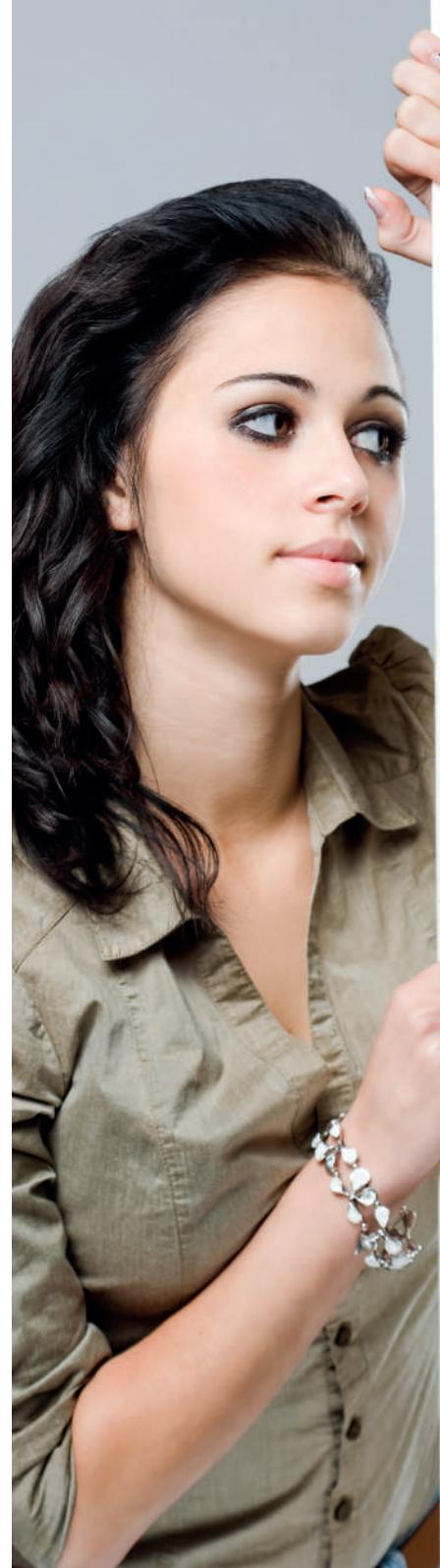
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FASHION

SUSTAINABLE fashion

Fast fashion is no longer fashionable. Today's top designers are all about sustainability and ensuring that we can look good and save the environment at the same time.

Stella McCartney

Probably the most well-known sustainable fashion brand, Stella McCartney has always been passionate about clothing that is eco-friendly and ethical but also bang on trend. Celebrity fans include Gwyneth Paltrow, Heather Graham and Meghan Markle.

H&M

As well as selling environmentally-friendly pieces in their 'Conscious Exclusive' collection, this brand also launched an initiative which allowed customers to hand in any unwanted clothes, from any shop, in return for a £5 off voucher to spend in their stores.

Zara

In 2016, in response to H&M's sustainable fashion range, Zara launched its own environmentally friendly range called 'Join Life'. They have also pledged not to send any leftover stock from their HQ, stores or factories to landfill by 2020.

Iden

This denim brand with a conscience makes stunning clothes using organic and recycled fibres that have been produced with low environmental impact. The best thing about this brand (apart from their ethical standpoint) is that they truly understand what a woman wants, no needs, from a pair of jeans.

Toms

Who doesn't love a pair of Toms? And of course, you feel better about buying yet another pair of shoes knowing that each time you buy a pair, this generous brand donates another pair to a developing country. They even sell vegan Toms.

Veja

This fabulously forward-thinking brand has been making envy-inducing trainers with a difference since 2005. Each element that goes into making a pair of their trainers has a positive impact on the environment. For example, the cotton used comes from an organic farm in Brazil and the rubber for the soles is both natural and sustainable.



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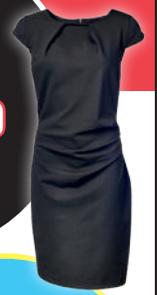
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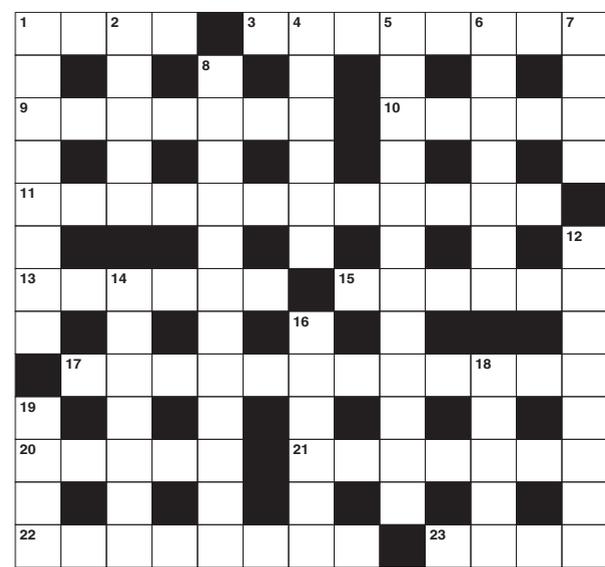
ACROSS

- 1. Arrived (4)
- 3. A division between people (8)
- 9. Contaminate (7)
- 10. Polite and courteous (5)
- 11. Invigoratingly (12)
- 13. Loose part of a garment (6)
- 15. Sporting venues (6)
- 17. Emergency touchdown (5-7)
- 20. Decay (5)
- 21. Solicit votes from (7)
- 22. Re-evaluate (8)
- 23. Give up one's rights (4)

DOWN

- 1. Secretively (8)
- 2. Distinctive design (5)
- 4. Type of nursery (6)
- 5. Without parallel (6,2,4)
- 6. Not legally recognised; void (7)
- 7. Longest river in the world (4)
- 8. Failure to act with prudence (12)
- 12. Gift of money (8)
- 14. Arched structure in a garden (7)
- 16. Prevents access to (6)

- 18. Visual representation (5)
- 19. Mammal with antlers (4)



DID YOU KNOW?

- ▶ Portugal produces more than half of the world's cork
- ▶ Perth is considered to be the third windiest capital city in the world
- ▶ Australia is the only continent without an active volcano
- ▶ Australia hosted the 1956 and 2000 Summer Olympics
- ▶ There are over 100 major rivers in Jamaica
- ▶ The 13 stripes on the American flag represent the original 13 colonies
- ▶ Square watermelons are common in Japan and are often very expensive

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YouTube Reviews? IT'S CHILD'S PLAY

WHY AN EIGHT-YEAR-OLD FROM CALIFORNIA IS BEING LABELLED THE PEWDIEPIE OF THE TOY WORLD

If we told you that the highest-earner on YouTube raked in over £17million in the 12 months leading up to June 2018, you'd be forgiven for expecting some young, trendy, Generation Z type, with a smattering of tattoos and a trendy hairstyle.

Well... you'd be correct on the 'young' bit, at least.

In actual fact, the influencer in question is eight years old, reviews toys, and in the past couple of years has elevated his status to become one of the industry's most powerful marketing men (boys).

It all started when Ryan Kaji was four years old. He asked his parents why he couldn't do his own reviews of toys like so many others online. By March 2015 he was producing rather run-of-the-mill video material, starting with a Lego train set.

While his channel, Ryan ToysReview, had got off to a somewhat inauspicious start, in July that year, one video – where he opened a box containing over 100 items from the Pixar Cars collection – went viral, clocking up 935million views.

Not long afterwards, a video that combined, of all things, a water slide, giant eggs, Disney cars and Paw Patrol toys did even better. To date, it has achieved 1.8billion views.

These days, content focuses on toys new to the market, with food videos included too. The careful curation of the brand has led to 19million subscribers, product endorsements and launches, and guest appearances.

Naturally, the reaction of many is to turn a nose up at this latest breed of 'celebrity'. Except consider this – across hundreds of videos, thousands of hours and countless cheesy grins, there is zero violence, zero prejudice, and definitely no mention of Brexit.

If Ryan is a beacon of hope in the simple, innocent pursuit of joy through toys, perhaps we should all applaud him for that.



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THE GERMAN GIANT

BMW BRAND HISTORY

Bayerische Motoren Werke. It may not roll off the tongue, but it forms the acronym for one of the motoring industry's most recognisable brands. It began as three separate manufacturers – two in Bavaria, Rapp Motorenwerke and Bayerische Flugzeugwerke (BFW); and in Thuringia, Fahrzeugfabrik Eisenach.

The first of those companies, Rapp Motorenwerke was an aircraft engine manufacturer. It had launched in 1913 but had struggled and was then drafted in to help the Germans' war effort. Only an order of 600 engines in 1916 saved the company from closure although its fortunes then continued to improve, despite the country's catastrophic defeat in World War I. A merger with BFW (which later became Bayerische Motoren Werke), combined with Germany's agreement to cease plane production, saw a move to new premises and an extended product list that included cars and bikes.

The BMW name only became relevant to automobiles in 1929 when the company purchased

Fahrzeugfabrik Eisenach, who at the time were making Austin Sevens. BMW's engineers then took that idea a step further and began making luxury cars, starting with the BMW 328.

Car production ended at the time of World War II when aircraft engines again took priority, for obvious reasons. The company was responsible for the inner workings of the notorious Nazi fighter Focke-Wulf FW-190, but despite another military defeat, the quality of production and workmanship ensured there was still a demand for the German company's goods.

Several of BMW's 'signatures' from those early days still remain – the 'kidney grille' was first introduced on the 303 in 1933 and the famous logo incorporates the flag of Bavaria.

And in the years that have followed, the manufacturer has consistently reinforced its ability to create the very best cars and bikes, moving into a luxury market which, alongside other German brands Audi and Mercedes, it looks likely to forever be a part of.

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for the love OF POD for the girls

For far too long men dominated the world of podcasts but thankfully (and about time too) we are now spoilt for choice when it comes to witty women making their voices heard on the airwaves, debating and deliberating over anything and everything; from fashion to culture, relationships to careers. So here are our top picks for podcasts in 2019. Just for the gals.

CHANEL METIER CLASS 3.55 PODCAST – Best for a fashion fix

Ever wonder what goes on behind the scenes of the latest Chanel creations? If your answer is yes, then you need wonder no longer, as this mini-series of podcasts features interviews with the late Karl Lagerfeld and Bruno Pavlovsky.

BODIES – Best for all things health related

This no-holds-barred podcast, recorded in a documentary style, leaves no topic unturned when it comes to matters of women's health, menopause, PMS, breastfeeding and much more.

2 DOPE QUEENS – Best for gags and giggles

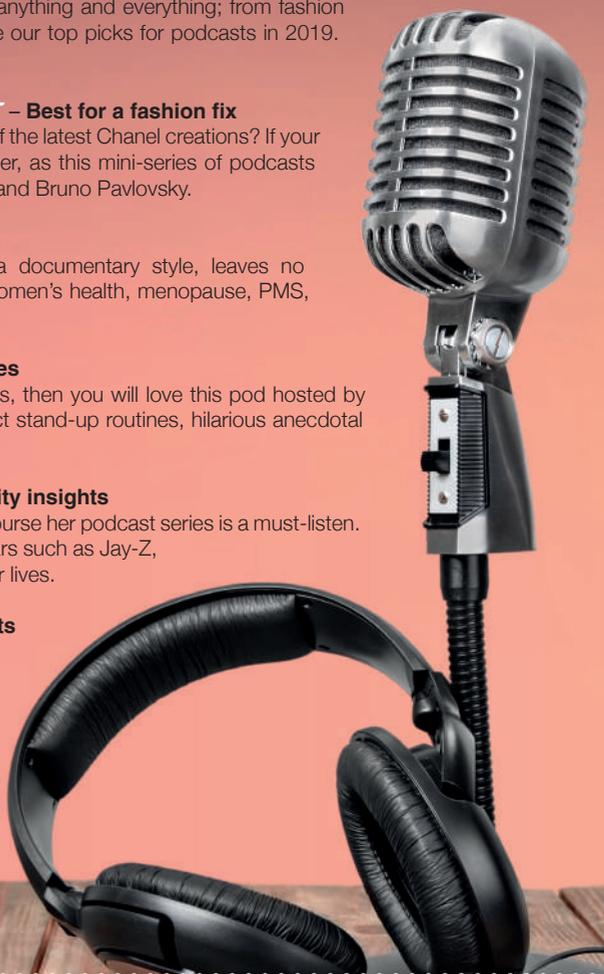
If you like your comedy to push the boundaries, then you will love this pod hosted by Phoebe Robinson and Jessica Williams. Expect stand-up routines, hilarious anecdotal stories and a wide variety of guest comics.

OPRAH'S MASTERCLASS – Best for celebrity insights

Everything Oprah touches turns to gold so of course her podcast series is a must-listen. Sit back and relax as she chats intimately to stars such as Jay-Z, Simon Cowell and Morgan Freeman about their lives.

WOMEN OF THE HOUR – Best for feminists and millennials alike

Hosted by Lena Dunham, as you might expect, this series is brutally honest and explores friendship, work, life and death with guests like Amy Sedaris and Todd Oldham. Actress Emma Stone even makes a cameo appearance on one episode as an agony aunt.



Lauda POWER

COMMEMORATING THE TRUE RACING GRIT OF NIKI LAUDA, WHO DIED ON MAY 20

As modern-day sporting icons go, Niki Lauda was one of the greats – a man who bore the most brutal battle scars in referencing the desire and dedication he invested into motor racing.

Although already a world champion in 1975, it is for the horrific injuries he encountered at the Nürburgring in 1976 that the Austrian will forever be remembered.

Engaged in a brutal title challenge with British racer James Hunt, Lauda had complained about the lack of safety provision at the German circuit, imploring drivers to boycott the race. It was one thing to survive the subsequent crash – and the fire which saw him endure significant scarring to his face, the loss of most of his right ear, plus hair on the side of his head – but to return to racing just six weeks later, still heavily bandaged, proved an unrelenting spirit and dedication that few could match today.

Ultimately, Lauda was unable to complete the final Grand Prix, in Japan, because, amongst other things, his eyes were watering excessively because of fire-damaged tear ducts and an inability to blink, meaning Hunt took the title by a solitary point; yet Lauda's place in motor racing folklore was undisputed.

What truly makes him iconic isn't just that accident though, or even his three world titles. Perhaps it is more the fact that when many would have retired for the sunnier climes of Monaco, Lauda, through management roles with Ferrari, Jaguar and Mercedes, could always be seen in the pit lane and the press room, on race day and at practice. He didn't need social media, merchandise or a book deal to envelop all around him in a driven, dedicated, honest passion for racing.

They say, in some quarters, 'the car is the star'; though the star was most certainly Niki Lauda.



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WHAT'S ON

WHAT'S ON

in your area

Holy Trinity Rayleigh Church Tower
Holy Trinity Church, Hockley Road,
Rayleigh, Essex, SS6 8BB
June 9, 1pm – 4pm



The church tower opens as part of Rayleigh's historic Trinity Fair. Climb the steps to the top and admire the breathtaking views.

Stamp Club Meeting
Parish Rooms, Rectory Garth, Hockley Road,
Rayleigh, SS6 8BA
June 10, 7.30pm – 10pm

An evening with Mike Kenzit and Terry Wagg, organised by Rayleigh and District Philatelic Society. Potential new members welcome. Membership fees apply.
Contact secretary Ray How on 01702 544632.

Little Movers
Rayleigh Library, 132/4 High Street, Rayleigh,
SS6 7BX
June 12, 10.30am – 11.30am



Fun for the under 5's every month with musical instruments and movement. Refreshments provided.

Family History Club
Rayleigh Library, 132/4 High Street, Rayleigh,
SS6 7BX
June 21, 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.

Summer Solstice Yogic Celebrations
WI Hall, Bellingham Lane, Rayleigh, SS6 7ED
June 21, 7pm – 9pm

Come and celebrate the longest day of the year with a wonderful two-hour sun worship. We invite you to join us on the highest point in Rayleigh, Essex. £20 per person. No experience needed. Visit www.facebook.com/events/170103877198941 for more information.

Family Fun Day
Little Havens Hospice, Daws Heath Road,
Benfleet, SS7 2LH
June 23, 11am – 3pm

There will be plenty to see and do for all the family, with stalls and activities. Free entry.

The Blue Eyed Girls Tour
The Mega Centre, 7 Brook Road, Rayleigh,
SS6 7UT
July 13, 7pm – 10pm

With three full length albums under his belt already, 2019 sees Mark Wilkinson return to the live stage in support of his fourth record *Blue Eyed Girls*. Don't miss the chance to catch one of his powerful and moving live performances as he showcases songs from his new album along with fan favourites from his ever growing catalogue. For more information and tickets, visit www.eventbrite.co.uk



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