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Editor's notes...



Hello and welcome to this month's edition of VISIONRayleigh.

I make little secret of my Everton FC roots, nor of the regular bouts of disappointment supporting them provokes. But even by their standards, losing

to a severely weakened Liverpool side, which featured a 16-year-old, two other teenagers, a debutant who hadn't kicked a ball for two months and, in total, eight players aged 24 or under, in the FA Cup third round on January 5, was a new low.

In the aftermath, I considered what I had seen from one of the teams - determination, passion and optimism. I had to applaud that application, and realised they are the elements that should steer all of us forward this year.

As a person and as a publisher, I've always been driven and optimistic, and I love seeing that both in my team here at VISION and when I'm out in the local community. That's what we're all about and, while I care deeply about my football team, I need to be quick to remind myself that real life exists not on a 110x75-yard piece of grass. Instead, it's on the street corners, at the parks, in the halls and clubs, and in every friendly conversation between locals. While it pains me to say it, it's 100 per cent true that the real passion to keep moving forward and to flourish as a communitu is exactly that shown by those Liverpool youngsters. Enjoy reading the February edition,



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8. QUINTESSENCE, 14. PREPARE, 16. ACIDIC, 18. TIMID DOWN: 1. ANACHRONISTIC, 2. TOTEM, 4. BUDGIE, 5. UNEXPECTEDLY, 6. AVERAGE, 7. EXTRAVAGANTLY,

18. TEA, 19. TRAIN, 20. DELIMIT, 21. CLEMENCY, 22. EDGY ACROSS: 1. ARTS, 3. OBDURATE, 9. ASTOUND, 10. EVENT, 11. HAM, 12. PLAZA, 13. THERE, 15. SHAFT, 17. ITEMS, SKY IS THELIMIT

Sky Brown, at 11 years of age, has been picked for the GB Skateboarding team, making her the youngest summer Olympian in 50 years. We look at what she has achieved thus far, and what this sensational youngster might accomplish going forward.

Sky was born in Japan – Miyazaki to be exact, on the south-eastern coast – to a British father and a Japanese mother. The pre-teen prodigy still officially resides in south-east Asia but spends the majority of her time in the United States.

Global sports giant Nike made her its youngest-ever acquisition in February 2019, and she has appeared regularly in ad campaigns with iconic female athletes, including fellow Briton Dina Asher-Smith, American artistic gymnast Simone Biles and South African middle-distance runner Caster Semenya.

At the age of eight, Sky became the youngest female to compete in the Vans US Open Pro Series. Although failing to place in the medals, she did finish higher than a number of competitors 20 years her senior.

This year, Sky clinched gold at Simple Session, a senior women's competition in Estonia's capital of Tallinn, and on a park course specifically designed for male competitors typically twice her size. It is this increased success in competition, matched with a squeaky clean image and the potential of youth, that has elevated her into superstar territory, and she is expected to become a multimillionaire long before she is even able to buy an alcoholic drink.

Dancing is another of Sky's talents and she was the winning celebrity on the US reality TV show *Dancing with the Stars: Juniors* in 2018.

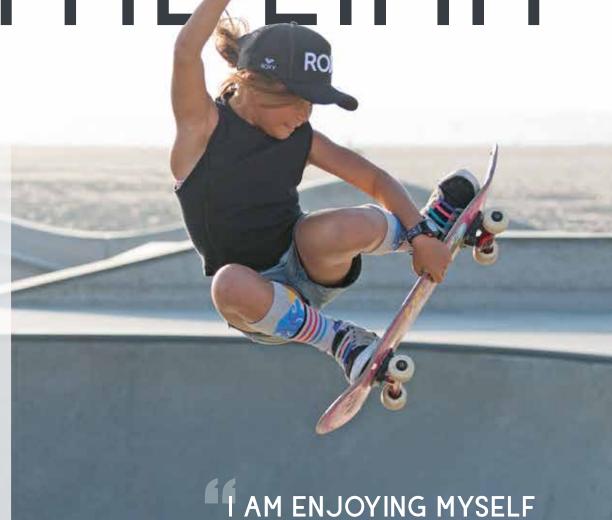
While experts agree Sky's natural talent for skateboarding is without question, it was feared she may not be ready to compete at Olympic level owing to a lack of speed or power from her slight frame.

However, the decision by the British Olympic Association to invite her to compete for them – a significant 'win' given Japan's interest in her and the fact that the 2020 event is being held in Tokyo – has cemented the old adage, 'if you're good enough, you're old enough'.

And yet some commentators have queried the extent to which someone so young is able to cope with the pressure not just of high-level competition, but also of the media glare that will surely confront such a young talent. In Sky's defence, she is a youngster who exudes confidence. She practises surfing, does karate, jujitsu, dancing and singing, thrives on activity and equips herself as a modern, fearless youngster too young to have experienced the pressures that often only begin to surface in the teenage years.

"I just go about things in the way that feels natural," she says. "I am enjoying myself too much to feel the pressure and I'm keen to keep pushing forward with these opportunities that I have."

Those opportunities are probably somewhat wider than she herself appreciates. Competitive events she can handle, and media commitments are, it seems, a doddle. Yet stepping up as a cultural icon across social media, whose movements and actions are going to be lapped up by an adorning fan base spread all around the world... Sky Brown is going to have a busy few years ahead.



TOO MUCH TO

FEEL THE PRESSURE



his year is a leap year, with 366 days instead of 365, the extra day falling on February 29.

The extra day is traditionally when women can turn the tables and propose marriage. It also means people born on February 29 can actually celebrate their birthday on the proper day.

Here are six facts about leap year:

1. The leap year's extra day is vital because a complete orbit around the sun takes slightly longer than 365 days – five hours, 48 minutes and 46 seconds longer, to be exact.

At one time, people observed a 355-day calendar with an extra 22-day month every two years. But in 45bc Julius Caesar ordered his astronomer, Sosigenes, to simplify things.

Sosigenes opted for the 365-day year with an extra day every four years to use up the extra hours. The extra day is added to February because it used to be the last month of the Roman calendar.

The system was then fine-tuned by Pope Gregory XIII. He coined the term leap year.

2.The tradition of women proposing on leap day is thought to date back to fifth-century Ireland when St Brigid complained to St Patrick that women had to wait too long for suitors to propose.

He then gave women a single day in a leap year to pop the question – the last day of the shortest month. Legend has it that Brigid dropped to a knee and proposed to Patrick that instant, but he refused, kissing her on the cheek and offering a silk gown to soften the blow.

3. Others believe the tradition originates from Scotland when Queen Margaret, then aged just five, declared in 1288 that a woman could propose to any man she liked on February 29.

She ruled that men who refused the proposal would need to pay a fine in the form of a kiss, a silk dress, a pair of gloves or one pound. To give suitors fair warning – and possibly a chance to escape – a woman was required to wear breeches or a scarlet petticoat on the day of the proposal.

4. In Denmark, a man refusing a woman's leapday proposal must give her 12 pairs of gloves, while in Finland it's fabric for a skirt.

One in five engaged couples in Greece avoid getting married in a leap year because they believe it's bad luck.

In Italy, legend has it that women are erratic during a leap year, and several proverbs warn against planning important life events in a leap year. *Anno* bisesto, anno funesto means leap year, doom year.

5. Workers paid fixed annual or monthly salaries essentially work for free on February 29 because wages are not usually calculated to account for the extra day. And prisoners with one-year sentences must serve the extra day if the term crosses leap day.

6. People born on February 29 are called leaplings or leapers. The chance of being born on a leap day is one in 1,461. There are five million leaplings around the world.



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REWIND DESIGN

Introducing the Laura Hodges Studio

t first glance, Laura Hodges' style sensibilities appear to originate directly from the New York mode of interior design. Consider Tribeca and Greenwich Village and you'll be close to referencing her take on a look that embraces antique excellence with clean lines, draws in comfort and durability, and closes out with more than a hint of feng shui.

And yet, not only does this visionary now operate out of Washington, but her inspirations are also more Vivienne Westwood than Val Kilmer, given than she hails from the earthy, warehouse-driven, post-industrial blueprint afforded by 1980s Manchester.

In addition, the designer has travelled to more than

30 different countries in pursuit of a mood modus operandi that has her talked about as one of the true emerging names, in a marketplace for ideas that twists and turns at every new room,

corridor or window display.

"My mother was British, my father Jamaican and my grandmother Norwegian, and with a passion for absorbing ideas from the places I have visited, you could say I have a wide realm of influences all crashing and colliding together," Laura says.

In a material sense, that produces a look that's bold and classic, using high-contrast elements that are clean and classical.

It brings in vintage, antique and eclectic, yet on a base that's flat, uncomplicated and crisp. The premise is to move art and furniture to the foreground against a backdrop that complements its lack of complication.

"People are really responding positively to such a bold, tailored and sustainable approach," she says. "There is a lot of fog in the world and to bring forward any environment that offers a bit of clarity must surely be good for the mind."

Touted as one of the stylists to follow in 2020, Hodges' studio is already attracting major clients, but with a look and image that anyone can replicate, her design is as relevant for Bolton as it is for Baltimore.









le may not be zooming around on spaceships just yet or wearing anti-gravity belts, but beloved 1960s cartoon The Jetsons certainly predicted some of the technology we now use daily. But beyond video calls and smartwatches, the futuristic family also had some very enviable décor in their Orbit City apartment, as style which is very much the basis of futurism.

Presenting a retro vision of the future, this trend incorporates many classic furniture pieces from the past - think the classic Eames lounge chair, the Thunderbird sofa and pendulum floor lamps against a colour palate and textural backdrop that is extremely up to date.

Think stainless steel lighting fixtures and rich suede furnishings against a textural rose-gold wall, curvaceous fibreglass dining table and chairs with a huge overhanging light, and heavy granite coffee

tables on textural rugs in





A style that is utterly earthbound but also out of this world, it evokes all the best scenes from classic sci-fi... the Star Trek command deck if it had Laurence Llewelyn-Bowen at its helm, or a luxury condo on Magrathea.

So how do you incorporate a little stardust into your current home? Consider adding a little textural juxtaposition, such as natural stone sculptures or clay vases against embossed wallpaper. You can also invest in another current trend of the moment: cacti. These magnificent, verdant beauties stand out beautifully against a softer colour background and are reassuringly low maintenance as well.

In all, futurism isn't something to fear: it's to be embraced - oh. and

by the way, it's here right now.







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Day & Night



nterior designers and homeowners across the country have been waiting with bated breath to discover what shade Dulux has named as its Colour of the Year for 2020.

And it couldn't be more different from last year's strong Spiced Honey shade.

Why has Dulux chosen Tranquil Dawn as this year's Colour of the Year?

This cool-tone shade of green, which is extremely versatile, was picked to offer an antidote to an "increasingly disconnected" modern society.

What exactly does this mean?

Put simply, Dulux believes that modern technologies have left us feeling chaotic and lost, unable to identify with what makes us human. Therefore, this calming and natural shade is supposed to remind us of our real selves and the natural world around us.

How can you use Tranquil Dawn in your home?

What makes this colour different from other shades of green is its ability to subtly shift its tone depending on what other shades it is used with, allowing you to create many different vibes in your home.

Design a luxurious living room

Combine Tranquil Dawn with a soft, sandy shade to create a living room that is warm, inviting and promotes positive social interactions.

Create a calming bedroom

Jumping on the two-tone trend, paint the top half of your bedroom walls in Tranquil Dawn and the bottom in a soothing shade of bluev-grev. Not only will these make your bedroom appear more spacious, they will also bring the focus on to the bed, which should be the main feature in a room designed for restoration.

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environmentally friendly carriers are ideal for a number of household tasks and DIY projects.

You can never have enough storage solutions in your home, and these DIY baskets are ideal for smaller items such as keys or sewing materials. Simply cut your paper bag into long strips and then, starting with the base, start weaving. Finish with a handle if desired.

If you have ever experienced problems in getting your windows to shine rather than streak, then a paper bag could be your saviour. Merely tear up your bag, scrunch it together and get scrubbing. You can also apply a light spray of white vinegar for increased sparkle.

With the sudden surge in nature-inspired design and décor, why not jump on the bandwagon and create some sustainable wrapping paper? Just cut up your paper bag, lay it out flat and then wrap up your item. Add some simple twine and a sprig of your favourite herb to create a unique and gorgeous gift.

Whether you want to create an inviting atmosphere for your next party or just love to experiment with crafts and candles, this is the ideal project for you. Simply use silhouette stamps to create your chosen design and then pop an LED candle into your bag. Do not use a real lit tea light or candle for safety reasons as the bag is flammable.

- Ripen fruit. Place your fruit in a paper bag, seal and leave at room temperature for a few days. The result? Perfectly sweet and juicy fruit.
 - Make popcorn. Simply pour 1/4 cup of uncooked popcorn kernels into a plain paper bag, seal and cook in the microwave for 21/2 minutes or until the popping stops.

FARROW & BALL AND THE PAINT NAME GAME

It's said there are more than 1,000 shades of white in existence, so with that in mind it's little wonder the paint purveyors of our interior design outlets may occasionally go rogue in naming their latest combinations.

While you might expect that of high-street brands such as Dulux and Crown, even 'next level' producers Farrow & Ball have started mixing up their paints (literally). The brand that sells itself on its insistence of using fewer binding agents and less water, adding in chalk, china clay, titanium dioxide and, most importantly, only using real pigments, has been going off-piste, albeit never off colour:



A greying beige to the untrained eye, this can be used by itself or as part of a 'stone' scheme, and thankfully doesn't come as a 'scratch & sniff' variety.

COLOUR #25 PIGEON

Apparently based on late 18th- and 19th-century paint collections, twitchers would be forgiven for thinking the homing bird used to camouflage with trees and grass, given that the colour is closer to green than grey.

COLOUR #28 DEAD SALMON

This shade is a reference not to a deceased member of the fish community liberally splattered across your bedroom walls, but rather to the 'flat' or 'dead' finish of the salmon colour. While it remains slightly strange, it still sounds better than #290. Salmon Drab.

COLOUR #214 ARSENIC

A highly toxic semi-metallic substance that is grey or yellow in its raw form, and burns blue, is chosen to represent what many laymen would term 'medium green'. Figure that one out.

Other odd names include #276 MOLE'S BREATH, #245 MIDDLETON PINK, #W108 BROCCOLI BROWN and #40 MOUSE'S BACK.

Of course, when it comes to home decoration, it matters not whether you go Tom Ford or Henry Ford, whether you pay $\mathfrak{L}10$ for a pot of rich gloss or $\mathfrak{L}100...$ ultimately it's all about whether it lands on the wall without any landing on the carpet.







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Residents in Rayleigh have called for the town's police station to reopen its front counter service two years after it closed.

Currently, any member of the public wanting to speak to a police officer or member of staff at Rayleigh has to use a freephone at the front of the station.

That phone then connects to Essex Police's switchboard in Chelmsford, and then the call is put through to someone back at the station – providing someone is there. It has been the same way since 2017 in a bid to reduce costs.

The station remains open but residents have criticised the convoluted way of speaking to someone

t the station

Samantha Panes said: "I understand it was done to save money but it does make it much harder to speak to a police officer.

"Many people I know think the station is shut or say they don't get through to someone when they use the freephone at the front of the station."

Rayleigh and Wickford MP Mark Francois has also received complaints from constituents and has called on Roger Hirst, police, fire and crime commissioner for Essex, to fix the situation at the station.

Essex Police were asked to comment but had not responded at the time of going to print.

Weekend train disruption until end of March

Rail passengers face several weeks of disruption, with no trains from Rayleigh to either London or Southend Victoria until the end of March.

Almost every weekend from January 25 to March

29 Network Rail is replacing the overhead wires with a new auto-tension system that adapts to temperature changes, which will mean fewer delays and cancellations once the work is done.





Member of Parliament for Rayleigh and Wickford

to push for this, with the counter perhaps

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Now that the House of Commons is no longer Nobsessed with Brexit, we can move on to addressing a whole range of other priorities, including combatting crime by reinforcing our police. Indeed, we have just announced that police forces will receive the biggest cash injection in a decade. Within several vears. Essex Police will be back to a full-time strength of more than 3.500 regular officers, which will assist in combatting challenges from antisocial behaviour to drug crime, inspired by so-called 'County Lines'.

In addition, I have been calling for the front counter of Rayleigh Police Station to be reopened and I have made representations to this effect to both our police. crime and fire commissioner, Roger Hirst, and to our chief constable, Ben-Julian Harrington. I will continue being staffed by a special constable, or even a volunteer - such as an experienced retired police officer. Even if it means only having the counter open five mornings a week, this would still improve the accessibility of

the police to my local constituents. If there is a retired officer who would like to volunteer for this role, contact me on mark.francois.mp@parliament.uk

In summary, we have now "Got Brexit Done" (at the fourth time of asking). We must seize upon this opportunity to forge a new future and flourish outside the European Union and move on to the domestic issues that have been put on the back-burner while we negotiated our exit from the EU.

Man admits attempted murder

Agaleigh man has admitted attempting to murder a police officer who was stabbed and slashed 11 times.

John McCartney, 40, of Eastwood Road, Rayleigh, was arrested in April last year and has now admitted his guilt at Basildon Crown Court.

At the time of writing, he was due to be sentenced on March 6 after he confessed entering the police officer's home and attacking him with a knife while the officer's wife and children were at home.

At a previous hearing, a court heard that McCartney knew the Essex Police officer, who is recovering at

Essex Police said he had been at school with the officer and had become obsessed with him, despite the fact they had only ever said "hello" to one other.

In a statement, Essex Police said: "Despite suffering 11 stab and slash wounds, a number of which were extremely serious, our officer, using tactics learnt during his police training, battled valiantly to keep McCartney away from his family, and to prevent him causing harm to his family and neighbours."

Essex Police's chief constable Ben-Julian Harrington praised the officer, who received an award for his actions and bravery.







The last weeks of December were mainly dedicated to the usual Christmas social activities, but we had a Speaker Meeting on Monday, December 16. Trevor Rand, a volunteer at the Rayleigh Town Museum and at the Windmill, gave a very interesting talk on the history of Rayleigh and all of its windmills, in particular the restoration of the

existing Tower Mill adjacent to the Mill Hall.

Trevor has a passion for the history of the town and his talk was enlivened by his many personal memories of the Mill and, with his family connections to the Mill and the miller, he was able to give a completely personal and different insight into the history of the Mill

and its restoration.

The members who were present thanked Trevor for an enjoyable and enlightening talk on not just the history of the Mill, but also his recollections of the many landmarks and businesses of Rayleigh.

Our final meeting of the year was on December 23 when the members, dressed in appropriate Christmas jumpers, enjoyed a traditional Christmas dinner, served up by the staff of the Chichester Hotel and Restaurant, followed by a game of charades.

Although December is largely given over to the more social aspects of Rotary, the club still managed to consider some donations to projects that will benefit deserving international causes.

The club voted to donate £250 to the Rotary Club of Palgrave in Ontario, Canada, which does sterling work in supporting the local indigenous peoples, some of the original people of Canada who are among the poorest people in Canada and are largely forgotten by the rest of the population. The club was introduced to the Rotary Club of Palgrave by Geoff Kittle, whose brother, Ian, is President of the Canadian Club.

The donation illustrates what a huge organisation Rotary International is and how clubs (not just with family connections) all over the world cooperate with each other for the benefit of people who need help.

The club also considered a donation of £500 to the Rotary Club of Basildon Concord, which has a project to build classrooms, EcoSan toilets, a new water borehole, and to provide electricity plus sanitary facilities for girls at Zvamaida Primary School, Zimbabwe. This is a large international project costing \$75,000 and, should the Basildon club achieve the initial sum required to apply for District and Global Grants, the sum raised by the club could be doubled and doubled again from the Rotary charity arm, Rotary Foundation.

This is another illustration of the huge amount of work Rotary International does to improve the lives of people all over the world.

If you would like to find out more about all the things that we do as a club, please see the club website at www.rayleighmillrotary.org.uk

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Plans to create new community space



An ambitious programme to create new community and civic buildings in Rayleigh is underway.

A development partner is expected to be selected in March as Rochford District Council (RDC) is seeking to revitalise six of its sites, creating new community and civic buildings, including in Rayleigh.

The sites being considered include The Mill Arts & Events Centre and the Civic Suite in Rayleigh.

The plan at The Mill Arts & Events Centre is to redevelop the whole of the site to provide new community and civic spaces alongside commercial and residential use, which RDC says "will raise the profile of the neighbouring heritage assets".

Meanwhile, the Civic Suite would be completely redeveloped for commercial and residential use.

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- >£8,000 to the breakout area at FitzWimarc
- >£5,000 to classrooms for hearing impaired pupils at Swevne
- >£3.000 to Southend Hospital scanner
- >£2,700 to Essex Air Ambulance

Lions Clubs of Rayleigh, Southend, Eastwood, Leigh and Castle Point also gave £10,500 to a prostate cancer treatment trial at Southend Hospital. This new treatment was made available to all in July 2019.

We need your help to run events. If we can't run events, we can't raise money.

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Rayleigh, Essex, SS6 8TD, or email rayleighlionsclub@ gmail.com

of Rayleigh

Town marks Holocaust Memorial Day



Rayleigh marked the 75th anniversary of the liberation of Auschwitz with Holocaust Memorial Day.

The event was held at The Mill Arts & Events Centre on January 24, was hosted by Rochford District Council's (RDC's) chairman councillor Robin Dray and included a speech from a Holocaust survivor, Leslie Kleinman.

This event, held on the site of RDC's specially commissioned Memorial to Victims of Persecution, marks the liberation of Auschwitz-Birkenau, the largest Nazi death camp, and also pays tribute to the victims of other genocides that have occurred around the alobe.

This year is of particular note, as it is the 75th anniversary of the liberation of Auschwitz and the 25th anniversary of the Bosnian genocide.

The service featured a moving talk from Leslie Kleinman and a presentation from FitzWimarc School sixth form students.

RDC chairman, cllr Robin Dray said: "The service was an opportunity for us all to come together to reflect and remember those who have experienced terrible atrocities.

"I hope this event will be a poignant moment of remembrance and serve as a reminder for future generations. We can all learn from history and pay our respects to the millions who died during the Holocaust and more recent genocides.

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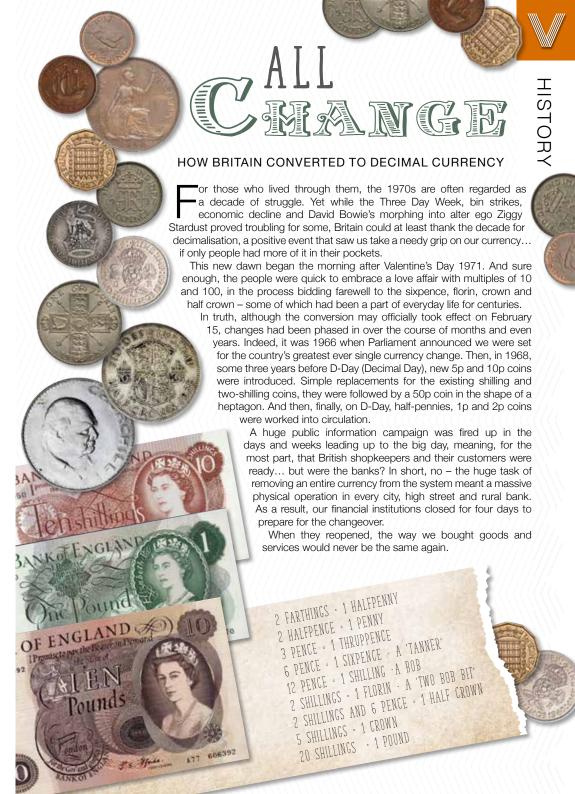
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PUZZLES & TRIVIA

ACROSS

- 1. Creative disciplines (4)
- 3. Unyielding (8)
- 9. Shock with wonder (7)
- 10. Happening (5)
- 11. Cut of pork (3)
- 12. Public square (5)

- 17. Individual things (5)
- 18. Popular beverage (3)
- 19. Instruct; teach (5)
- 20. Mark the boundaries of (7)
- 22. In a tense state (4)

- 5. By chance (12)

- 14. Get ready (7)

DID YOU KNOW?

- 16. Sour to the taste (6)
- 18. Shy (5)

SUDOKU

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

- 13. At that place; not here (5)
- 15. Stem of an arrow (5)

- 21. Lenience (8)

DOWN

- 1. Misplaced in time or date (13)
- 2. Motet (anag) (5)
- 4. Small parrot (informal) (6)
- 6. Mediocre (7)
- 7. Wastefully; lavishly (13)

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them be effective lookouts by reducing the

▶ Unlike other cats, lions are social animals

and live in prides. They can keep track of one

enter into a dormant state while pregnant

- 8. Most perfect example of a quality (12)

20

12

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ENGLEMAN WILLS

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It's both encouraging and demoralising that ITV's dance reality show Dancing on Ice should court so many headlines over the decision to showcase its first same-sex couple - encouraging in the sense that prime-time television is embracing a move regarded as an industry first; demoralising in the sense that such a simple reflection of everyday society finds itself worthy of headlines in the first place.

Equality campaigners will also point to how long it has taken the terrestrial networks to reach this point, although there is still no indication that BBC big brother Strictly Come Dancing will follow suit.

The dancers in question are lan Watkins – former member of Steps and better known by his stage name of H – and professional dancer Matt Evers, whose debut performance in the first week of January wowed the live audience and provoked widespread approval across social media.

The pair, who are both openly gay, have captured the imagination and admiration of the watching audience during an era in which LGBT issues are at the forefront of hearts and minds.

ITV's decision to feature the pair will almost certainly prove a ratings winner; but more

displaying.

Watkins said after the first dance, "It was emotional, because I have wanted this for so long and it means so much to so many people, and the world is ready for this."

The judges - including Jayne Torvill, Christopher Dean and Ashley Banjo were ubiquitous in their acclaim of the dancers, while John Barrowman broke down in tears in admiration of the duo.

He said to the performers, "I am emotional; it makes me happy on a complete multitude of levels, just because of seeing two men who represent someone who is like me, and to skate as well as you did... you've done it now, the nerves are out of the way."

Watkins and Evers are second-favourites to take the crown, though they have tough competition in the 2020 edition of the show, which regularly attracts viewing figures in excess of six million. Also present in the 12th iteration of the reality series are, among others, model Caprice, Paralympic sprinter Libby Clegg, presenter Joe Swash and former footballer Kevin Kilbane, with Diversity dancer Perri Kiely tipped as early favourite to lift the Dancing on Ice crown.

As for Evers, who is a former world figure-skating competitor, he credits both Watkins and the show's producers for taking such a positive step. "I just have to say thank you to the network, thank you to ITV and thank you to everybody at home who is accepting of this, because this is normal... this is absolutely normal. "This is my 12th series of Dancing on Ice and this year is special. This journey is going to mean a lot to a lot of people in this country and around the world."



I hile the pet market has never been more buoyant in the UK, it seems neither has our ability to label our loved ones with popular and puzzling names in equal measure.

We looked at some of the quaint and curious titles given to four of our favourite fluffy ones.

DOGS

The most popular dog names all revolve around the traditional, happy-go-lucky and cute echoes of having a pet in the home. That means Bella, Charlie, Luna, Lucy, Max and Bailey feature high up on lists, with the likes of Cooper, Daisy, Sadie and Molly also ranking as popular.

For unusual names, consider Shakespeare, Soup, Bug, Hawtry and, of course, plain old Dave. And if you want to sound clever when beckoning your pooch over in the park, what about Mary Puppins?

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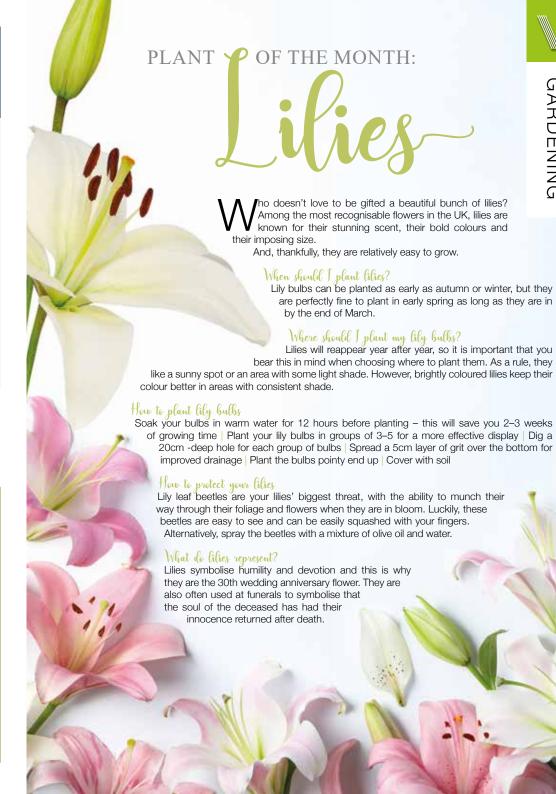
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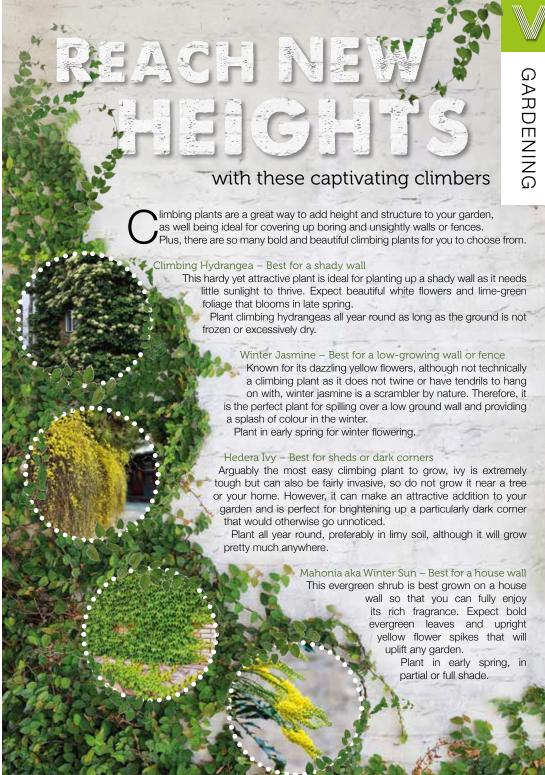


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S

ADDENING MIGRAINES

nyone who experiences migraines will know only too well the tell-tale signs, including nausea, vomiting, an increased sensitivity to light and sound. and, of course, the unbearable throbbing pain on the side of your head.

WHAT CAUSES MIGRAINES?

Around 1 in 5 women and 1 in every 15 men experience migraines. The exact cause of this debilitating affliction is still unknown, although some experts believe that it could be the result of a temporary change in the chemicals, blood vessels and nerves in the brain. Migraines can also be hereditary, as well as be brought on by stress, tiredness and/or specific foods and drinks.

HOW CAN YOU PREVENT MIGRAINES?

Although there is no sure fire way to prevent a migraine from happening, there are ways that you can lower your risk of experiencing one. namely avoiding the triggers that are causing your migraines, whether that be stress or a particular food. It is also advised to lead a healthy lifestyle with

adequate sleep, exercise and ensuring that you stay hydrated. Alcohol and caffeine should be avoided.

HOW CAN YOU RELIEVE THE SYMPTOMS OF A MIGRAINE?

Sadly, there is no miracle cure, but there are some medicines that you can take to help alleviate your symptoms, such as painkillers like paracetamol or ibuprofen, anti-emetics and/or triptans. Triptans are a specific type of medicine that are designed to reverse the changes in your brain that actively cause migraines and are normally prescribed to people who suffer from severe migraines.

Other tips that may help you feel better include:

- Using a cold pack
- Dimming the lights or sitting in a dark room
- Using a heat pad
- Practising some relaxation techniques
- Trying not to chew
- Drinking some ginger tea
- · Giving yourself a scalp massage









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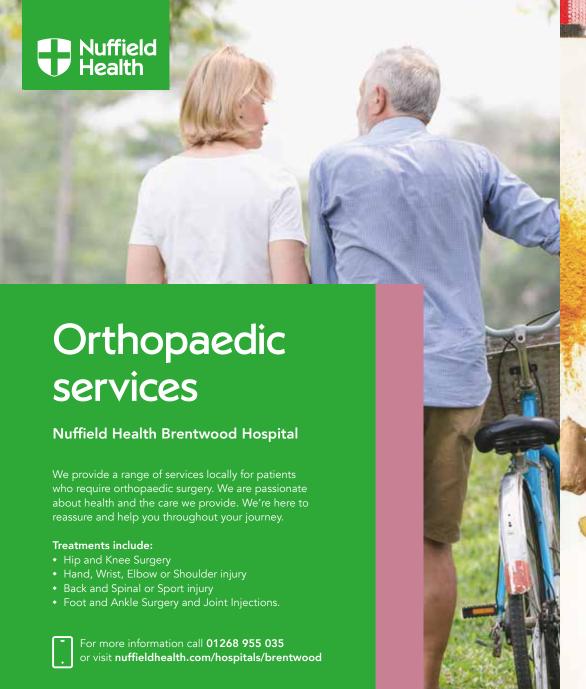
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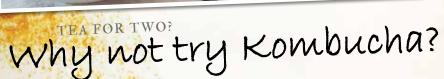


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ermented foods and drinks have been experiencing a surge in popularity in recent years, with many people singing the praise of this refreshing, if not slightly sour, tea that is known for being rich in antioxidants and probiotics.

1L water (dechlorinated) | 1 teabag (black tea is considered to be the best but other tea can be used) | 50-100g sugar (cane sugar is advised) 1 small scoby (these can be bought online) | 100ml starter liquid (this will come with the scoby)

How to make:

Boil 250ml water | Add the teabag and sugar, stirring until dissolved | Brew for 10 minutes Remove teabag | Add the rest of the cold water Add the scoby and starter liquid | Ensure you leave a minimum of a 5cm gap at the top of your liquid to allow for fermentation | Cover the jar with a cloth and fasten with an elastic band | Leave to ferment for 6-9 days at room temperature It's then ready for the 'secondary fermentation'

process | Remove the scoby and add additional flavour if desired | Store in an airtight bottle with at least a 3cm gap at the top Leave at room temperature for between 5-14 days

What flavours can I add to my Kombucha?

This is completely dependent on your taste preferences, but some of the recommended flavour ideas include:

- Berries or citrus fruits
- Dried fruits such as goji berries, figs or dates
- Frozen fruit
- Herbs such as lavender, mint or lemon balm
- Mild spices like turmeric, allspice or cardamom

Kombucha has the ability to:

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HOUR TOMORROW

HOW TO SLOW HAIR LOSS WITHOUT OVERLY EXPENSIVE TREATMENTS

en beware, there is an enemy in our midst and, for many of us, its presence is already being felt. It resides not on the dark web, nor in damp alleyways – instead, it lives in the follicles of your hair... at least, that's if you've got any of the damn stuff left.

Since the dawn of time, hair loss in men has been an inevitable by-product of getting older. Hair leaves the scalp and instead migrates downwards to emerge out of ears and nostrils. Yet with follicle technology having never been better, and putting to one side the cheats' method of a full-on hair transplant, consider the following inexpensive treatments that, while not solving hair loss, can certainly slow it:

Shompoos

Shampooing can be harsh on hair follicles, yet using a specialised formula (such as Davines' energizing shampoo) can stimulate the scalp, while hims shampoo's DHT-reducing product reduces the rate at which hair falls out. Consider as well protein- and caffeine-heavy products for the shower.

Diet

A diet rich in oils, proteins and nutrients will send positive elements to the places your body needs them most. Consider too that smoking and alcohol consumption restricts the blood vessels, thereby reducing blood flow and circulation to the follicles.

Vitomin D

The Journal of Dermatology reported that people with alopecia are usually deficient in vitamin D, leading to the theory that the vitamin can help hair reset its growth phase.

Stress

Stress is a known cause of hair loss, so cutting stress, boosting exercise and even practising meditation can improve not only

your hair retention but physical well-being in other parts of the body too.

Prescribed formulas

From over-the-counter formulas (the most common in the UK being Regaine) to platelet-rich plasma (PRP) treatment, which injects centrifuged blood back into the scalp at around £1,000 a go, speaking to a health professional about regrowth for follicles that are dormant, not dead, could be a worthwhile investment.



WHAT IS A BEAUT

IS AI BEAUTY THE FACE OF THE FUTURE?

I, or artificial intelligence, is already an integral part of our daily lives, with many people utilising smart technologies such as Siri or chatbots; so, of course, the beauty industry is also getting in on the action.

WHAT IS AI?

To put it simply, Al is a computer system that imitates intellectual human behaviours; basically, you provide your personal information and then the computer uses an algorithm to provide you with the service, product or solution that you need.

Sometimes, it can predict your needs before you even know about them yourself.

HOW IS AI BEING USED IN THE BEAUTY INDUSTRY?

I. A BESPOKE SHOPPING EXPERIENCE

The beauty industry is completely over-saturated with products, which can make the buying process difficult. However, by completing a simple questionnaire before you shop, Al can provide you with a tailored number of products that suit your individual beauty needs. A certain make-up brand even has a custom-made foundation machine that promises to find your exact match.

2. A PERSONALISED BEAUTY ROUTINE

If you have ever worried that you are applying your foundation wrongly or that you are missing parts of your face when applying creams, then Al can help you. There are now beauty tools available that use Al to let you know how to improve your make-up and skincare routine, such as a facial cleansing brush that uses skin sensors to analyse your skin.

3. MORE RELEVANT PRODUCTS

If you sometimes feel that the beauty industry is just churning out more and more products to make money, then Al could signal the end of this. Al can utilise customer data to help strategically create products that are actually in demand, rather than marketers just guessing what we want.



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ere are just a few staple denim pieces that men and women should have in their wardrobes, safe in the knowledge that they will never go out of style...

THE DENIM JACKET

As practical as it is en vogue, the denim jacket will never fail you. Women, make a floral spring/summer dress edgier by teaming it with a light denim jacket. For a more casual aesthetic, go for distressed denim. For a rock chick vibe, stud detailing will be your best friend.

Men, relive the early noughties and brave the double denim like Justin Timberlake and Britnev Spears at the 2001 AMAs. Alternatively, wear a darkcoloured denim jacket over a casual white shirt and chinos for a subtle nod to the trend.

SLIM AND SKINNY JEANS

Slim and skinny jeans aren't going anywhere. Ladies, ieans and a blouse teamed with a chic blazer and an oversized tote is a perfect smart/ casual look that will take you from office to cocktail bar with ease. Mix things up by opting for white denim during the warmer months.

And gents, dark-coloured jeans with a shirt in a bold hue - the more daring, the better - complete with your favourite loafers, are great for standing out from the crowd. Team with a crisp white shirt and a sharp blazer for a smarter aesthetic.

BOYFRIEND JEANS

Slim fit jeans are in, but that doesn't mean their comfier and more voluminous cousins are out. Au contraire, boyfriend jeans are hotter than ever. and can be enjoyed by men and women alike. Sometimes, if you're lucky, the very same pair.

Girls, make like an off-duty supermodel and pair vours with simple tank tops, trainers and oversized sunglasses. Timberlands, flip-flops, wedges and even sky-scraping heels are all approved footwear choices





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THE MISTAKES PEOPLE MAKE WHEN BOOKING FLIGHTS

oliday fever... whether it's packing your case at home, arriving at the airport or stepping out onto foreign soil at the other end, vacation vivaciousness hits all of us at some point, and nothing else in the world matters.

And yet, what if you could wind back a few months to when you booked that flight and mend that badly timed departure vou booked, or erase the hassles and inconveniences of connections, or just save a big wedge of cash? Here are five things you need to consider when booking flights:

CHEAP = CHEERFUL?

Sometimes the cheapest fare will actually end up costing you more. A number of airlines offer a basic ticket with no luggage, no seat reservation and no frills. You may subsequently discover you're paying extra to check baggage in, or are adding cost at check-in to sit next to a loved one.

FORTNIGHT FORETHOUGHT

Airfares start increasing sharply in the two weeks leading up to departure, and typically the best time to book is around a month before. Buy flights too early or too late and airlines will be charging either uncompetitively or, worse still, at a premium.

WEEKEND WOE

Don't book flights at weekends when everyone else is online. The best new deals hit sites early in the week, and prices generally hold up better during the daytime than in the evening.

DAYTIME DALLIANCES

It may be convenient to have a bit of breakfast then saunter to the airport, but the best-priced flights are those very early in the morning. Getting a 5am plane out will also mean more time at your chosen destination, even if you do spend the rest of the day yawning.

FLY PAST

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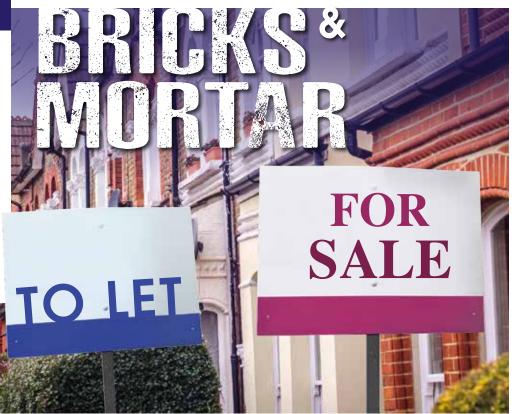
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What is the difference between buy-to-let and residential mortgages?

The buy-to-let mortgage revolution was one that the housing market constructed with all the speed and eagerness of a stunning detached property. It was perfectly situated (in a marketplace where rental prices were going through the roof), and as for the views, well, buy-to-let landlords could sit back for years, do very little, and watch their profits roll in.

At their peak in 2007, buy-to-let mortgage approvals hit 183,000, but increased taxes brought in by George Osborne in 2015 – amid fears buy-to-let mortgages were pushing property prices through the roof – have cut that figure back to around the 75,000 mark.

So while the trend of buying to immediately let out to tenants has waned, it should be noted that it's still an industry worth almost $\mathfrak{L}250$ billion a year... or, put another way, 3,800 mortgages are approved every month.

The key difference between a buy-to-let mortgage

and a residential mortgage is that, with the latter, you will live in the property yourself, rather than simply using it as an investment whereby tenants arrive from day one. As a result, with a buy-to-let mortgage, interest rates and fees tend to be much higher, while purchasers have to stump up a deposit of around 25 per cent (and sometimes as high as 40 per cent).

In addition, buy-to-let mortgages are often interest only, meaning landlords no longer profit from the likely uplift in value of a property. Naturally, with a residential repayment mortgage, an owner can walk away with sizeable equity should the market improve.

With a number of other tax changes – such as increased stamp duty on buy-to-lets, removal of a 10 per cent income tax saving owing to 'wear and tear', and an ability to offset interest paid on their own mortgage from the rental income declared to the taxman removed – the market for buy-to-let deals has become much tougher, matched with residential mortgages enjoying a three-year high last year.

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Matt Hodges, Director **BA Hons Dip PFS Cert** CII (MP)

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In the latest instalment showcasing sports set to debut or return at the 2020 Olympics in Tokyo later this year, we take a look at softball.

ive new pursuits have been added to the roster for Tokyo 2020, which kicks off on July 24. It will be the second time that the Far Eastern metropolis has hosted the Summer Olympiad... it would have been the third had the Second World War not intervened in 1940.

Softball, in essence, is a sport very much like baseball, and there will be six countries competing for the gold medal.

Last seen at the Olympics in Beijing 2008, the qualification process for Tokyo saw 2018 WBSC Softball World Champions United States, Europe/ Africa winners Italy, Americas victors Mexico, and Australia as the Oceania representatives. Canada

> qualified along with Mexico, while Japan is present as host. Softball has seven innings, two

baseball, a bigger ball measuring two inches more in circumference, and a smaller bat. The pitch is also smaller than its compatriot and the pitching distance of softball is around 40ft from the plate, as opposed to 60ft in baseball. Also, whereas the ball is pitched overarm in baseball, an underhand technique is used in softball.

Returning after a hiatus of 12 years, following its removal for the 2012 Games in London, it was previously part of the programme between Atlanta 1996 and Beijing 2008.

The six countries will compete with a roster of 15 players each, with the 90 athletes helping to make up the estimated 11.091 who will compete in Tokyo.

Softball was invented in the late 19th century in Chicago as a game designed to move at a faster pace than baseball. Contrary to common knowledge,



MOTORING

DEALS (8)



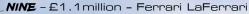
N WHEELS?

THE TOP 10 MOST EXPENSIVE CARS IN THE WORLD REVEALED



TEN - £910,000 - Zenvo ST1

Assembled in Denmark, the Zenvo is a machine of incredible power, housing a 6.8 litre V8 engine with supercharger and turbocharger giving 1054 bhp.



With 0-60mph in less than three seconds and on to 124mph in seven seconds, there aren't many quicker in acceleration.

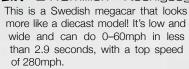


Its unusual name celebrates the Incan god of wind. Unlike that god, it possesses a 6.0 litre V12 engine with two turbochargers for 620bhp.

SEVEN - £1.3million - Aston Martin One-77

When James Bond wants to get away from or catch up with the bad guys, he should use this – 220mph top speed, 0–60 in 3.5 seconds from a 7.3 litre V12.

SIX -£1.5million - Koenigsegg One:1

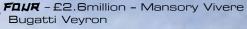


FIVE - £1.9million - Ferrari F60 America

A stylish and classic look and bodywork, it's brutal along with

> its beauty – the perfect combination for a supercar. A 6.2 litre V12 gives 740 bhp and 0–60 in

3.1 seconds.



At last, we can hear you say – a Bugatti! Well, this one is a beast. An 8.0 litre engine, a top speed of 255mph and 0–60 in less than 2.5 seconds.

THREE - £2.6million - W Motors Lykan Hypersport

This car appeared in *Furious 7* where it displayed its tremendous capacity and animal-like qualities. 0–60 in less than 2.8 seconds; a top speed of 245mph.

TWD - £3.4 million - Lamborghini Veneno Possibly the most amazing-looking vehicle ever made, with a top speed of 221 mph, and 0-60 in 2.8 seconds.

QNE - £3.7million - Koenigsegg CCXR Trevita

The 1,004 bhp, 0-60 in 2.9 seconds and top speed of 254mph mean it's a shame there were only three of these ever made.





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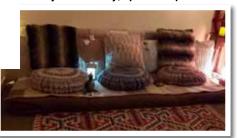
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Happy Soul Therapies, 2nd Floor, Arnox House, 8 High Street, Rayleigh, SS6 7EF Every Wednesday, 1pm and 6pm



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This session is good for reducing stress, controlling anxiety, promoting emotional health and enhancing self-awareness.

£5 per person (women only).

To book, visit cozycal.com/happy-soul-therapies

Pablo Bloom

The Mill Arts & Events Centre, Mill Hall, Bellingham Lane, Rayleigh, SS6 7ED February 15, 8pm – 11pm (doors open 7pm)

A full evening of Pablo Bloom's latest comedy and songs from the past 15 years entertaining in Benidorm.

Tickets are £12.50 and available to buy from www.pablobloom.com

The Rayleigh Club Wedding Show

Sweyne Park School, Sir Walter Raleigh Drive, Rayleigh, SS6 9BZ February 29, 7pm – 9pm

An evening of popular songs performed by two local choirs – the Leigh Orpheus Male Voice Choir and the Sweyne Park Singers.

Book now to ensure you get the opportunity to enjoy the variety of music and the wonderful talent of these two choirs and their soloists.

Tickets are $\mathfrak{L}8$ for adults, $\mathfrak{L}7$ for concessions and $\mathfrak{L}5$ for children aged 18 and under.

Call 01702 547315 to book tickets by phone, or visit lomvc.org

The World Day of Prayer Service

Christ Church United Reformed Church, Crown Hill, Rayleigh, SS6 7HA March 6, 10.30am

in your area

This service is for everyone and takes the form of a service of thanksgiving, hymns, prayers and narration from the women of Zimbabwe.

It will last for around one hour. After the service, attendees meet together for tea/coffee and cake.

For more information, contact Penny Gendall on 01268 750324 or phg7782@gmail.com

Mother's Day Handmade Gift & Craft Fair

The Mill Arts & Events Centre, Mill Hall, Bellingham Lane, Rayleigh, SS6 7ED March 8, 10am – 4pm

The Mother's Day Handmade Gift & Craft Fair returns for a second year after the success of this event in 2019.

This event has been organised to support all locally handmade crafts and businesses, and creates the perfect outlet to buy your gifts in the run-up to Mother's Day, with more than 45 stalls.

Free entry and access to free parking.

Visit www.louisesevents.co.uk for more information.



London's Metropolitan Essex

Rayleigh Town Museum, 1st Floor, 91 High Street, Rayleigh, SS6 7EJ March 11, 7.30pm (doors open 7pm)

The bits of East London that used to be Essex until 1965, including Dagenham, Romford and Barking.

A talk and slide show by Andrew Summers of Essex Publications.

Tickets must be booked in advance. £3.50 entry for friends of the museum, or £4. Refreshments included.

Tickets are available from the museum during opening hours. Please call 01268 773535.



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Cosmetic Surgery

Thursday 27 February 2020

From 6:30pm with Mr Venkat Ramakrishnan and Miss Mary Morgan, Consultant Plastic Surgeons.

Thursday 19 March 2020

From 6:30pm with Ms Kallirroi Tzafetta, Consultant Plastic Surgeon.

Cataract Surgery

Tuesday 24 March 2020

At 6:30pm with Mr Niaz Islam, Consultant Ophthalmic Surgeon.

Haemorrhoids

Thursday 26 March 2020

From 6:30pm with Mr Veerana Shatkar, Consultant General Surgeon.

Weight Loss Surgery

Thursday 26 March 2020

At 6:30pm with Mr Sanjay Agrawal, Consultant Bariatric Surgeon.

Knee Surgery

Wednesday 1 April 2020

At 6:30pm with Prof Kevin Cheah, Consultant Orthopaedic Surgeon and Mr Jesse Holloway, Physiotherapist.

Children's Ear, Nose and Throat Disorders

Monday 20 April 2020

At 6:30pm with Mr Anurag Jain, Consultant ENT Surgeon.

Women's Health – Menopause and HRT

Wednesday 22 April 2020

At 6:30pm with Miss Seema Bagtharia, Consultant Gynaecologist and Mrs Linda Griffin, Men's and Women's Health Physiotherapist.

To book your place or find out more, go to nuffieldhealth.com/book or call 01268 955035

^{*}Time frames indicated may vary depending on choice of consultant, type of diagnostic investigation, and procedure package. A referral may be required before a consultation or diagnostics. ^Interest-free loans are subject to status and provided by our medical finance partner.



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