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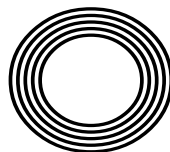
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CAROLINE FLACK

*The media backlash following
the star's tragic death*



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Editor's notes...



Nik Allen, Editor

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

I was recently asked to do a talk to a small community group. These events can be anything from raucous to sombre, but they're a great way

to reach out and communicate what we do, as well as showing the way businesses and communities can benefit from having a dedicated, hyperlocal magazine on their doorstep.

In the aftermath, people generally mill about, but on this particular occasion I was bowled over by the number who came up to me to tell me how much they loved the magazine.

I had a retired lady saying how delighted she was to have such a high-quality title drop through her letterbox; a building contractor truly impressed with the feedback his advert was getting; and a young lad who used the title to check out what events are happening in the local area.

The point is, three very different demographics each find something inspiring and worthwhile in what we provide each month, and in the reader/advertiser relationship that fuels the whole thing, it's a shared passion for keeping the E local.

In publishing, it's easy sometimes to become lost in deadlines, spreadsheets and statistical analysis; but there is nothing quite like face-to-face feedback and hearing genuine praise.

So please keep the feedback coming - good and bad. You, our readers, are the best voice we have.

Nik

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A MOUNTAIN AMONG MEN

A full-page background image of Kobe Bryant in a yellow and purple Los Angeles Lakers jersey, number 24. He is in a dynamic pose, looking upwards with his arms raised, as if shooting or passing a basketball. A basketball is visible in the air above his head. The background is dark and out of focus, showing the basketball hoop and some arena lights.

The outpouring of emotion and admiration for the late NBA star Kobe Bryant has felt insurmountable. We reflect on the achievements of one of the greatest 'ballers' ever to play the game, and reflect on the legacy he has undoubtedly left behind.

Kobe Bryant was a giant, in more ways than one.

The 6ft 4in shooting guard graduated from high school in 1996 and was drafted by the Charlotte Hornets before being traded to the Los Angeles Lakers where he spent his entire 20-year professional career. His achievements as a sportsman at the top of his game barely need repeating, but as the fourth-highest points scorer in NBA history, his domination on the court was unrelenting.

Not that points-scoring was the sum total of Bryant's powers. Handsome, charismatic, stylish and an inspiration, his demeanour and his candour won him fans – both from the street and of celebrity status – all over the globe.

Regardless, his talent saw the Lakers won five NBA regular season championships, and on each occasion they went on to clinch the play-offs. He was the first player to have 30,000 career points and more than 6,000 assists, while TNT and Sporting News accredited him as the NBA Player of the Decade for the 2000s. Reuters even went one further, naming him its Player of a Generation.

The fact that he lost his life in such tragic circumstances, and at the age of just 41, perhaps just solidifies Bryant's legacy. Retired only three and a half years, his sudden departure leaves an indelible imprint on basketball's history.

Sure enough, across the sporting world the tributes poured in. Social media tumbled into a state of mourning, Paris Saint-Germain and Real Madrid held on-pitch minute silences before home games, while AC Milan players wore black armbands. In addition, talk-show hosts, journalists, broadcasters and fans the world over tried to find the words to rationalise an accident that had also claimed the lives of his 13-year-old daughter Gianna and seven other passengers.

In the immediate aftermath, a petition was set up on Change.org attempting to push forward with a plan for Bryant's image to be emblazoned on the official NBA badge. At the time of writing, it had garnered more than three million digital signatures.

And even in death, Bryant's sterling work will continue. He was official ambassador for the American non-profit After-School All-Stars organisation, set up the Kobe Bryant China Fund, and was a huge donor to the Call of Duty Endowment. And with wife Vanessa, he also founded the Kobe and Vanessa Bryant Family Foundation.

And in 2018, he became the first ex-professional from the world of sport to win an Oscar for Best Animated Short, for his film *Dear Basketball*.

Every one of these initiatives, projects, investments and achievements reached out to entertain, engage and enthuse people of all backgrounds. Bryant's ongoing legacy is to continue to give back – from the basketball courts to the back yards. It's a moral and an ethos that many of us can follow, and all of us can benefit from.

OTHER SPORTS STARS TO DIE IN AVIATION CRASHES...

| Chelsea FC Vice-chairman: Matthew Harding, died 1996, aged 42

| Racecar Driver: Colin McRae, died 2007, aged 49

| Swimmer: Camille Muffat, died 2015, aged 25

| Brazilian Football Team: Chapecoense died 2016 – 19 players, 14 staff members, 9 board members, 4 journalists

| Leicester City Chairman: Vichai Srivaddhanaprabha, died 2018, aged 60

| Footballer: Emiliano Sala, died 2019, aged 28



WHAT A WASTE

The media falls into the spotlight in the aftermath of Caroline Flack's death

Few things in 2020 have gripped, challenged and wrestled with the nation's conscience more than the death of Caroline Flack.

The popular TV and radio presenter took her own life in her east London flat on February 15, the final act in a tumultuous few months that saw a high-profile career in the spotlight of *Love Island* and *The Xtra Factor* descend into a place where the 40-year-old felt she simply couldn't go on.

While we may never know how much Flack's bust-up with boyfriend Lewis Burton contributed to her troubled state of mind, what was evident in the months and weeks leading up to her death was a bustle of unrelenting media attention.

Immediately, questions were raised as to what contribution front-page headlines in *The Sun*, *Daily Mail* and others had made to such a devastating conclusion to her life, and examination of the actions of the media is certainly on the agenda.

Ultimately, society is divided over the extent to which our information outlets are to blame. The tabloids are drilled into servicing PR agencies in giving the entertainment world's biggest names as much coverage as possible, so it becomes remiss to suppose that using a vehicle to court positive publicity can't then run the risk of that machine going rogue. And yet the hounding of Flack, certainly in the aftermath of the domestic abuse claim, had surely equated to bullying by the end.

While the finger continues to be pointed at the red tops, perhaps it's the wider media, notably Twitter, that should garner more of our attention. We live in an era where the quietest voice in the most remote location can fire vitriol straight into the cerebral matter of anyone in the world, at any hour.

Social media has made everyone a publisher and has given a platform to the most controversial – and it is here to stay.



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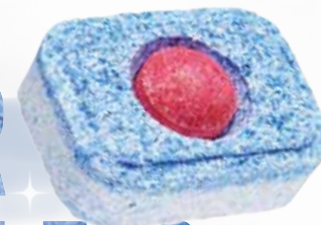


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up three times over, or if you have mistakenly
purchased the wrong brand for your dishwasher, it can be
handy to know what else you can do with these clever little
tablets.

CLEAN YOUR OVEN

Your oven is one of those kitchen appliances that always
seems to need cleaning, but oven cleaning kits can be
expensive, so why not use a dishwasher tablet instead?

Simply soak the oven with warm water for 10 minutes, rub
the tablet across the surface to remove stubborn grease
and stains and rinse.

REMOVE CRAYON MARKS

Unfortunately, children love to draw on the walls, and if
they do so with crayons, you are in for a tough job trying
to remove the marks. Fortunately, dishwasher tablets are
perfect for this task. Just crumble a tablet into water to
make a paste and gently rub the affected area.

ELIMINATE COFFEE CUP STAINS

If your beloved coffee cup has seen better days but you are
adamant you don't want to throw it away, then a dishwasher
tablet could be your saviour. All you need to do is fill your
cup three-quarters full with warm water, add a dishwasher
tablet, leave for one hour and then rinse with hot water.

GET RID OF CAR OIL STAINS

If your vehicle has the nasty habit of leaking oil stains onto
your driveway or in your garage, then simply make a thick
paste using a dishwasher tablet and some warm water,
scrub into the stain and rinse with a garden hose.

CLEAN YOUR TOILET

Dishwasher tablets contain bleach so are ideal for making
your toilet bowl sparkle. Just drop in a tablet, wait for it to
dissolve and scrub as normal.



DIY

Mother's Day GIFTS

HERE ARE SOME GREAT HOME-MADE MOTHER'S DAY GIFTS THAT ARE SURE TO PUT A SMILE ON MUM'S FACE...

Inspirational Tea Towel

You will need: A stencil • Washed and ironed tea towel • Access to a printer • Acrylic paint • Dura-Lar/Mylar • Foam brush • Masking tape • Iron • Craft knife • Cutting surface, e.g. cardboard

How to make:

- Decide what the tea towel will say. Perhaps an inspirational quote or mum's iconic catchphrase? Then, print from your computer to use as a stencil.
- Tape the stencil onto the cutting surface. Put a piece of Dura-Lar on top of your stencil. Then, cut out using a craft knife. Children should always be supervised by an adult whilst using the knife.
- Place the cut Dura-Lar stencil over the towel. Using a foam brush, dab the stencil with acrylic paint.
- Once completely dry, heat-set with an iron on a cotton setting for 10–15 minutes.
- To make this more child-friendly so the whole family can get involved, use fabric pens instead, and decorate the tea towel with messages and drawings.

Ombre Tie Dye Tote

You will need: Plain white tote bag • Rit dye • 1 cup of salt • Gloves • Clamp

How to make:

- Pour the Rit dye into a clean bucket of hot water. Add salt and stir.
- Wet the entire bag with water. Then, lower it into the dye about halfway, or as far as you want the ombre to start.
- Clamp the tote in position, and leave for a few minutes to set. Move the clamp up 1–2 inches every few minutes to create the ombre effect.
- Rinse with cold water until the water runs clear. Then, machine wash.

Mason Jar Photo Vase

You will need: A photo • Mason jar • Paint and brush • Painter's tape • Clear spray paint • Paper cup

How to make:

- Put painter's tape on the area of the jar you don't want painted. Then, paint your desired colour.
- Remove the tape before the paint dries.
- Attach your picture to the inside of the jar using painter's tape.
- Spray the jar with clear spray paint to seal the paint.
- Place a paper cup inside the vase and fill with real or artificial flowers.

Photo credit: wemakeanything.net, hisugarplum.com, homestoriesatoz.com

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WHY 'En Provence' IS EN VOGUE

It's peculiar how interior design tastes evolve and rearrange themselves, to the extent that what probably counted as 'thrown together' a couple of decades ago is now the very height of seductive chic.

In the 1990s, when patterned wallpaper and friezes were all the rage, the sight of some exposed brickwork would lead most homeowners to call in a plasterer.

Wind forward 30 years and the En Provence trend is based so much in that rustic, 'just arrived', minimum-fuss ethos that it's difficult to look beyond the simple, stylish beauty that's on show.

Of course, flaky brickwork and some old, semi-scrubbed paintwork isn't the sum total of this trend, which, predictably, is inspired by the holiday homes and rustic outbuildings of southern France. Away from the walls, rooms take on a sense of detail within simplicity. A table and chairs provide an honest focal point; rugs, towels and throws

adorn walls and furniture, while bamboo, flowers and sprigs of pattern force the eye away from the distressed elements and into the beauty of interior excellence.

The En Provence look takes inspiration from shades, designs and styles of the 1970s. Imagine driving through the night to arrive at a semi-dilapidated farmhouse buried deep in the foothills that give way to vistas over the Mediterranean. Imagine brushing away the cobwebs to find a space untouched by modernity and contemporary tastes, where furniture is placed dramatically and the smell of freshly uncorked red wine begins to fill the air.

It is a design style almost out of wartime innocence – where comfort comes in the essentials, not the excessive.

Try it yourself – simple furniture, exposed brickwork and splashes of pattern; unmatching fabrics, wrought iron and wood; and most definitely no fluffy carpets.



HOME & DIY

Photo credit: Livingetc.com

A Design for Life



He is the interior designer seemingly plucked straight out of the Georgian era; he decorates himself in velvet, Merlinesque sleeves and looks like an upper-class Dave Grohl. And yet, amid silly comparisons and quiet scoffing, we all owe Laurence Llewelyn-Bowen a huge debt of gratitude.

Laurence Llewelyn-Bowen had a wealthy upbringing around south-east London, albeit not one free of challenges and heartache – his father died when he was just nine years old. “I think the shock of that really propelled in me a sense of wanting to achieve something special,” he says. “It made me realise how finite life was.

“My father was an orthopaedic surgeon, so making a difference was a big incentive and made me feel as if I could follow him.”

Exploring needlework and fine art, he graduated from Camberwell College of Arts and started his own design agency in 1989. The success of that coincided with the first fragments of reality TV on our screens, and, coupled with a surge in homebuyers which, by association, meant an increase in people wanting to apply perfect, personal artistic elegance to their homes, the interior designer inadvertently turbo-charged a ‘home entertainment’ revolution.

To be fair to the now 54-year-old, there was no one else who could lead out interior consultancy in the way he did... and continues to. From voluptuous to dynamic, detailed to deep, he has managed to evolve with the times – his contemporary collections now are a world away from anything he’d have been seen to be championing in the early days of *Changing Rooms*, even if his go-to shades are still of the darker variety.

Add in flair, finesse, and that must-have presenting quality of being quite comfortable with telling people they’re wrong – “I would only ever use the word ‘mistaken’” – and Llewelyn-Bowen’s seductive appeal spans both genders, countless demographics and various tastes – one of our true, British design champions.



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LOCAL NEWS

from your neighbourhood



School praises gymnast

A Rayleigh schoolboy who is a British gymnastics champion has been praised for the way he has juggled training and his schoolwork.

George Atkins, 11, who is a Year 7 pupil at FitzWimarc School, is currently training as an elite gymnast at South Essex Gymnastics Club, where he trains for more than 30 hours each week.

He is currently both the English and British Under-12 champion, competing on all six pieces of apparatus.

As well as excelling at gymnastics, he has been continuing his studies, leading to praise from his school.

The school said: "George has serious dedication

and commitment to his training and this has resulted in lots of wonderful opportunities, some of which include travelling and training all over the world.

"George is passionate and resilient and gymnastics is very rarely easy; fitting in homework and training until late every night as well as working hard in the classroom each day is particularly hard work.

"George has such a strong desire to always be the best he can be, and his long-term commitment to this sport has secured him a place on the GB squad for the last three years.

"What an incredible role model George is, not only to young people, but to everyone."

Police powers increased after disturbance

Police issued a Section 60 Authority in Rayleigh after a disturbance on the High Street on February 22.

The Section 60 gives officers the power to stop and search anyone even without reasonable grounds.

However, when a Section 60 is enforced, the public

have to be made aware, so police issued a notice after an incident outside a pub in Rayleigh High Street.

The Section 60 covered Highfield Crescent and the surrounding area, including the A1015 to South Victoria Road, the B1013 and Trinity Road.



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MARK FRANCOIS MP



Member of Parliament for Rayleigh and Wickford



LOCAL NEWS

Residents in Rayleigh will well recall the traffic problems we experienced last autumn, when several property developers began digging up the roads in and around the town (and also in Hullbridge). As the local MP, I intervened with Essex County Council Highways and all three developers in question to try to get the works done as fast as possible and to get Watery Lane reopened as well.

Unfortunately, further works on the roads will now have to take place this spring, in order to connect new housing developments to the local utilities network. There is some good news about this and some bad news. The good news is that, having tried to learn lessons from what happened last time, the developers have agreed with ECC to phase their work in order to try to prevent work on multiple roads at the same time. So, Silver City Estates will begin working on the London Road in March and

then, hopefully when they are finished, Countryside will work on the London Road from April to July. There will be further works on Rawreth Lane later this year to construct the new roundabout at the eastern end. The bad news is that some of this may mean traffic control measures all day, from 7am to 7pm (including weekends).

As the local MP, I am pushing the developers hard to avoid this wherever possible and, at the very least, to endeavour to lift the contraflows during the rush hour and the school run. I cannot guarantee that I will succeed in this, but I do assure my constituents that I will do my best. We all know these works have to be done, but I think that developers should be mindful of their impact on the quality of life of Rayleigh residents, and I will certainly challenge them forcefully to that effect.

Man seeking life-saving treatment

A fundraising appeal has been launched in an attempt to pay for potentially life-saving treatment for a Rayleigh man.

Trevor Wood has been diagnosed with brain cancer and is hoping to raise enough money for treatment not available on the NHS.

Leanne, Trevor's wife, put a plea on social media for the community to support him as he bravely battles glioblastoma multiforme, a brain tumour.

Trevor was diagnosed in December and, despite having a tumour removed, it has sadly regrown.

Now Trevor's family are looking to raise money for Rick Simpson cannabis oils, which, it is hoped, will help him beat his cancer.

Hoping to raise £2,200, the community quickly rallied behind Trevor with £1,700 raised almost 24 hours after a plea from Leanne on Facebook.

Talking about his diagnosis, Trevor said: "I've been diagnosed with a glioblastoma multiforme brain tumour which is the deadliest form of brain cancer you can have.

"I've had two surgeries to remove it but it's back again and very aggressive this time. I'm starting chemo again but there are other treatments I can have to stay alive but it's very expensive.

"Please help us to raise as much as we can so I can be with my wife and children for as long as I can."

Following the support from the community, Trevor was quick to thank those who have donated or offered support.

To donate to the appeal, visit www.gofundme.com/f/tq5uc-please-help





News from THE ROTARY CLUB

Rayleigh Mill

Refreshed after the Christmas Break, the members of the club are now getting back into their stride and started by donating £2,500 to The Danny Green Fund.

The fund was set up by Danny's parents after he suffered from posterior fossa syndrome as a result of surgery to remove a brain tumour.

At the January Business Meeting, at the behest of the International Committee Chairman, Alec Gibb, the club voted to donate £500 to the Australian Bush Fires Appeal.

The club also hosted two interesting speakers. Sandra Marsden spoke on behalf of Timebank, an organisation that permits volunteers to provide their specialist skills as a service to one need in the community. They will receive time credits that can be used to provide different types of essential services in the community in fields as diverse as social isolation, community cohesion and integration, health and well-being, education and employment, and environmental and regeneration.

Rachel Wright spoke about Camp Jojo, a charity set up to provide families who have children with complex needs with family holidays who may never have had



holidays owing to the many varied requirements that are necessary for these children.

The club was the beneficiary of a donation from one of our members, Alan Buxton. The money came from Alan's close relationship with Father Christmas who attended Swallows Nursery over the Christmas period and was the happy recipient of £546.71 from the collection at Swallows and from the Tabernacle Choir who donated £20.

Man banned from calling 999

A man from Rayleigh has been banned from calling 999, unless it's a genuine emergency, after making hundreds of nuisance calls.

David Owen made 132 calls to the East of England Ambulance Service, costing more than £10,000, and 482 calls to Essex Police between March 2018 and April 2019.

Appearing at Southend Magistrates' Court on February 6, Owen, 60, was given a two-year Criminal Behaviour Order (CBO).

The order states Owen is "not to call the 999 emergency number, unless in the case of a genuine medical or police emergency that would require immediate attendance of the emergency services".

He was also ordered to undertake 12 months of rehabilitation programmes to pay the East of England Ambulance Service £400 compensation.

He had previously admitted two counts of persistently making use of public communication networks to cause annoyance, inconvenience or anxiety.

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Charity donates £10,000 to hospital



A charity set up after a brave mother from Rayleigh lost her battle with lung cancer continues to raise funds for the hospital where she was treated.

Donna Pickering, mother of four, was 47 when she lost her battle with lung and liver cancer in February 2007, only six months after being diagnosed.

As a tribute to her bravery, her husband Mark and father Colin Regan set up the Donna Pickering Cancer Trust to raise money to help other cancer patients.

More than a decade on and the Pickering family, including Donna's and Mark's four children, Tom, Esme, Layla and Clark, have not wavered in their dedication to raising funds for cancer services at Southend University Hospital.

They have continued to organise and take part in many fundraising events, and Donna's family and friends have donated a whopping £25,000.

Most recently, on February 10, the family visited the hospital to present a further £10,000 towards the purchase of a Phantom Respiratory Motion Device for radiotherapy and a brand-new PlayStation 4 with two games for use by the patients and visitors on Estuary's Oncology Ward.

The hospital's charity department said: "On behalf of the many patients and families who have and will continue to benefit from this support, we sincerely thank you."

Man admits attempted murder of police officer

The sentencing of a Rayleigh man who admitted attempted murder after stabbing a police officer 11 times has been adjourned.

John McCartney, 40, of Rayleigh, was arrested in April last year and has admitted his guilt at Basildon

Crown Court.

At the time of writing, McCartney was due to be sentenced on March 6, where the judge will hear evidence from psychiatrists about his mental state.

In court he confessed to 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 now recovering at home.

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.

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

Gym owner handed suspended sentence

An owner of a gym in Rayleigh has been found guilty of illegally selling steroids with a street value of up to £96,000.

Christopher Jones, 44, owner of Titans Gym in Eastwood Road, along with Gary Hope, 50, appeared at Basildon Crown Court on February 10, where they admitted all charges.

They were given 14-month jail terms suspended for two years and told they must complete 200 hours of unpaid work.

They also have a three-month curfew between 7pm and 5am, and will be electronically monitored to ensure they are meeting the conditions.

A large quantity of steroids was found during a drugs raid in May 2018 at Titans Gym, as well as 838 boxes of diazepam.

The home of gym owner Christopher Jones was also raided by officers, who found £15,460 in cash.

His friend Gary Hope, a personal trainer, was arrested in October 2018 after being caught bagging steroids kept at a storage unit into smaller bags.

A proceeds of crime hearing will be heard at a later date.



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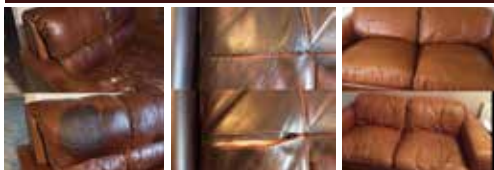
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PLANT OF THE MONTH:

Asparagus



GARDENING

Asparagus is a highly sought after and popular vegetable owing to its subtle flavour, array of health benefits and the fact that it is only in season for a short period of time. Unfortunately, this also means that it can be quite expensive. However, it is surprisingly easy to grow your own.

How do I plant asparagus?

Although you can grow asparagus from seeds, it is much easier to plant one-year-old dormant plants, known as crowns, which you can buy from your local garden centre or online. The ideal time to plant these is in March or April.

- Choose a sunny spot for your crowns, with well-drained soil
- Do not replace an old asparagus bed with new plants
- Clear away any weeds and add garden compost to the area
- Dig a trench that is roughly 30cm wide and 20cm deep
- Add some organic matter to the bottom of the trench
- Soak the crowns in compost tea for 20 minutes before planting
- Place crowns in the trench 40cm apart
- Top with 5cm of organic matter, such as well-rotted manure

When can I harvest asparagus?

Unfortunately, you have to be patient when growing your own asparagus and you should not harvest them for the first two years after planting.

Once you reach the third year, you can harvest your spears from mid-April for six weeks by cutting each individual spear with a sharp knife, roughly 2.5cm below the soil, when they are no more than 18cm tall.

If the weather is warm, you should be able to harvest new spears once every 2–3 days.

Pests to look out for include:

- Slugs and snails. Control these pests using eggshell barriers, copper tape and biocontrol.
- Asparagus beetle. Pick off adult beetles and larvae by hand and drop in warm, soapy water to kill them.



Totally Tropical

We can all become bored with the same old plants and flowers in our gardens, so why not spruce things up with a variety of species that offer a tropical flourish all year round?

CHUSAN PALM

There is something so elegant about a palm tree. While it can transport minds instantly to those carefree holidays, the *Trachycarpus fortunei* is actually a hardy presence in a garden and retains its stunning presentation throughout winter. In fact, you may need to protect it more during summer, with regular watering during the growing season and partial shade helpful.

This plant can withstand temperatures as low as -9°C, though you should make sure the soil below is well drained. When pruning, remove the lower leaves when they become discoloured (brown) or untidy.

BAMBOO

Like the Chusan palm, bamboo plants are surprisingly strong and fiercely weather resistant. The black bamboo (*Phyllostachys nigra*) provides a stunning blend of black stalks and green sprays of colour, growing in clusters and clumps, with an ability to spread quickly. Be warned, though, these plants can grow to a height of more than five metres.

GINGER LILY

To add to these green tropical twins, try a ginger lily (*Hedychium aurantiacum*). Orange in its infancy once it has pushed up through the beds, it produces red florae in the later parts of summer.

MUSA BASJOO

An evergreen perennial with large paddle-shaped leaves, this Japanese banana plant splays out its leaves and can grow to an impressive height without the awkwardness of a large trunk.

BEAR'S BREECHES

Finally, complement your tropical spread with bear's breeches (*Acanthus mollis*) – a high-standing perennial which offers resplendent purple and white flowers. All you need to finish the tropical theme is a pina colada and some sunshine.





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What's in your pet's

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However, maybe it's time you started to look a bit more closely at the preservatives that your preferred pet food contains.

Why do pet companies add preservatives to pet food?

Preservatives are essential for dry pet food as without it the fat in the food would oxidise and go bad. Wet pet food, on the other hand, does not need to have preservatives added as the seal on the can or pouch will keep the contents fresh. Preservatives are also added to pet treats.

Are preservatives bad for pets?

There are some preservatives that are natural, and these do not have a detrimental effect on your pet's health; in fact, they can be beneficial for your pet. However, chemical preservatives that are added have been linked to cancer and other health issues.

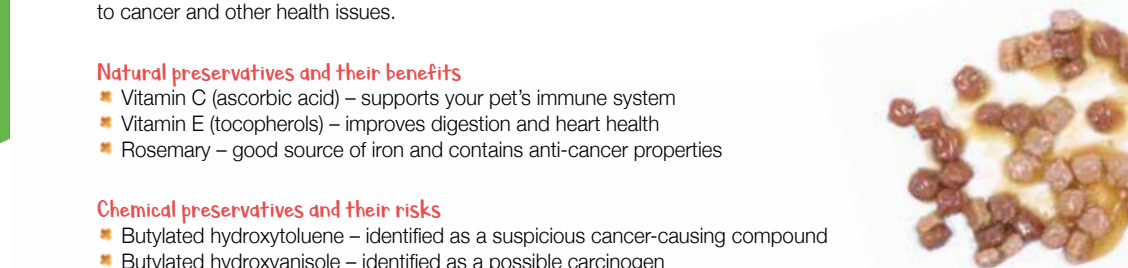
Natural preservatives and their benefits

- Vitamin C (ascorbic acid) – supports your pet's immune system
- Vitamin E (tocopherols) – improves digestion and heart health
- Rosemary – good source of iron and contains anti-cancer properties

Chemical preservatives and their risks

- Butylated hydroxytoluene – identified as a suspicious cancer-causing compound
- Butylated hydroxyanisole – identified as a possible carcinogen
- Tertiary butylhydroquinone – prolonged exposure has been linked to stomach cancer
- Propyl gallate – this is prohibited from being used in infants' or children's food as it has been linked to the blood disorder methaemoglobin

Food dyes are also often used in pet food but have been known to contribute to hypersensitivity reactions and behavioural problems. The caramel colour is particularly dangerous as it contains 4-MEI, which is a known animal carcinogen.



BRITISH BULLDOGG

TYSON FURY PROVES HE'S THE BEST IN THE BUSINESS IN A GOLDEN ERA FOR BRITISH BOXING

A late night, an early morning, a highlights package – however you consumed Gypsy King Tyson Fury's catastrophic defeat of Deontay Wilder in Las Vegas on Saturday night, the seventh-round stoppage ranks as one of the most memorable boxing contests in history.

Our British heavyweights are now the undisputed bulldogs of the sport. With Anthony Joshua holding the IBF, IBO, WBA and WBO titles and Fury not just taking Wilder's WBC belt, but swiping it off him with such ferocity that the American must wonder if he can ever mentally recover himself from such a beating, our reputation as supreme kings of the ring is assured.

Fury will look back on his efforts and view them less as a victory and more as a total demolition. Having controversially been denied victory in the first drawn fight back in December 2018 – a contest he dominated despite having to dramatically pull himself up off the canvas in the final round – this was arguably the most hotly anticipated rematch since his namesake Mike battled Evander Holyfield for a second time in 1997.

While Fury came close to a sensational upset in that first fight, many regarded him as still being on the path back to full competitiveness. He had dropped out of the sport in the preceding two years, battled drug addiction and depression, and ballooned to 29 stone. In hindsight, if Wilder's unbeaten record was shown to have been under such severe threat in the first match, it was hanging by a thread in the second, particularly when he was floored in the third round by a right hook to the side of the head.

The American, slipping and flailing repeatedly in the minutes that followed with a suspected burst eardrum most likely affecting his balance, then suffered the ignominy of being put down by a body shot in round five; and when the white towel was lobbed pleadingly into the ring in the 99th second of round seven, history had been made... and how.

Fury may be brash, eccentric, and with a level of showmanship that can verge on uncomfortable – his rendition of 'American Pie' in the ring afterwards left many shoe-gazing and happy to stay away from the camera lens – he retains a level of humility perhaps only rivalled by Joshua. "What a fighter you are," he said to Wilder as they hugged after the contest, even if, in truth, his opponent had been totally schooled on the path to a first, devastating, professional defeat.

Fury is a devout Christian who thanks a higher source for getting him back on the road to salvation. In return, he is philanthropist, reportedly donating huge sums to charity.

Of course, no sooner had Fury's arm been lifted by referee Kenny Bayless, was the talk of a showdown with AJ, a bout that would rank as the most lucrative in the history of the sport, and, certainly from a British boxing perspective at least, the most anticipated ever.

It is a division rich in talent, with Dillian Whyte, Dereck Chisora, Andy Ruiz Jr, Oleksandr Usyk and Joseph Parker all waiting in the wings. Whether any dare risk reputation and health against the might of Fury, and whether any will be granted the opportunity, remains to be seen.



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PUZZLES

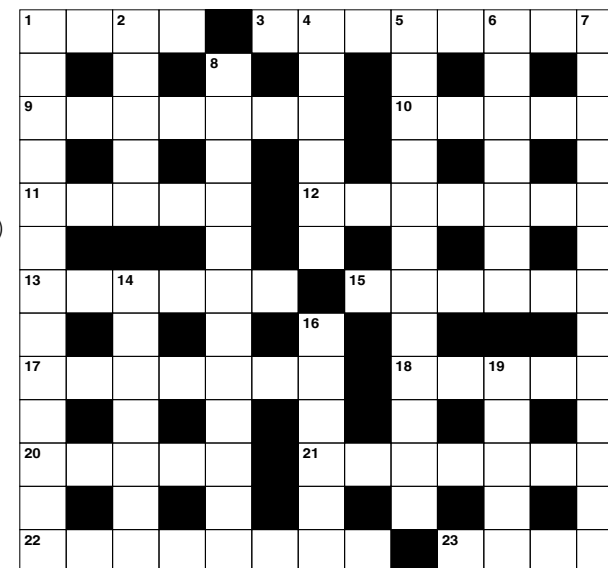
Answers can be found on the Contents Page 4

ACROSS

- Unwell (4)
- Coming out of (8)
- Freezing (3,4)
- Italian cathedral (5)
- Herb (5)
- Mode (7)
- Make tidier (6)
- Adjust in advance of its use (6)
- Sharp tooth (7)
- Shady spot under trees (5)
- Ornamental stone (5)
- Chanted (7)
- Overabundances (8)
- Dairy product (4)

DOWN

- Perfect likeness or double (8,5)
- Requiring much mastication (5)
- Change (6)
- Reallocate (12)
- Traditional piano keys (7)
- Amiably (4,9)
- Despair (12)
- Antiquated (7)



- Reach a destination (6)
- Lifting device (5)

DID YOU KNOW?

- ▶ Hong Kong has more skyscrapers than any other city in the world
- ▶ Australia is the only country that covers an entire continent
- ▶ Canada's lakes and waters contain about 20 per cent of all fresh water on Earth
- ▶ There are more than 60 languages spoken in Kenya
- ▶ The United States of America is made up of 50 states and the District of Columbia
- ▶ Brazil has won the most World Cup titles
- ▶ Queen Elizabeth II is the Head of State of St Lucia
- ▶ Papua New Guinea speaks the most languages in the world, with more than 851 individual languages listed

SUDOKU

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5 ALIVE

5G technology – what is it, how does it work, and what impact will it have on your life?

The days when mobile phones were used to simply phone people are gone... and they're not coming back.

Our portable connectivity has advanced so far, so fast, that we now find ourselves in a place where, seemingly, anything is possible.

The vast majority of the UK currently operates on 4G technology – or 3G if you're having a bad day. Where simple phone mechanics have morphed into full web and app connectivity, 5G will offer users the kind of burst in speed that would make even Usain Bolt appear slow.

Users will need a 5G device – no software update to a 4G phone is going to bring you the bursts of acceleration you're hoping for. The 5G network is built on millimetre waves, and while that means a higher frequency, it also means a smaller range. The end result is that these waves don't travel as far as 4G waves, so the installation of huge quantities of nodes for maintaining the signal are the reason why there's such a slow rollout of tech.

While the experts circumnavigate those problems, what the technology means for us is rapid functionality. Say goodbye to buffering of any sort, enjoy an entire download of the Fortnite game in 10 seconds, or a whole hour-long Netflix show in four seconds... and that's HD too, obviously.

As for its arrival, the whole of the UK is expected to be 5G ready by 2022, with various mobile networks 'switching on' cities a few at a time.

As with any early adoption of tech, the secret is probably to hold off at first. Early 5G handsets are expensive, and creases in the system are still being ironed out. Within a couple of years the nation's internet connectivity not only be at the very peak of optimum performance, but it will be affordable too.

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WORLD WIDE WEB REACHES 30

What started out as an idea for scientists to share information went on to change the world 30 years later.

Sir Tim Berners-Lee's initial idea, called Mesh, was originally described by his boss as, "Vague but exciting."

It wasn't for another year, in 1990, that he started writing code for the project, which had taken on a new name: the World Wide Web.

Thirty years on, and Berners-Lee's invention has more than justified the lofty goals implied by its name. But with that scale has come a host of troubles, ones that he could never have predicted when he was building a system for sharing data about physics experiments.

He is well aware of the problems. In his annual letter marking the anniversary of the WWW he writes: "While the web has created opportunity, given marginalised groups a voice and made our daily lives easier, it has also created opportunity for scammers, given a voice to those who spread hatred and made all kinds of crime easier to commit."

"It's understandable that many people feel afraid and unsure if the web is really a force for good. But given how much the web has changed in the past 30 years, it would be defeatist and unimaginative to assume that the web as we know it can't be changed for the better in the next 30. If we give up on building a better web now, then the web will not have failed us. We will have failed the web."

He has a solution, but it is radical: a sort of refoundation of the web, creating a fresh set of rules, both legal and technical, to unite the world behind a process that can avoid some of the missteps of the past 30 years.



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SOLE TRADER VS LIMITED COMPANY

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So, you've got an idea, you've honed in on a potential market, and you possess all the enthusiasm and endeavour that's going to make you the next Richard Branson. But what sort of legal entity is best for your fledgling enterprise?

The decision of whether to set up as a sole trader or limited company really depends on the sort of business you're running and your aspirations behind it. Many starting out want to feel their way into the business world, and operating as a sole trader enables just that. In essence, you are your business. It's simple and quick to set up, and affords you the chance to start earning immediately, perhaps even alongside a full- or part-time job. At the end of each tax year you or an accountant will crunch the numbers and you can keep whatever profits you make. There are also a variety of deductions available, such as benefits for use of home and car, provision of electricity and other elements that contribute towards the running of your business.

The appeal of starting a limited company is slightly different. In the first instance, that 'limited' refers strongly to the liability – namely that you and the company are two separate entities. If the worst should happen and the business accumulates debt or runs into operational issues, the culpability is purely with the organisation and doesn't fall on your shoulders.

Limited companies also benefit from better tax breaks, but payroll is more structured and formal. There are set wage terms, and beyond that comes a whole raft of admin and filing tasks to HMRC and Companies House.

Finally, in terms of customer perception, the idea of operating as a limited company is seen to be of loftier status than a sole trader, while bringing in other directors and stakeholders and applying for commercial resources (such as business credit) is easier too.



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Photo Courtesy of PA Images

Travelling AFTER BREXIT

PLANNING A HOLIDAY IN EUROPE THIS YEAR?
HERE IS EVERYTHING YOU NEED TO KNOW
REGARDING TRAVEL POST-BREXIT



Regardless of whether you view Britain's belated exit from the European Union on January 31 as a cause for celebration or commiseration, the need for clarity over how the move will affect our day-to-day lives is one we all share, particularly when it comes to travel.

The good news is that, thanks to Boris's Withdrawal Agreement, we now find ourselves in a transition period until at least December 31, 2020. Put simply, almost nothing will change during this time, meaning when visiting any EU country you'll follow the same protocol as you always did.

Planes, ferries, coaches and trains are all operating as before, and you do not require any kind of visa to move across the continent. Your existing passport is still legal, and while it will need to be valid for the entirety of your trip, you won't need to have at least six months left on it as you would when visiting countries outside the EU. A full UK driving licence will also maintain the same privileges as before.

As with any holiday or business trip, it's advised you get full travel insurance to cover yourself and your possessions, though UK-registered EHICs (European Health Insurance Cards) will still be valid throughout 2020. Tech junkies and pet lovers can also rest easy in the knowledge that making calls, sending text messages and using the internet on mobile phones or tablets will not change, and pets with valid passports will also be able to travel as before.

What comes after December 31 will all depend on the deals Boris and co hammer out over the coming months. Until then, book that vineyard tour in France, the skiing adventure in the Swiss Alps, and that much-needed beach vacation in Croatia, safe in the knowledge that the legacy of Brits abroad is here to stay, for now at least.

Photo credit: Lisa Kolbasa/Shutterstock.com



TRAVEL



MUSCLE

mania

Did you know that muscle burns more than twice the amount of calories as fat? Plus, it continues to burn energy even after you have stopped working out.

Men and women alike can incorporate the following muscle-building techniques into their workout routine.

SQUATS

Squats, either with a barbell or without, are a great exercise for building muscle throughout your entire body, although their primary focus is on the quadriceps, hamstrings and calves.

DEAD LIFTS

Dead lifts should be a staple part of your muscle-building routine, working your hamstrings, quadriceps, glutes, back muscles and entire core.

DIPS

If you are looking to build up your chest, triceps and shoulders, then dips are the ideal muscle-building exercise for you. Unlike press-ups, parallel bar dips force you to lift your entire body weight, resulting in a more effective workout.

PULL-UPS

The back is a muscle that is often forgotten; however, it is vital that you build strength in your back if you want your core to be strong. Pull-ups are the perfect exercise for building up your back and biceps.

BENCH PRESS

The bench press is a vital exercise for increasing upper body strength. Focusing primarily on the chest, shoulders and triceps, this popular exercise should not be limited to men; women can also enjoy the benefits of bench press.

OVERHEAD PRESS

Incorporating your whole body, the overhead press is particularly beneficial for your shoulders and your arms. Depending on your weight and fitness levels, men can expect to lift anywhere between 55 and 200 pounds, whereas as women can lift between 15 and 100 pounds.

ROWS

If you want to work your upper back, both barbell and dumbbell rows are a good idea. Barbell rows focus on your back muscles and lats; however, if you want to work your shoulder blades more, then dumbbell rows should be your go-to exercise.



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LET'S
GET

Messy



BEAUTY

Why is it that the simplest things in life often turn out to be the most complicated?

The messy topknot bun, for example. This should be an effortlessly easy and chic updo that can take you from day to night in a matter of moments; however, this seemingly simple do can be tricky to get right.

HOW TO ACHIEVE THIS LOOK:

STEP 1: Do not wash your hair – this updo works best on hair that has not been recently washed.

STEP 2: Brush your hair thoroughly to get rid of any knots or tangles.

STEP 3: If you are prone to flat hair, spray a volumising spray or dry shampoo to your roots.

STEP 4: Create a high ponytail, right on the top at the back of your head.

STEP 5: If you have long hair, tip your head upside down to ensure that you get the ponytail right up to the crown of the head.

STEP 6: Once secure, divide your hair into two sections.

STEP 7: Twist your hair around into a bun shape and secure with pins.

STEP 8: You should now have a bun that looks similar to a ballerina's. Now for the messy part.

STEP 9: Slowly pull a few strands out from the bun to frame your face – not too many.

STEP 10: Slightly loosen the bun to add more volume.

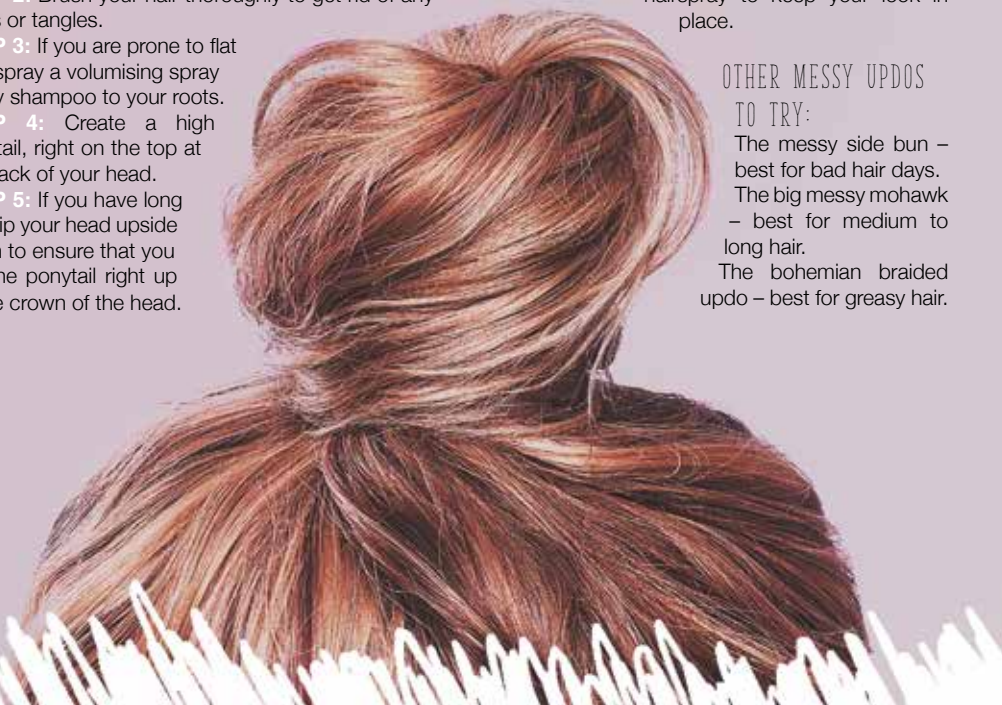
STEP 11: Optional – alter the shape of your bun using pins to secure in place.

STEP 12: Finish with a light- to medium-hold hairspray to keep your look in place.

OTHER MESSY UPDOS TO TRY:

The messy side bun – best for bad hair days.
The big messy mohawk – best for medium to long hair.

The bohemian braided updo – best for greasy hair.





make-up GET SET, GO

Make-up setting sprays are the perfect product for ensuring that your make-up stays put and perfect for long days, or nights, on the go. However, they can be expensive and all too often you end up resorting to using hairspray instead – a definite skincare no-no. So why not make your own instead?

ROSE WATER & WITCH HAZEL SETTING SPRAY – *Best for oily, mature and acne-prone skin*

YOU WILL NEED: 1 tablespoon rose water | 1 tablespoon witch hazel | 1½ cups water | 1 spray bottle

Rose water is known for its anti-inflammatory properties and can help calm down red or irritated skin, as well as being able to reduce oiliness. Witch hazel will work hard to keep your make-up in place and fight any breakouts.

ALOE VERA & LAVENDER SETTING SPRAY – *Best for dry or dull-looking skin*

YOU WILL NEED: 2 tablespoons aloe vera gel | 2–3 drops lavender oil | 1½ cups water | 1 spray bottle

Aloe vera has the clever ability to reduce oil and moisturise your skin at the same time, meaning it is the ideal ingredient for creating a setting spray for those with dry skin. Lavender is great for reducing redness and improving the overall appearance of your skin, plus it will help you to feel calm and relaxed.

HOW TO MAKE EITHER SPRAY

Sterilise your spray bottle | Mix together all your liquid ingredients and add to the bottle | Shake vigorously | Store in the fridge for 2–3 weeks, using when needed

HOW TO USE YOUR DIY SETTING SPRAY

Shake your bottle to ensure all the ingredients are mixed together | Hold the spray 6–8 inches away from your face | Spray a few times to ensure full coverage | Let the spray dry naturally – do not be tempted to rub your face or try to blend it in | Reapply as and when needed



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Hot off

THE RUNWAY



FASHION

OUR FAVOURITE AUTUMN/WINTER TRENDS FROM FASHION MONTH

Fashion Month is over, which means that the Autumn/Winter 2020 trends have officially been unveiled. Here are some of our favourites, along with ways in which you can sport the trends instantly...

EMBELLISHMENTS

Good news for magpies, as embellishment is one of the biggest trends of the AW20 season. Embellished accents are a great way to liven up existing autumn/winter pieces, especially since colour palettes tend to be more muted and understated. Adding some embellishments in the form of a sequined belt, a decadent brooch, or even a glittery strap à la Self-Portrait is an AW20-approved remedy for a dull autumn/winter wardrobe.

PRINTS

Another great way to add some punch to your autumnal wardrobe is to pile on the print. Leopard print isn't going anywhere, as it stormed the world's runways in all forms; our favourite being a stunning floor-length coat by Tom Ford. Tailored suits – which

also dominated the catwalks – were given an AW20 makeover thanks to subtle and not-so-subtle print detailing, meaning you can rock two trends in one if you so dare.

90S STYLE

Don't get rid of your 90s wardrobe just yet. Victoria Beckham resurrected Spice Girls era platform boots, while *Clueless* style tartan skirts and slip dresses reigned supreme throughout Fashion Month. And thankfully, these are all available to buy right now. Wear tartan skirts with warm polos, tights and knee-high boots while there's still a chill in the air, and save the slip dress for your next girls' night out.

PONCHOS

The poncho is back, but did it ever really leave? Rag & Bone, Longchamp, Carolina Herrera, and a host of other designers debuted their reimagined ponchos on the runway, proving that the poncho is here to stay for another season. Dress it up or dress it down – the styling options are virtually endless.



Photo credit: ASOS.com, chcarolinaherrera.com



Fine Foodies

We have ten of the finest foods to keep you looking young and healthy on both the inside and outside. Here are the first five and; see next month for the next five.

Olive oil
A staple of the life-enhancing Mediterranean diet, olive oil has long been touted as a superfood. In fact, it was four decades ago when researchers discovered that the monounsaturated fats in olive oil were a major factor in the low rates of heart disease and cancer on the Greek island of Crete, so get drizzling.

Natural yoghurt
High in protein and packed with calcium, yoghurt heals you from the inside out. The high calcium content helps ward off osteoporosis while the abundance of live bacteria is great for your gut.

Berries
An easy way to get one of your five a day is to put

a handful of berries into your morning smoothie. Both raspberries and strawberries contain ellagic acid, which protects against UV rays and can help thwart wrinkles, while blueberries are rich in vitamin C – aiding blood circulation – along with potassium to beat puffiness.

Broccoli
Not only is broccoli loaded with vitamin C and fibre, it also contains a natural compound called nicotinamide mononucleotide (NMN). Also found in cabbage, cucumber and avocado, this compound may slow down the ageing process by reducing the inflammation that causes ageing and by protecting cells.

Sweet potatoes
Like most vegetables that are red, orange or yellow in hue, sweet potatoes contain disease-fighting carotenoids. In fact, just half of a medium-sized sweet potato with the skin on provides twice your daily recommended intake. A super spud indeed...



With Easter just around the corner, now is the ideal time to start preparing some fun and simple Easter crafts for you and your children to enjoy making together over the holidays. With four different designs to choose from, your kids are guaranteed to want to create one of these showstopping Easter bonnets.

1. The Traditional Bonnet
Perfect for those who want a simple design that will not be too difficult to make. Simply take a plain straw hat and then staple or glue on a variety of paper flowers, baby chicks, feathers and felt Easter eggs. You can be as OTT with the decorations as you like, but ensure that the glue has completely dried before attempting to wear your bonnet.

2. The Easter Nest Bonnet
If your kids love making those chocolate Easter egg nest cakes, then they will be absolutely besotted with this quirky bonnet that only requires a few materials to make. All you need is some shredded yellow tissue paper, some small speckled Easter eggs and the hat itself.

3. The Flower Bonnet
This beautiful bonnet boasts an array of multicoloured tissue paper flowers that can be as big and bold as you like. You can make these flowers by cutting out and layering circles of different-coloured tissue paper and then connecting them together with a pipe cleaner.

4. The Easter Bunny Bonnet
If you have some felt lying around then this is the bonnet for you. Simply cut out a selection of different-coloured bunnies from your felt using a stencil and then glue them around the crown and the brim of the hat. You can also write an Easter message in felt letters if you wish.



Photo credit: www.netmums.com





DASHCAM

REC TO THE RESCUE

The rise of dashcams, and why more motorists are installing them

If you're familiar with the phrase 'where there's blame, there's a claim', you'll know we're living in an era when most people in most areas of society are being held accountable for their actions.

And on the roads, that's certainly the case, with £1.2billion of car insurance claims paid out in just the first quarter of last year.

Many of us have found ourselves in a position where an event on the road becomes the subject of dispute, and more and more now motorists are protecting their side of the story with dashcams. From just £20, and available front and back, footage can prove invaluable in the event of a claim needing to be made.

Typically, dashcams have been plugged into car cigarette lighters, but increasingly now, compatible cams can be wired into the

battery, meaning that even when parked and with keys out of the ignition, the camera will start recording whenever it detects movement.

More expensive models can offer immediate playback, increased file storage and GPS, but whether investing heavily or just setting something up to get you covered when zipping in and around town, protecting yourself – and your story – could end up saving you thousands.

And who knows, if you catch something really remarkable, your subsequent YouTube upload could go viral, landing you enough to drive something new off the forecourt... dashcam pre-fitted.

The ultimate question behind dashcams ends up being this; rather than asking, can you afford to install one, can you actually afford not to?

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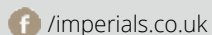


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SPORT



3. KARATE

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

During the Ryukyu Dynasty, martial arts were banned by King Sho Shin, but they continued to be practised in secret. By the 20th century, Japanese universities had karate clubs, and in the 1960s and 1970s, martial arts movies were bringing this unique form of combat to popular culture.

It's perhaps surprising, then, that it's taken until 2020 for karate to make its Olympic debut, and even now is being presented as a non-permanent addition.

The sparring discipline of Kumite will feature three weight classes for male (67kg, 75kg and +75kg) and female (55kg, 61kg and +61kg) competitors, and there will be no mixed-gender contest. There will be 10 entrants in each category.

Rules in Kumite state that opponents face each other on an 8x8m mat, for three minutes or until one has an eight-point lead over the other.

Three points are awarded for ippon (a technique with clean connection and good form), two points for waza-ari (throwing opponent with control and accuracy, but not to extent of ippon) and one point for Yuko (a throw that places the opponent on their side).

There will also be a Kata discipline, in which judges will award points for technical (techniques, focus, correct breathing, stances, timing, transitional movements and conformance) and athletic (speed, strength and balance) performance. A total of 10 female and 10 male athletes will compete for gold, silver and bronze medals.

Karate has previously been an event at four leading athletic competitions – the 2018 Asian Games, and the 2019 African, European and Pan American Games.

It is apt, then, that the sport will be making its Olympic debut in its homeland.



RIGHT PLACE

right time



HOW, EVEN AT 35, CRISTIANO RONALDO REMAINS A CONSTANTLY EVOLVING MODERN-DAY SPORTING ICON

The enigma that is Cristiano Ronaldo continues to enchant, endear and entertain at every turn.

A seemingly ageless talent whose presence in the sporting arena is as strong as his appeal is ubiquitous, the Portuguese has always made the almost insurmountable task of remaining impactful appear largely effortless.

The secret to staying relevant occupies a strand picked up by so many great stars... of sport, the big screen, music, fashion and more: don't outstay your welcome.

"I have always been of the mind where I know when it is time to go," he says. "We can all do things for too long and that is when the gloss begins to fade a little."

Ronaldo's perception of when to stick and when to twist can be measured with the same exemplary precision as his leaps, salmon-like, that end with a header being powered past the flailing dive of an opposition keeper. Growing up as a kid in the system at Sporting Lisbon, he was only 18 when he switched to Manchester United, but as a career progression the time was right to step up.

Arguably, he did the same thing again when, in 2009, and at the peak of his powers in the Premier League, he left to join Real Madrid for a then world record fee of £80million.

And just as it appeared he would see out a glittering career in the Spanish

capital, a surprise switch to Juventus in the summer of 2018 flawed any notions that the player capped 164 by his country didn't still have within himself the passion and desire to freshen things up again.

Ronaldo, the man, is both effortlessly simple and hopelessly complicated. He is a brash, brazen, power-driven personality who, by the same token, will frequently be reduced to tears in interviews.

He is a man who has put a barrier between himself and the mother of his first son Cristiano Jr, yet whose dedication to all four of his children – Eva, Mateo and Alana all followed in 2017 – is unrelenting.

He is a man demerited and scorned on social media as much as he is admired and praised... someone who thrives on the spirit of competition and never backs away from bestowing his personal image on anyone who will listen; and yet, in almost the next breath, he offers humility, charity, compassion, the like of which some will tell you is apparently absent from the modern game.

Ronaldo's defining impact will always have to be that made on the pitch, of course. The legacy of a sportsman should be centred precisely in sport itself, but it is indisputable that he has played a defining role in enriching our perception, understanding and appreciation of modern entertainment culture, and for that, no matter what our sporting allegiances, we have to applaud him.

RONALDO IN STATS

(FIFA) Ballon d'Or: winner in 2008, 2013, 2014, 2016, 2017

FIFA World Player of the Year: 2008

Holds the record for the most goals in... Champions League (129), European Championships (nine), FIFA World Cup (seven), Nations League Finals (three)

League title wins: 6 (in 3 different countries: England, Spain, Italy)

Champions League wins: 5

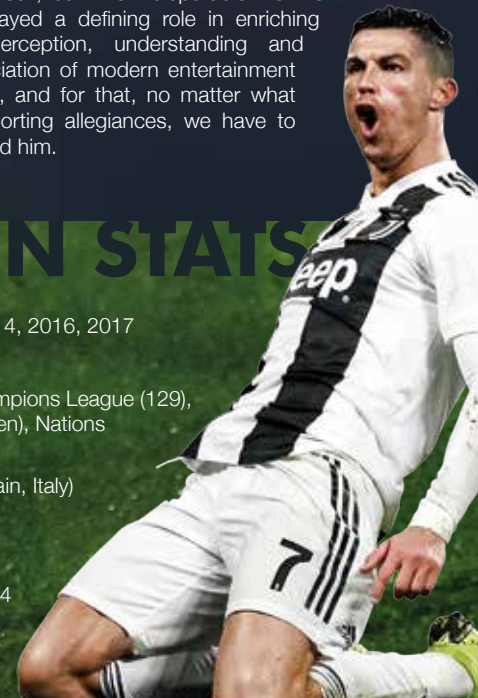
European Championships wins: 1 (Portugal, 2016)

Total number of goals scored for club and country: 724

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WHAT'S ON

in your area

Disney Quiz

Royal British Legion Club, 2 London Hill,
Rayleigh, SS6 7HP
March 15, 5.30pm



A Disney quiz suitable for all the family.

Tickets are £2 (plus booking fee) per quizzier. To book, visit www.eventbrite.co.uk/e/family-disney-quiz-tickets-93807479697

Hammers Legends Night

Royal British Legion Club, 2 London Hill,
Rayleigh, SS6 7HP
March 20, 8pm – 11pm

Hammers legends Mark Ward and Martin Allen are coming to Rayleigh.

Come along for a night of unbelievable stories from their Hammers days, with entertainment and laughter guaranteed.

£15 (plus booking fee) per person, which includes a stage interview, an open question-and-answer session and a meet and greet with signing and photo opportunities.

To book, visit www.eventbrite.co.uk/e/hammers-legends-night-rayleigh-tickets-79910551611

County councillor drop-in session

Rayleigh Library, 132–134 High Street,
Rayleigh, SS6 7BX
March 21, 10am – noon

Come and discuss any issues with your local county councillor Malcolm Maddocks and councillor June Lumley.

SOLID Festival

The Megacentre Rayleigh, 7 Brook Road,
Rayleigh, SS6 7UT
March 21, 7pm – 10pm

Join the team that brings you SOLID Festival for a

one-night-only event at The Megacentre in Rayleigh.

Chill out in the youth lounge, get active in the sports zone, crush your opponents at laser tag, race your friends on the inflatables, enjoy live music, meet new people and meet with God.

£3 per person. For tickets, visit www.eventbrite.co.uk/e/solid-on-tour-tickets-77514476887

Mother's Day Afternoon Tea

The Megacentre Rayleigh, 7 Brook Road,
Rayleigh, SS6 7UT
March 22, 2pm – 4pm

Treat the mother in your life to a delicious treat, while the kids can have some fun too.

The afternoon tea will include a selection of sandwiches, savouries, scones and cakes for £24.95 for two people sharing. There will also be unlimited tea and coffee.

Per every afternoon tea booked, two children can enter MegaPlay for free.

Ticket sales end on March 16 at noon. To book, visit www.eventbrite.co.uk/e/mothers-day-afternoon-tea-2020-tickets-94658519179

Eat Like an Italian

ASK Italian, 28 High Street, Rayleigh, SS6 7EF
March 25, 7pm – 9.30pm

Be the first to try ASK Italian's new dishes the day before the spring menu is launched.

£20 per person, which includes a three-course menu, a glass of prosecco and a bottle of specially selected Italian olive oil to take home.

To book your place, visit www.eventbrite.co.uk/e/eat-like-an-italian-events-spring-edition-rayleigh-tickets-97051777479



Photo credit: ASK Italian



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Meet our experts at a free event

Completely free and open to all, our events are your opportunity to listen, learn and talk to our highly qualified team of experts. For our full list of hospital events, visit nuffieldhealth.com/book

Cosmetic Surgery

Thursday 19 March 2020

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

Ear pinning and Nose reshaping

Thursday 19 March 2020

From 6:30pm with Mr Paul Chatrath,
Consultant ENT 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.

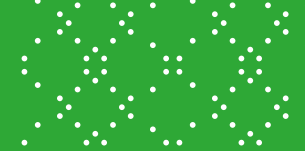
Women's Health – Menopause and HRT

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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