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# HM King CHARLES III

Monarch ascends the throne in historic ceremony

FATHERS DAY - 18TH JUNE

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# Editor's notes...

JUNE 2023



Nik Allen, Editor

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

In this month's edition, we reflect on the King's coronation. It was a momentous occasion that brought together people from all walks of life to celebrate the rich history and tradition of our great nation.

The coronation was a reminder of the importance of this institution and the values it represents - duty, service and devotion to country.

It was a moment of pride for all of us to witness the pageantry and splendour of the coronation, from the grand processions to the historic venues that hosted the ceremony. The event showcased the best of British culture and tradition, and reminded us of the deep roots that connect us to our past.

Most importantly, I hope you had a chance to use the coronation as a reason to catch up with family and friends and to celebrate together. There were a number of street parties, afternoon teas and community events taking place across the local area, allowing neighbours to get together and commemorate an occasion most had never before witnessed.

As we enter the summer months, it really was a great way to reconnect, reflect and look forward to the rest of the year. I hope you enjoy this month's edition.

*Nik Allen*

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At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines All pages are recyclable



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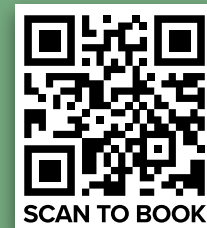
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Having experienced numerous turbulent periods in the monarchy's history, King Charles III possesses a keen awareness of the Republican sentiment prevailing among certain sections of the British population. While the late Her Majesty Queen Elizabeth II enjoyed immense

As a man who has skirted both sides of the popularity divide over the decades, the opportunity to cement himself as an exemplar for a modern royal family is surely one he won't pass up.





## A FINAL FAREWELL TO

# SOCCER



SOCCER AM'S SATURDAY FUN IS OVER, BUT THE LEGACY REMAINS

While the popularity of football is seemingly unending, not all survive the sport's continued evolution, with *Soccer AM* becoming the latest entity to be consigned to glorious retirement.

For a long while, the Saturday morning Sky show was a ground-breaking, perfectly unrefined piece of footballing irreverence. It set up the weekend's action with a laddish, lager-tinged layabout appeal that original presenters Tim Lovejoy and Helen Chamberlain lapped up.

A show that bolstered the careers of the likes of Andy Goldstein, Max Rushden, John Fendley, Tubes, Rocket and countless 'Soccerettes', its comedic approach saw many of its features permeate modern culture. From 'tekkers' to the Crossbar Challenge, Taxi! to the Save Chip campaign, not to mention the 'easy' chant and associated arm action, and getting the word 'bouncebackability' entered into the Oxford English Dictionary, *Soccer AM* finished up just a year shy of the 30-year mark, with the final show broadcast on May 27, 2023.

The death knell had sounded loudly in the past, though glorious reinvention saved *Soccer AM* from its demise. Yet with ratings continuing to fall, the final whistle has now been blown.

Despite a stellar cast of guests over the years, including Noel Gallagher, Tyson Fury, James Dean Bradfield, Richard E. Grant and Gordon Ramsay OBE, critics have, in the past, pointed to the show's politically incorrect content. Former producer Rocket recently said: "I don't know if that show can exist now because if there's a reason to complain about something, generally someone will."

While the show was always destined to ride the thin line between entertainment and controversy, its cessation became as much to do with the fact that even the biggest and best become tired and staid.

Regardless, *Soccer AM* ran a course longer than a generation of footballers, and for that reason, it will be remembered as one of the sport's greatest cultural success stories.

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## INTERIOR DESIGN PROFILE



Echlin is a contemporary interior design house that bases its work on the principles of “wellbeing and craftsmanship”, creating looks that are light and spacious – an oasis of calm that is wonderful to observe.

The designs are understated and beautiful, and are excellent examples of how to blend creative design with modern living to create timeless interiors.

### ABOUT ECHLIN

Echlin was founded by Mark O’Callaghan (top left) and Sam McNally (top right) in 2011. Both bring a wealth of design experience to the table, and the result is a design house that creates elegant looks with a clear 20th-century elegance. Using different textures such as wood, stone and metal, Echlin designs are made to stand the test of time.

Their designs are stylish but practical and use neutral canvasses brought to life with different materials, including leather and soft velvets, as well as the occasional pop of colour.



### LOVING THE ECHLIN LOOK AND LOOKING FOR INSPIRATION?

Recreate this incredible design style in your home using the following tips:

- ⌚ Keep spaces **LIGHT** to make them feel open and airy. Choose lighter neutral shades for walls and floors, like creams and greys, and add darker contrasts through furniture and accessories.
- ⌚ Look for **UNIQUE** items that will stand out as a focal point for the space. A statement headboard or large piece of art can draw the eye, without taking away from the rest of the room.
- ⌚ Add a refreshing touch with pops of **COLOUR** using cushions, curtains and occasional chairs.
- ⌚ Keep your interior **UNCLUTTERED** and make the most of available storage for a clean space that will promote serenity.





# DIRTIEST

## CORNERS OF THE KITCHEN

Although the kitchen may be the heart of the home, that doesn't mean it doesn't harbour a whole host of hidden germs and bacteria. Discover the dirtiest areas of your kitchen below.

### KNOB AND HANDLES

Every appliance in your kitchen has some sort of handle or control panel that is often touched with dirty hands or after handling raw food, which can leave bacteria such as salmonella, listeria and E. coli behind. Clean daily using a disinfectant wipe or disinfectant cleaner and a clean cloth.

### THE KITCHEN SINK

Even though water frequently runs down your kitchen sink, there are still lots of microbes lurking on the surface and around the drain. Disinfect your sink daily using a sink cleaner, and don't forget the taps and the counter areas surrounding it.

### THE FRIDGE

Despite the cold temperature, harmful bacteria can still grow in your fridge. If you store unwashed fruit and vegetables in this appliance, these can be covered in bacteria and pesticides. Raw meat can also leak out of its packaging and fluid can accumulate. Remove fridge drawers and shelves at least once a month and wash all the surfaces with hot water and a mild dish soap.

### CUTTING BOARDS

Cutting boards, especially wooden ones, can harbour bacteria in the tiny nooks and crannies that appear after each use. To avoid cross-contamination, you should have one board for fruit and veg and a different one for meat. Wash each board after use with hot, soapy water and dry with a clean tea towel.

### COUNTERTOPS

Every time you place something on your kitchen countertops, such as your purse or shopping bag, you are potentially leaving dirt and bacteria where you will later prepare food. Clean with a disinfectant wipe or disinfectant spray and a clean cloth at least once a day.



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# How organised are you based on your ENNEAGRAM TYPE?

The Enneagram is a system of personality typing that describes patterns in how people interpret the world and manage their emotions. Based on your Enneagram type, you can get a sense of how organised you are in your home and your life.

## Type 1: THE REFORMER:

You are very organised and believe that there is a place for everything. You need your home to be orderly and you favour a minimalist look.

**Type 2: THE HELPER:** You are incredibly organised when it comes to other people, but not always for yourself. You want your home to look nice, but you tend to hold on to too many sentimental items.

**Type 3: THE ACHIEVER:** You have people to impress, yourself included, so your life and your home need to be very organised. You have high standards and the drive to make sure things go exactly to plan.

**Type 4: THE INDIVIDUALIST:** You don't like to do things by the book, but you aren't opposed to

keeping elements of your life organised. You always opt for the most creative solution.

**Type 5: THE INVESTIGATOR:** Your main priority is information. You don't stress yourself out with the small details of house cleaning, but your bookshelf must be specifically arranged.

**Type 6: THE LOYALIST:** You need to feel safe and secure in your home, so organisation comes naturally to you. You prefer to keep items out of sight as this makes you feel more at ease.

**Type 7: THE ENTHUSIAST:** You are not the most organised type, and you tend to take one day at a time. You do have good intentions, but somehow life always gets in the way.

**Type 8: THE CHALLENGER:** You create a structured plan and stick to it. You thrive off being productive and love nothing more than a handy planner or calendar.

**Type 9: THE PEACEMAKER:** You may not have the strongest focus on organisation, but that doesn't mean you aren't capable. Though you would like to be more organised, you are content as long as your home is clutter-free.

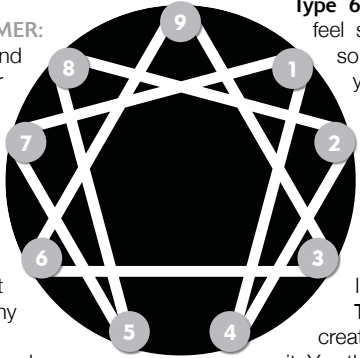


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## Trees planted on High Street to brighten up the town



Photo credit: Wickford in Bloom

A trio of birch trees now adorns Wickford High Street after a community group utilised funding from Essex County Council (ECC) to brighten up the town.

Wickford in Bloom is a small committee of just six people who rely on volunteers to assist with the planting and watering of gardening projects.

Chair Graham Bradley (pictured above centre) led this project after historic photos showed that the High Street was once lined with huge trees.

After months of planning and a £3,000 grant from ECC, the team, including vice chair Marian Scott (pictured above right), and volunteers planted the trees on Sunday, May 14.

A committee spokesperson said: "Wickford in Bloom would like to say thank you to ECC for the grant that has enabled us to bring back some beautiful silver birch trees to our High Street."

## Council chair presents £3,000 cheque to charity

Councillor Deborah Mercer finished her term as Rayleigh Town Council chair by handing over a cheque to her charity of the year.

Cllr Mercer was elected in May 2022 and selected Blind and Sight Impaired Society – South Essex (BASIS) as her chosen charity.

BASIS supports adults with sight loss in South Essex, helping to reduce isolation, increase confidence and promote independent living.

On Monday, May 15, cllr Mercer gave them a cheque for £3,000.

She said: "Thank you to all the councillors and their families and friends who supported me this past year. You are stars."

A spokesperson for the charity said: "Cllr Mercer has worked so hard arranging events, raffles and race nights. The money will enable us to continue to support visually impaired people."

"Thanks also goes to Rayleigh Brass for their kind donation of £147."

Cllr Mercer also passed on her best wishes to new council chair councillor Danielle Belton.

## Teenager planning terrorist attack receives life sentence

A Wickford teenager who was planning to commit a terrorist attack in London has been given a discretionary life sentence.

Matthew King, 19, spoke online for several months about committing an attack, and carried out hostile reconnaissance at various locations.

He talked about targeting police officers and a member of the Armed Forces.

King appeared at the Old Bailey on Friday, June 2, where he was sentenced to life imprisonment, with a minimum term of six years (less 367 days already spent on remand) before he can be considered for release.

Commander Dominic Murphy, who leads the Met's Counter Terrorism Command, said: "King was a self-initiated terrorist who we believe was close to carrying out an attack. He will now spend a long time in jail, where he doesn't pose a risk to the public."



Photo credit: Essex Police





## MARK FRANCOIS MP

Conservative MP Rayleigh and Wickford



On Saturday, May 6, His Majesty King Charles III was crowned by the Archbishop of Canterbury in a coronation service at Westminster Abbey. As part of the ceremony, his wife, Camilla, previously the Queen Consort, was also crowned Queen.

During the service, the King stated: "I have come not to be served but to serve" – a statement very much in keeping with the philosophy of his mother, Her Late Majesty Queen Elizabeth II. The spectacular display that the military put on was flawless from start to finish, showcasing their immense professionalism at the highest level. Whatever some other people make of us as a nation, I believe it is true to say that we are still 'world class' when it comes to ceremonial events.

For my own part, over the coronation weekend, I attended a mixture of local events that helped mark this magnificent milestone. For instance, it was a pleasure to support a special celebration event held at The Laughing Pear café on London Road in Rayleigh. Proprietor Tony Crosby and his team at the

café decked out their popular venue with coronation bunting and baked a special coronation cake. The weekend proved to be extremely busy for the café and their staff; Tony reported that they served literally hundreds of customers, demonstrating just how popular the venue is locally. It is great to see a local business in my constituency thriving.

Like many, I also attended a wonderful street party on bank holiday Monday, which was hosted at the convenience store in Plumberow Avenue, Hockley, by Siva, the popular store owner and his family. The street party was attended by more than 100 people and lots of homemade cake and sausage rolls were consumed during a very enjoyable afternoon.

On behalf of all of my constituents, right across the Rayleigh and Wickford constituency, I would like to extend our congratulations to the King and Queen and wish them both a very happy and successful reign together.

God Save the King.

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# YOUR LOCAL EVENTS

## SAUSAGE AND CIDER FESTIVAL

Priory Park, Southend, SS2 6ND  
Saturday, June 17, 2pm – 11pm



Photo credit: Sausages and Cider Festival

The incredible Sausage and Cider Festival will be arriving in Southend for a huge outdoor festival hosted in Priory Park, with more than 50m of bars offering an amazing range of craft cider, cocktails and beers from around the UK. Plus great food vendors with more than a dozen types of sausages and other street food vendors available on site.

Tickets can be purchased from [bit.ly/45mWi9w](http://bit.ly/45mWi9w)

## BORN WILD AT THE HALF MOON

Half Moon, 1-5 High Street Rayleigh, SS6 7EW  
Saturday, June 17, 10pm

Born Wild are a rock covers band with powerful female lead vocals by Susie Brown, amazing guitar 'Rock God' solos by Kenny Petrie as seen on *Britain's Got Talent*, with Glen Buck on drums and Paul Antonio on bass.

## FOLK AND BESPOKE ARTISAN CRAFT FAIR

The Mill Arts and Events Centre,  
Bellingham Lane, Rayleigh, SS6 7ED  
Saturday, June 24, 10am – 3pm

For a shopping and gift experience like no other and a chance to connect and meet the creatives behind the designs, visit this hand-curated artisan craft fair. Shop from lots of local artists, makers and creatives in one place.

More than 40 stalls will be showcasing local crafted products.

## RUNAWAYS BAND

The Duke Pub, 80 High St, Wickford, SS12 9AT  
Saturday, June 24, 9pm

The versatile Runaways Band will be performing a range of Sixties soul, disco and classic rock covers at The Duke pub on Wickford High Street.

## RONNIE BUCKINGHAM – SPIRITUALIST MEDIUM

Wickford Railway Club, Market Avenue,  
Wickford, SS12 OAD

Thursday, June 29, doors open at 7pm

Medium Ronnie Buckingham will be appearing at the Wickford Railway Club for a night of clairvoyance. Residents are invited for "an evening filled with fun, tears and laughter".

Ticket are £20 to be paid on the door.

## SHALAMAR FRIENDS 40TH ANNIVERSARY

Cliffs Pavilion, Station Road,  
Southend-on-Sea, SS0 7RA

Friday, June 30, 7.30pm

Shalamar will celebrate the 40th anniversary of the *Friends* album by performing the entire album live in concert for the first time in their history.

*Friends* is a platinum-selling album, featuring four top 20 hit singles. It sold more than one million copies in the UK alone and has endured the test of time with songs that are still acclaimed today.

Tickets can be purchased from [southendtheatres.org.uk/online/tickets-shalamar-southend-2023](http://southendtheatres.org.uk/online/tickets-shalamar-southend-2023)



Photo credit: Shalamar

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*The coronation of*  
**KING  
CHARLES III**  
*and his wife Queen Camilla*

SATURDAY 6 MAY, 2023



# GOD SAVE THE KING

Princes, princesses, presidents and pop stars alike crowded into Westminster Abbey to witness the historic coronation of His Majesty King Charles III, and what a marvellous day it turned out to be.

On Saturday, May 6, 2023, the world's gaze turned to Westminster Abbey in London. More than seven months had passed since we said a final farewell to our beloved Her late Majesty Queen Elizabeth II, and what bittersweet joy it was to witness King Charles III's official ascent to the throne.

Naturally, comparisons were not drawn between this event and the Queen's funeral, but instead to her coronation 70 years previously. This was the first televised coronation, broadcast on radio and television around the world. Both ceremonies were watched by millions, though the King's was the first British coronation to be televised in glorious, high-definition technicolour.

Regardless of your feelings about the monarchy, it can't be denied that when it comes to pomp, ceremony and splendour, no one does it like Great Britain.

The journey from Buckingham Palace to Westminster Abbey alone was a thing of wonder, with joyous fans lining the streets as more than 4,000 members of the Army, RAF, Royal Navy and Commonwealth forces in immaculate dress uniforms accompanied the Diamond Jubilee State Coach.

One BBC commentator remarked how the coach – drawn by eight Windsor Grey horses – looked like something from a fairy tale, before admitting that so ancient are ceremonies such as these, that the fairy tales are more likely based on them.

Inside the abbey, proceedings took on an even more timeless quality, with the two-hour ceremony effortlessly fusing the old and the new. One poignant example of this was during the presentation of the orb, sceptre and other regalia – pieces from the Crown Jewels that hold “incalculable cultural, historical, and symbolic value” and date back to the 17th century – by various faith leaders, and the carrying of the Sword of State by a resplendent Penny Mordaunt MP.

Another poignant moment was when the King was screened from the public as he was anointed with holy oils by the Archbishop of Canterbury, because this is an event historically regarded as taking place between the sovereign and God. The anointing was carried out using an ampulla and coronation spoon, which is believed to date back to the 12th century.

Finally came the moment all had been waiting for as His Majesty sat resplendent in the Robe Royal – made for King George IV's coronation in 1821 and one of four robes worn during the service – and was adorned with St Edward's crown. After crowning Charles, the Archbishop boomed, “God Save the King”, a sentiment that was then echoed by all in attendance.

Shortly after, Her Majesty Queen Camilla was also crowned, with Queen Mary's Crown placed on her head. Interestingly, she was granted the title of Queen on the late Queen Elizabeth II's request.

The late His Majesty Prince Philip, on the other hand, was never given the title of king. This is because a ruling queen's husband is called a Prince Consort, as the title of king is only given to a monarch who inherits the throne. If King Charles passes away before Queen Camilla, Prince William, who is the heir to the throne, will become king. Queen Camilla will not become a reigning queen; her title will change to queen dowager, the official term for the widow of a king.

Following the ceremony, the King and Queen were joined by the other senior royals and their children on the balcony at Buckingham Palace for the traditional Royal Air Force flypast which, despite the rain and subsequent need to simplify the air show, drew to a close to a most historic and memorable day for all.

A new King, a new set of values, and a new era for all.







# STAYING ALIVE!

Unless you have someone looking after your garden while you are on holiday, you may be wondering how you are going to keep your plants alive and well until you return. Discover our top tips below.

**WATER BEFORE YOU GO:**  
Before you leave for your holiday, make sure you give all the plants in your garden a thorough watering. Soak any pots, containers and hanging baskets at the plant base until the water rises above the soil. Allow this water to soak in and then repeat.

**MOVE POTTED PLANTS:**  
Move potted plants into shady areas of your garden to slow the rate at which they dry out and to help them stay hydrated. Avoid using shade cast by the eaves of your home as this can prevent any natural rainwater from reaching them.

**MAKE SOME MULCH:**  
A thick mulch can help to reduce the evaporation of water and lock moisture into the ground. You can

make mulch from woodchips, gravel and decorative stones or even with just a few handfuls of good quality compost. Place around the base of your plants in a doughnut shape.

**INVEST IN AN IRRIGATION SYSTEM:**  
If your budget allows it, an irrigation system will deliver a controlled amount of water to reach your plants at set times during the day. This is a good choice if you are away for a longer period of time, or you go away frequently.

**TOP TIPS FOR HOUSEPLANTS:**  
> Move any houseplants away from direct sunlight to cooler, darker areas of your home  
> Give them a good, deep soak for around 10 seconds but make sure to drain any excess water  
> Place one end of a damp cloth into a glass of water and the other end in the soil. When the plant becomes thirsty, it will absorb moisture from the cloth  
> Gather your houseplants together to create a humid microclimate.





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TECHNOLOGY



## Ride ELECTRIC

We see these casual speedsters effortlessly and gracefully gliding their way along the roads, and the realisation is that the days of pumping pedals may be on its way out.

It appears the electric bike revolution is here to stay; yet with the price of these magnificent machines is considerably more than their manual counterparts, handlebar aficionados are instead exploring ways to convert their existing rides into battery-powered versions.

It turns out it's not actually that difficult. Conversion devices can suddenly transform our humble bikes into rapid, resplendent electric vehicles.

These devices work by replacing a normal bike's rear disc-brake rotor with its own drive, which looks and works just like a traditional disc-brake rotor.

A weighty unit housing the battery and a 250-watt-hour motor clips onto the bike frame, with the rotor slotting into the clip-on unit and engaging with the gearing inside. Internal gearing turns the

special brake rotor, spinning the rear wheel and, hey presto, you're away.

You should be able to achieve almost 40 miles of assisted cycling, and be able to propel the vehicle at speeds of almost 20mph.

Recharging takes around two-and-a-half hours, and the unit can be easily unclipped and charged inside.

Pedal bikes have long been an incredibly green way to travel – it's the reason there are 20 million on Britain's roads. While those who use them as part of their job – think food delivery driver or parcel courier – may like the added speed and energy conservation of an e-bike, the stronger target market for this product is those keen to ditch the car for short trips, but who need some kind of propulsion when it comes to embarking on two-wheeled adventures.

Whatever the reason, users choosing an e-bike look certain to light the path... or road!





Love family holidays but dread flying with young children? Discover five ways to keep your kids occupied on a plane, with options for all ages.

#### BOOK A WINDOW SEAT

If your budget allows for it, booking a window seat is a great way to keep your children entertained during take-off and landing. Whether they just gaze at the views below or look for animals in the cloud shapes, children of all ages can enjoy looking out of the window during a flight.

#### ACTIVITIES TO KEEP THEM OCCUPIED

Remember to pack colouring and puzzle books in your hand luggage to help keep boredom at bay. Alternatively, bring blank paper and pens and ask your children to draw what they can see out of the window, or what they imagine your destination will look like.

You can also bring travel games or even a pack of playing cards; simple games like snap are perfect for little ones, while older children can enjoy more advanced games like solitaire.

#### DOWNLOAD AN AUDIO BOOK

If you want a bit of peace and quiet but you don't want your kids glued to a screen the entire time, then an audio book is a great alternative. There are so many books to choose from – just make sure you remember to pack headphones.

#### PACK PLENTY OF SNACKS

Do not underestimate how distracting snacks can be for kids during a flight, especially younger ones. Rather than buying them on the plane, bring a selection of your children's favourite snacks with you in your hand luggage and then give them out sporadically throughout the flight.

#### TALK ABOUT YOUR TRIP

Chatting about what you are planning to do when you get to your destination and what you are excited about, can be a great way to pass the time and engage with your children. You can also take the opportunity to teach them about the different places you are flying over.



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# BEACH SAFETY TIPS FOR DOGS

Most dogs love the beach. They can run around, play in the sand and cool their paws in the sea. However, if you are planning to take your four-legged friend to the seaside this summer, you need to make sure you know how to keep them safe.

## CHECK LOCAL RULES

There are lots of dog-friendly beaches all over the UK, so be sure to check the local rules of your chosen spot before you head out to avoid disappointment. You can find this information at [www.thebeachguide.co.uk/dog-friendly](http://www.thebeachguide.co.uk/dog-friendly)

## TEACH YOUR DOG TO SWIM

Most dogs are not natural-born swimmers, so it can be a good idea to teach them how to swim before you take them to the beach. There are many guides online on how to teach your dog to swim, such as this one: [www.purina.co.uk/articles/dogs/behaviour/training/teach-dog-to-swim](http://www.purina.co.uk/articles/dogs/behaviour/training/teach-dog-to-swim)

## PROVIDE FRESH WATER AND SHADE

If you are planning to spend a long time at the beach with your dog, then you will need to provide fresh water and shade to prevent overheating and dehydration. Also, watch your dog to ensure they don't drink too much seawater.

## APPLY SUN CREAM FOR DOGS

Dogs can get sunburn in the same way that you can, so you need to make sure you apply

sun cream that is specially formulated for pets. This is especially important for dogs with light skin and short fur.

## BE VIGILANT OF DANGEROUS ITEMS

Dangerous items such as broken glass and rocks can easily become buried in the sand and, if trodden on, can injure your dog's paws.

## RINSE YOUR DOG

Once you have finished your day at the beach, be sure to rinse off your dog's coat to remove any sand, salt and germs before you head home.





# Goodbye GREASE

If you struggle with greasy hair, then these hairstyles are just what you need to skip a hair wash and still look and feel great.

**BABY BRAIDS:** If the front of your hair is prone to oil, then baby braids offer the perfect way to conceal this. Start by working a little bit of dry shampoo through your hair and then section out the front strands. Braid them as tightly or loosely as you like and secure with a clear hair band.

**A SNATCHED PONY:** Delivering a super sleek look, a snapped pony is bang on trend and perfect for days when you don't have time to wash your hair. Separate your hair into two sections (top and bottom half) and apply a smoothing serum. Then brush from roots to ends, making sure that the front is smooth and tight. Join the sections at the crown and secure with a hair band.

**WET-LOOK WAVES:** Rather than try to hide the natural oils in your hair, embrace them with wet-look waves. To start, dampen your hair and add a liberal amount of heat protectant spray. Then gently blow dry your hair and add waves using a curling iron. Apply hair oil to complete the look.

**A ZIGZAG PARTING:** Add a playful touch to a low ponytail with a zigzag parting. Perfect for distracting from greasy roots, you need to invest in a tail comb to get a zigzag parting right. Start at the centre of your parting and then use the comb to form a zigzag along the parting line. For best results, keep all the zigzags within the same one-inch margin.

**A SILK SCARF:** If your curls are looking a little oily, then pile them high on your head and add a silky scarf for added visual interest and to conceal grease at the roots.



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# Is a bad hip stopping you from doing everyday things?

**Nuffield Health Brentwood Hospital reveals the signs you might need a new one.**

## **What is a hip replacement?**

This is a procedure to remove your damaged hip joint and replace it with an artificial joint. It's used to treat hip pain, most commonly hip osteoarthritis, which is gradual wear and tear of the joint. During the procedure, the damaged joint is removed and replaced with an artificial ball and socket joint (a prosthesis). There are many different types of hip replacement and your surgeon will recommend the one that's best for you.

There are no set rules when it comes to hip replacement. While the surgery is commonly associated with older patients, in truth it's a life-changing procedure for anyone with a worn hip joint.

The following signs may indicate hip arthritis or be symptoms of other problems. The best way to accurately diagnose the state of your hip is to speak to a specialist and have an x-ray.

## **1. Hip or groin pain**

Pain around the hip or groin area can be one of the major indicators that there may be an underlying problem with your hip joint. Let's look at some of the different ways it can manifest.

### **Pain when walking**

If hip or groin pain is preventing you from walking normal distances for you or completing your usual daily activities, then speak to a specialist.

It's important to remember that this can be relative to you. For some, being able to comfortably stroll a short distance to the post box or local shop is enough. For others, being unable to complete a five-mile walk is unthinkable. It all depends on your lifestyle.

You may find yourself compensating with a limp, relying on a walking stick, or even needing painkillers just to cope with the pain of walking or other activities such as climbing the stairs or getting into a car.

### **Pain during exercise**

Soreness or pain during or after exercise which is stopping you from being as active as you normally would, be it jogging, swimming or other physical activities, can be a sign of hip arthritis.

The pain is usually localised between your hip and knee. If the pain is lower down towards the ankle the problem might be caused by back problems.

### **Pain at night**

If hip pain makes it hard to fall asleep or you find yourself waking up because of the pain caused by your movements in the night – talk to someone about it. There are a number of hip or joint-related issues that could be affecting your sleep.

## **2. Stiffness**

Difficulty putting your shoes or socks on is a common sign of stiffness in your hip, especially if one foot is more difficult than the other. You may also start to feel your hip joint clicking, popping or grinding in ways which impair your normal range of movement. If this is an ongoing problem, you should speak with a specialist.

## **3. The one leg test**

If you can't stand on your problem leg for longer than a minute – even with the support of a door frame or table-top for balance, then you might have a problem with your hip.

There are some other exercises you can try at home to see if you could benefit from hip pain treatment. For instance:

- Lying on your back or sitting, can you bring your knee to your chest? Assist with your hands if you need to.
- Lying on your back, can you move your leg out to the side without moving your trunk?
- Sitting on a chair, can you place your ankle on the opposite knee and let the knee drop down as far as possible?

For each test, compare both sides of your body. You may find the test easier on one side than the other, and many people notice this.

## **4. No relief from other treatments**

Most hip problems can be resolved without a full hip replacement. There is a range of treatments available, including physiotherapy and medication that may better address your symptoms.

If your hip pain is not severely limiting your daily life, or you have found ongoing relief from these less invasive treatments, then it indicates a hip replacement is likely not the right option for you yet.

At Nuffield Health Brentwood Hospital our experienced team of orthopaedic surgeons are experts in lower limb procedures and provide quick access to hip replacement surgery.

## **How to book a consultation at Nuffield Health Brentwood Hospital**

**If you are interested in hip replacement surgery or want expert advice from a professional, you will need to book a private consultation with one of our orthopaedic experts before proceeding with any treatment. To book a consultation, please contact our dedicated hospital enquiry team on:**

Telephone: **01268 955035**

Online: **[www.nuffieldhealth.com/hospitals/brentwood](http://www.nuffieldhealth.com/hospitals/brentwood)**

Visit: Brentwood Hospital, Shenfield Road, Brentwood, CM15 8EH



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HEALTH & FITNESS

Finding the time, not to mention the inclination, to exercise after having a baby can be hard. However, what if you could combine taking your baby for a walk with getting fit? Welcome to the world of stroller fitness.

### WHAT IS STROLLER FITNESS?

As the name suggests, stroller fitness is a workout where you use your baby's buggy or stroller to get fit. Perfect for parents of all fitness abilities, a stroller workout can be as intense or as gentle as you make it. Plus, no babysitter is needed, as your baby will be with you every step of the way.

### WHAT ARE THE BENEFITS OF STROLLER FITNESS?

One of the best things about stroller fitness is that it allows you to get back into exercise without having to leave your baby. Depending on the exercises that you choose to carry out, stroller fitness can provide a full body workout, or it can be used to target specific muscle groups or problem areas.

### FOUR STROLLER EXERCISES TO GET YOU STARTED

**Walking lunges:** If you want to tone and strengthen your lower body, then walking lunges are a great choice. Take long strides as you push your buggy and lower your body until your front thigh is almost parallel to the ground. Continue for one minute, rest for 30 seconds, and repeat.

**Jump squats:** These burn more calories than standard squats. Use your buggy for balance, engage your core, push up through your heels as you jump up, focusing on soft knees as you land. Continue for 30 seconds, rest for 30 seconds, and repeat.

**Pram chest press:** Work your chest, arms and core with the pram chest press. Push through your shoulders, tensing your core as you push your buggy away from you and then pull it back towards you. Do 15 reps, rest, and do a further 15.

**Pram chest press with lunge:** To increase the intensity of your workout and up your heart rate even more, alternate walking lunges with the pram chest press. This exercise will work your whole body. Continue for 30 seconds, rest for 30 seconds, and repeat.







# Prescriptions

ALL ABOUT

## How much does a prescription cost in England?

The prescription charge in England is £9.65 per item. However, you can get an NHS prescription prepayment certificate (PPC), which can help you save money if you need more than three items in three months or 11 items in 12 months.

A PPC costs:

- ✚ £31.25 for three months
- ✚ £111.60 for 12 months

You can purchase a PPC either online or with any registered pharmacy.

## Who is eligible for free prescriptions?

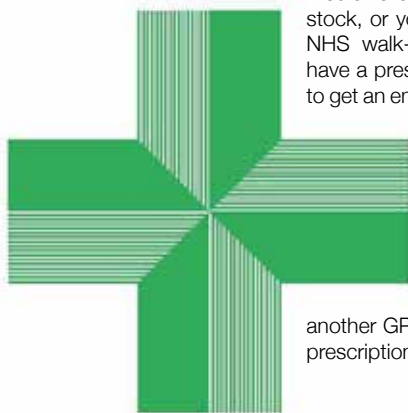
You are eligible for free prescriptions if you are:

- ✓ Aged 60 or over
- ✓ Under 16
- ✓ Aged 16-18 and in full-time education
- ✓ Pregnant or have had a baby in the last 12 months and have a valid maternity exemption certificate
- ✓ Have a specified medical condition and a valid medical exemption certificate
- ✓ Have a continuing disability that prevents you from going out and have a valid medical exemption certificate
- ✓ Hold a valid war pension exemption certificate and the prescription is for your accepted disability
- ✓ An NHS inpatient

You are also entitled to free prescriptions if you or your partner receive certain benefits, or if you are under 20 and the dependent of someone receiving certain benefits, such as income support and income-based Jobseeker's Allowance. Contraception is free for everyone in England.

## Is it possible to get an emergency prescription?

If you have a prescription, you can visit any pharmacy to get your medicine as long as they have it in stock, or you may be able to use an NHS walk-in centre. If you do not have a prescription, you may be able to get an emergency supply from your local pharmacy. Take your old prescription or the medicine's packaging with you if you have it. If you are away from home, you can register as a temporary patient with another GP and ask them to do your prescription for you.



## Can you get your prescription delivered to your door?

If you are unable to leave your home, your local pharmacy may be able to deliver it to your door free of charge. Alternatively, some retailers such as Boots will deliver your prescriptions for a small fee.



# King Charles' CORONATION QUICHE

With the coronation still fresh in everyone's minds, why not have a go at making your very own King Charles coronation quiche? This dish was chosen to celebrate British seasonal produce – and also because the King loves eggs and cheese.

## YOU WILL NEED: (serves 6)

**FOR THE PASTRY:** 125g plain flour | 25g cold butter, diced | 25g lard | 2 tbsp milk | Pinch of salt  
Or 250g block of readymade shortcrust pastry

**FOR THE FILLING:** 125ml milk | 175ml double cream | 2 medium eggs | 1 tbsp chopped fresh tarragon | 100g cheese | 180g cooked spinach, lightly chopped | 60g cooked broad beans | Salt and pepper | Pine nuts for garnish, if desired | You will also need a 20cm flat tin and baking beans

## HOW TO MAKE:

1. To make the pastry, sieve the flour and salt into a bowl. Add the butter and lard and rub the mixture together using your fingertips until you have a breadcrumb-like texture.
2. Add the milk a little at a time and bring the ingredients together to form a dough.
3. Cover and leave to rest in the fridge for 30-45 minutes.
4. Lightly flour your work surface and roll out the dough into a circle approximately 5mm thick.
5. Lightly grease the tin with butter and line with the pastry, being careful not to

make any holes. Cover and rest for a further 30 minutes in the fridge.

6. Preheat your oven to 190°C/170°C fan/gas mark 5.
7. Line the pastry case with greaseproof paper, add baking beans and bake for 15 minutes.
8. Take the case out of the oven, remove the paper and beans, and leave the pastry case to one side.
9. Reduce the oven temperature to 160°C/140°C fan/gas mark 3.
10. To make the filling, beat together the milk, cream and eggs.
11. Scatter half of the cheese into the blind-baked base and then top with spinach, broad beans, tarragon and seasoning.
12. Season and pour over your liquid mixture of milk, eggs and cream.
13. Sprinkle over the remaining cheese.
14. Place in the oven and bake for 20-25 minutes until set and lightly golden.
15. Garnish with pine nuts if desired.

Photo credit: Daniel Leal/AP/Shutterstock





# Enchanting ELDERFLOWER

Elder trees are very common in the UK and, come late May, start to develop masses of tiny white flowers which eventually turn into purple elderberries. The elderflower is known for its light and floral taste and makes a great addition to cordials, cakes and more.

## ELDERFLOWER CORDIAL

**YOU WILL NEED:** 2 ½kg granulated or caster sugar | The zest of 2 unwaxed lemons | 20 fresh elderflower heads | 85g citric acid – you can buy this online or at your local pharmacist

### HOW TO MAKE:

- > Gently heat the sugar and 2 ¾ pints of water in a pan until the sugar has dissolved.
- > Bring to the boil and turn off the heat.
- > Add the elderflower heads, the lemon zest and the citric acid to the pan and stir well.
- > Cover the pan and leave to infuse for 24 hours.
- > Line a colander with a clean tea towel and set it over a large pan.
- > Ladle in the syrup and let it slowly drip through.
- > Pour the leftover liquid into a sterilised jar. You can sterilise a glass jar either on a hot rinse cycle in the dishwasher or in the oven for 15 minutes

at 160°C/140°C fan/gas mark 3.

- > The cordial is ready to drink and can be kept in the fridge for up to six weeks.

## ELDERFLOWER DRIZZLE CAKE

**YOU WILL NEED:** 175g softened butter | 175g golden caster sugar | 3 eggs | 140g self-raising flour | 85g ground almonds | ½ tsp baking powder | 100ml milk | 4 tbsp elderflower cordial | 4 tbsp white or golden granulated sugar

### HOW TO MAKE:

- > Heat the oven to 160°C/140°C fan/gas mark 3.
- > Grease and line a 900g cake tin.
- > Beat the butter and 175g sugar until light and fluffy.
- > Add the eggs, flour, almonds, baking powder and milk, then whisk until smooth.
- > Pour into the tin and bake for 45-50 minutes until risen and golden.
- > Prick the cake all over with a skewer.
- > Mix the cordial and extra sugar and pour all over the cake.
- > Leave to cool in the tin and drizzle with icing if you wish.



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# PUZZLES & TRIVIA

PUZZLES

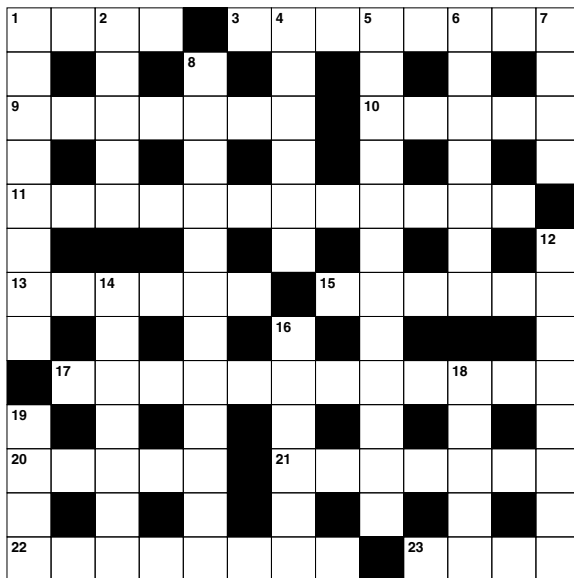
Answers: see end of The VISION Listings

## ACROSS

1. Beloved; expensive (4)
3. Break (8)
9. Majestically (7)
10. Giraffes have long ones (5)
11. Uncurled (12)
13. Fierce or domineering woman (6)
15. Dual audio (6)
17. Ruinously (12)
20. Simple (5)
21. Inactive pill (7)
22. Conceptual thinker (8)
23. Arduous journey (4)

## DOWN

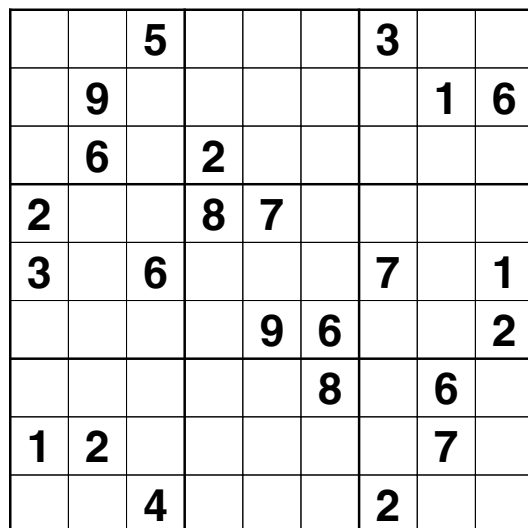
1. Mocking (8)
2. Ire (5)
4. Sense of musical time (6)
5. In accordance with general custom (12)
6. Uncertain (7)
7. Otherwise (4)
8. UFO (6,6)
12. Exterior of a motor vehicle (8)
14. Print anew (7)
16. Ear bone (6)
18. Give a solemn oath (5)
19. Tuba (anag) (4)



## DID YOU KNOW?

- ▶ Your eyes blink an average of 20 times a minute. That's more than 10 million times a year.
- ▶ The entire surface of your skin is replaced every month, which means you have about 1,000 different skins in your life.
- ▶ If you live to age 70, your heart will have beaten around 2.5 billion times.
- ▶ Laid end to end, an adult's blood vessels could circle the Earth's equator four times.
- ▶ Bodies give off a tiny amount of light that's too weak for the eye to see.
- ▶ Your left lung is approximately 20 per cent smaller than your right one.
- ▶ You produce about 40,000 litres of spit in your lifetime. Or to put it another way, enough spit to fill around 500 bathtubs.

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waters; you don't have to be an active boatman to enjoy the location though, just relax and watch the boats and yachts go by.

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# easy Does it

THE SUCCESS OF CHARISMATIC EASYJET FOUNDER, SIR STELIOS HAJI-IOANNOU

When launching a brand, it pays to make sure you have people rooting for you. And easyJet founder Sir Stelios Haji-Ioannou has one big thing on his side – charisma.

The now 55 year old, whose success as the founder of a revolutionary airline concept soon led to him being instantly recognisable by first name only, caused a major stir in the airline business in the mid-1990s when he started running a cheap shuttle air service between Luton and Scotland.

At the time, the concept of cheap air travel was one that had never taken off – literally. However, by putting on a 'no frills' service that did away with complementary food, refreshments and even seat reservations, Stelios found a gap in the market that short-haul travellers loved.

Soon, the airline was servicing destinations across Europe. With fares starting at just £1, the marketing took care of itself.

It wasn't Stelios's first venture into transport.

He had previously owned a shipping business, Stelmar Shipping, and had learned the ropes from his father, who was hugely successful in the same space.

Yet nothing quite rivals the serial entrepreneur's achievements with easyJet. He and his family still own one-third of the business, which values his stake at more than £4billion. This is despite the fact that, as a group floated on the stock exchange, he has repeatedly fallen out with the company's senior managers, declaring that shareholders have had no notable return in more than a decade.

Stelios's battles with Ryanair founder Michael O'Leary are also legendary – Stelios was once portrayed as Pinocchio on a Ryanair advert.

He now lives in Monaco, and received a knighthood from Her Late Majesty Queen Elizabeth II for services to entrepreneurship in 2006.



Photo credit: Stuart Clarke/Shutterstock



BUSINESS & PROPERTY







# HOW TO PROTECT YOUR CAR IN HOT WEATHER

**W**hen temperatures soar, your vehicle requires a little bit of additional TLC. Unless, of course, you don't mind having to fork out for expensive repairs.

**PARK IN THE SHADE:** Although this may seem obvious, it is really important that you try to park your car in the shade when the sun is at its hottest. This will help to prevent your dashboard from drying out and cracking.

**USE A WINDSHIELD PROTECTOR:** A windshield protector can help to keep your car cool and prevent sun damage. These are low-cost and easy to use; simply unfold and slide into place on your dashboard.

**WAX YOUR CAR:** If a heatwave is on its way, it can be a good idea to wax your car as this provides a layer of protection between your car and the sun's powerful ultraviolet rays.

**CHECK THE TYRE PRESSURE:** Hot pavements and low tyre pressure are a dangerous combination and can lead to a blowout. Therefore, you should make sure that you regularly test your tyre pressure when the warm weather hits.

**USE SEAT COVERS:** As well as protecting both leather and fabric seats from spillages and stains, seat covers can also help to keep them cool and prevent sun damage.

**CHECK YOUR COOLING SYSTEM:** To prevent your engine from overheating, you need to make sure that the cooling system is in good working order. Have the belts checked and the antifreeze drained. Also, make sure that you change the belts and fluids on a regular basis.

**WASH AND DRY OFTEN:** Both sun and heat can cause your car's exterior to crack and fade. However, frequent washing and hand drying can help to remove dirt and dust particles that can cause scratches and dull your car's finish.



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