

NEXT WEEK
only in your Brentwood Gazette



Half Term
Days out

GREAT SAVINGS
ON TOP TRIPS

CONTACTS

Editorial



Editor Neville Wilson
neville.wilson@gazettenews.co.uk
Post Gazette Series,
Kestrel House, Hedgerows
Business Park,
Chelmsford,
Essex, CM2 5PF
Phone News 01245 602730
Sport 01245 602737
Photos 08444 060389
e-mail
editorial@gazettenews.co.uk

Advertising

Advertising sales 01277 517074
Announcements 08444 060263
Recruitment 08444 060268

Newspaper Sales & Distribution

Newspaper Sales Manager 01245 602714
Home Delivery Customer Service Team
08444 068744
homedelivery@localworld.co.uk

Postal Subscriptions 08444 068744
and Back Issues 02476 500454
Leaflet Distribution leafletsales@nasamedia.co.uk

E-editions
www.brentwoodgazette.co.uk/e-edition

IN THE KITCHEN: Susan Hegedus wrote Type 2 Diabetes Cookbook For Real Men following her husband's diagnosis



New book is full of meals for real men who have diabetes

Husband feared he'd have to eat rabbit food

Rachael Hook
rachael.hook@gazettenews.co.uk

A MOTHER-OF-THREE from Billericay has created a cookbook for those who suffer from diabetes, after her husband was terrified he would have to live on a diet of "rabbit food".

Susan Hegedus, of Harebell Close, found inspiration to write Type 2 Diabetes Cook Book For Real Men after her husband, Anthony, was diagnosed with type 2 diabetes in 2010.

The eBook provides a seven-day eating plan with recipes which will appeal to the whole family, including figs with goat's cheese and apple crumble, as well as pasta and fish dishes and many more tasty options.

Mrs Hegedus explained: "It was a real blow to him when he found out he had

diabetes. He couldn't bear to think he had to eat differently and couldn't bear to give up curries.

"He thought he was going to have to eat all this rabbit food and he couldn't think of anything worse.

Gap

"He was saying 'someone should write a book' and that's when I realised there was a gap in the market. I thought it was such a need seeing him the way he was.

"My recipes are easy and are created with men in mind. I was trying to show him it's not all about having to give up everything, you can have treats as well, and a lot of the desserts are fruit-based, with a couple baked in the oven with a little bit of sugar."

The freelance writer has also written

a historical book called The Hidden Green Man in Essex and prior to this, she worked as a reporter for an Asian newspaper.

Mrs Hegedus, who is mother to Amy, 16, Sam, 15, Oliver, 13, added: "In the beginning I did separate meals and it drove me mad.

"But now we can all eat together and the children don't feel like they are missing out.

"It's amazing how many people are diabetic and it's so cheap because it's an eBook. A lot of people are buying it because the recipes are very easy."

The eBook, published by Luscious Books, is on sale now for £1.53 at Amazon.co.uk.

For more information on Susan Hegedus and her other publications visit susanhegedus.com

Homes plan for east ward should also be reviewed'

From front page developments. ECC has said there is no money for upgrades to local infrastructure and west Billericay has been removed from the plan.

"But what is true of the west is just as true of the east.

"I would urge Essex Highways to undertake a detailed review of the proposals for east Billericay, as I believe Billericay as a whole lacks capacity to accommodate this number of homes and I believe that will remain the case for the foreseeable future."

The ECC report, which details the council's views on the public consultation into the Local Plan, was sent to Basildon Council.

It says: "The transport modelling work undertaken by Essex Highways on behalf of Basildon Council has indicated there are particular problems with the capacity of the Billericay highway network.

"This means there will need to be further assessment to identify the extent of mitigation works required to enable development to take place and whether the extent of works would render any development unviable."

Sceptical

However, members of the Billericay Action Group, who campaign against green belt development in the town, remain sceptical.

A spokesman said: "We will not believe that the housing plan for west Billericay has been scrapped until we see something in writing from the planning department in Basildon.

"We do not take the word of councillors at face value on this, as they are just about to go into an election."

In response, councillor Schrader added: "We have released this information now because it has just happened. We were waiting for the report from ECC and that has now come and the west is out.

"This is definite and the county council have been very clear there would need to be significant improvement and the money is not there to do it."