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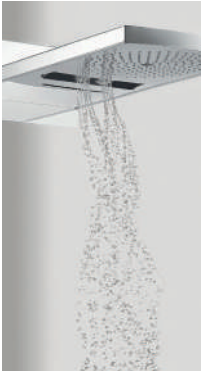
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# Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Brentwood. This month we celebrate the life of Bruce Forsyth who sadly died recently. We look at some of the strangest 999 emergency calls. In Home and DIY we

hear from Tom Dixon and in Fashion we look at the must have items for autumn. We have Halloween treats in Food and Drink and show you how to put on some scary Halloween make-up for the Halloween parties this month. In local news, Brentwood has been named the best local authority for women's income in Britain, a local baker is appearing on this year's *The Great British Bake Off* and a young singer progresses to the boot camp stages in *The X Factor* after impressing the judges. It is also revealed that fly-tipping in Essex is draining more than £1million of tax payers' money each year.

What's On events happening include a spooky Halloween festival and *Dirty Rotten Scoundrels* The Musical. Local news and stories are important to us so if you have something you want to share, email [editorial@visionmag.co.uk](mailto:editorial@visionmag.co.uk). As always please make sure you are quoting **VISION** when calling our advertisers inside the magazine. Let us know your thoughts on this month's edition and enjoy reading.

*Nik*

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WITH envious ABS AND flawless SKIN, DAVINA IS defying age AS SHE TURNS 50



# DAVINA McCALL

## fabulous

### AT 50

Age is no barrier for television presenter Davina McCall, who turns 50 this month. As her career continues to flourish, she is healthier and happier than ever.

Davina, who is married to Matthew, didn't have an easy route to fame. She is very open about her troubled past and admits struggling with life in her 20s. She suffered with body confidence issues and developed a drug and alcohol addiction. But, being the strong-willed female that she is, Davina overcame this and turned her life around.

The mum-of-three first appeared on our television screens back in 1992 when she was hired as a presenter on Ray Cokes' *Most Wanted* airing on MTV Europe. She then went on to host the ITV late night game show *God's Gift* and Channel 4 dating show *Streetmate*.

In 2000, her career really took off after she was chosen to present the inaugural series of *Big Brother*. She fronted the show for a decade before making her exit after Channel 5 bought the rights to the programme.

Since then, she has gone on to host a number of shows including *The Million Pound Drop*, *The Jump*, *Long Lost Family* and *This Time Next Year*.

In September this year, she launched her new show *The Davina Hour* on channel W, which explores modern-day life and leads thought-provoking explorations each week.

Davina has been nominated for six National Television Awards throughout her career, but has

failed to take home the title each time. In 2003, she won TV Personality at the Television and Radio Industries Club Awards.

The Londoner has become one of the UK's most loved television presenters with TV bosses paying thousands of pounds to get her to front their programmes. With an estimated net worth of £2million, she also owns property said to be in excess of £8million.

Davina is also very well-known for her charity work. One of her most notable achievements was when she took part in a Sport Relief challenge in 2014. She completed 500 miles of either running, swimming or cycling from Edinburgh to London and raised more than £2billion. Davina has also been a host of Stand Up To Cancer since 2012 – a show which is very close to her heart after she devastatingly lost her half-sister Caroline Baday to lung cancer in 2012.

It's no secret that Davina is passionate about health and fitness. She steers clear of processed sugars and alcohol and regularly works out to keep herself fighting fit.

The fitness guru has released several DVDs over the years including *5 Week Fit*, *30 Day Fat Burn* and *Fit in 15*.

If her Instagram account is anything to go by, we should all live by her rules. She has also released several sugar-free cook books in an attempt to get the public thinking about their health and portion sizes.

With enviable abs and flawless skin, Davina is defying age as she turns 50 on October 16.

# “There’s a spider in my bin...”



Some members of the public think nothing of ringing up the police on the 999 emergency line for the most bizarre and stupid reasons.

The Metropolitan Police have listed the worst calls as they warn people to think sensibly.

One drunken reveller rang the emergency services at 4am on a Saturday to ask: “Where is the best place to get a bacon sandwich right now?”

Another woman rang to say her kebab was cold and the shop would not replace it.

Officers were also asked to use their sirens and flashing lights to escort panicked holidaymakers to the airport on time after they had slept through their alarm.

One caller reported that men had turned up at her property and were trying to take her away. The men were in fact police officers who were arresting her.

As the festive time of year usually sees the 999 emergency line at its busiest, the Met have asked people to try to use it sensibly.

Chief Superintendent Pippa Mills, head of command and control, said: “This is just a sample of inappropriate calls received by our operators this year.

“Callers who do not have an emergency, may prevent others who require our immediate assistance from getting through to us.

“This presents a real risk to our ability to respond to genuine emergency calls.”

She added: “We want Londoners to have a safe and enjoyable festive season. In the event that officers are required, we need calls to reach us swiftly.”

The Metropolitan Police receive 4.5million phone calls to 999 and 101 numbers per year.

Surrey Police also received calls including “Will I get arrested if I move my housemate’s banana?”, “Fancy a chat?” and “My shutters aren’t working properly” – all in the same day.

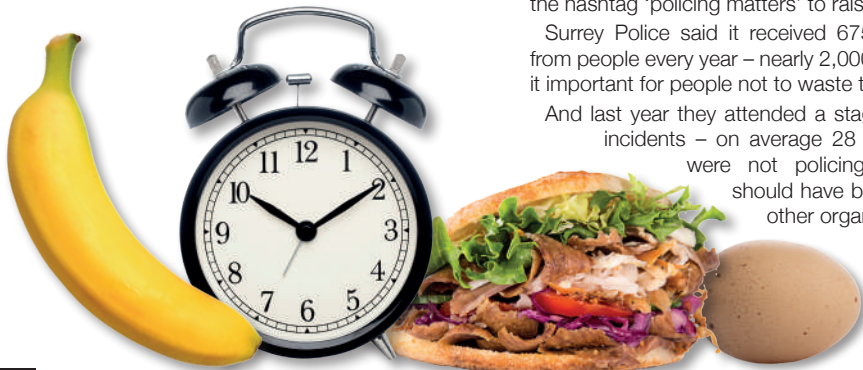
Officers revealed the daft calls from members of the public as part of a campaign to highlight the issue of police time-wasting.

In one call, a distraught resident said: “I think someone has stolen my eggs. My chicken lays an egg every morning, but today there wasn’t one there.”

The force has taken to Facebook and Twitter using the hashtag ‘policing matters’ to raise awareness.

Surrey Police said it received 675,500 contacts from people every year – nearly 2,000 a day, making it important for people not to waste their time.

And last year they attended a staggering 10,270 incidents – on average 28 a day – which were not policing matters and should have been directed to other organisations.



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HOME & DIY



# MOVING ON

Moving home can often be a daunting and stressful experience – but could there be a specific time of year that helps rather than hinders the hopeful home-mover?

Whether you're settled on selling up or just trading in one tenancy for another, moving home can be a stressful business at the best of times. But is there a way to work out the optimum moment to start your move just by considering the seasons?

## SPRING

Spring isn't just the best time to see lambs gambolling and flowers blooming – it's also the time to take advantage of those mild weather conditions and post-Christmas lull to move house. With fewer school holidays, the kids will be safely out of the way, and some people may even be turning their attentions to the housing market once again.

## SUMMER

Summer has historically never been a great time to sell your home, with most people off enjoying their holidays instead of browsing the housing

market. In terms of moving, too, summer has its drawbacks. These include the hot weather, which can make moving much more difficult, and the fact the school holidays will mean any children will always be available to add to the chaos.

## AUTUMN

After spring, autumn is probably the next best time to attempt a move. True, the weather can be unpredictable, but you'll only be subjected to extremes if you're unlucky, and the kids will be in school most of the time – but there's also half term if you want a couple of extra helpers around the house.

## WINTER

While visions of a fresh January start in a new home may have a romantic allure to them, winter is a problematic season to make a move. Not only will you spend the Christmas period surrounded by (less fun) boxes, the stress of sorting contracts and finances, winter weather can also be unpredictable, moving a hazardous business, and the pressures of Christmas mean selling is often difficult too.



# Table Toppers

CREATIVE DESIGNS TO SPRUCE UP ANY TABLE

### Flower Power

Flowers may seem like a traditional centrepiece, but there are so many ways to display them that it will always feel fresh. Even a simple vase can be spruced up with rope or ribbons or placed in a synthetic floral wreath. You can also make your own vase by placing a tall glass inside a transparent container, then filling the space up with coloured sweets or beads.

### Outdoors In

Enlist the help of nature to create something rustic and seasonal. Tie autumn leaves and twigs together and top with a miniature pumpkin, or create small bouquets with fresh herbs and wild flowers. If it's a celebration, arrange a twisted napkin in a heart shape and fill with petals to use as confetti.

### Light the Way

Create a romantic ambience with glowing lights. Rather than using one large candle, have many tea lights in jars or tins, or invest in a large Moroccan-style lamp to create an Eastern glow.

Those who are concerned about the dangers of fire and alcohol can place a decorative bowl on the table filled with water and a combination of floating candles and fresh flower-heads. Or simply bundle battery-operated fairy lights in a vase.

### Get Crafty

Melt your guests' hearts by enlisting the help of children. Handmade mosaics, decorated vases and papier-mâché can all create a touching centrepiece. Or if you have a flair for sewing, creating a quilted table runner with matching place mats.

### Eat the Art

Too busy preparing food to worry about the table decorations? Then make the food the centre of attention. Bake a decorative loaf of bread or display a spectacular cake or cheeses under a glass cloche. And for those who really want to show off, prepare a seafood platter as a starter or bring your main course out adorned with table sparklers. Bon appetit.



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HOME & DIY

# STYLING IT OUT.

**B**orn in the Tunisian city of Sfax, Tom Dixon has made himself known around the world as a celebrated designer whose eponymous lighting, furniture and accessories brands are synonymous with luxury and style.

Having first begun to draw the eye in the mid-Eighties as a self-taught designer specialising in making furniture from salvaged material, Dixon's first project – Space – provided him and fellow young designers with a way to advertise their wares. By the end of the decade, Dixon was commissioned to work for renowned Italian designer Cappellini and ended up envisioning the 'S' chair, which is now iconic among furniture designers.

The Nineties was the era in which Dixon really became a household name though, not least because of the success of his own company – Eurolounge – and in 1998 he became head of design for Habitat, going on to become creative director before eventually leaving the company in 2008. Dixon became one of the main figures credited with revitalising the ailing Habitat brand and earned an OBE for services to British design in 2001.

However, the 58-year-old is best known for his own 'Tom Dixon' brand, based in Portobello. Alongside characteristic upmarket furniture and accessories, the company had a hand in the establishment of Design Research – a design and product development holding company. The brand launches new collections twice a year at the Milan International Furniture Fair and the London Design Festival, with Dixon's creations being sold in more than 60 countries.

His designs have subsequently made their way to the highest echelons of society, primarily through his interior and architectural design studio. From here, he has curated a host of well-known projects across the capital, including Jamie Oliver's flagship Barbecoa eatery, Restaurant at The Royal Academy plus Shoreditch House, and his ambitious take on renovating the iconic Thames-side Sea Containers House into a hotel in 2014.

A designer at the peak of his powers, we wonder what is next for this iconic visionary.



Photo credit: www.tomdixon.net and www.cappellini.it





# Lighting Up

When traditional bulbs perhaps aren't shedding enough light on your inspirational side, why not turn your attention to these stylish sources of interior light instead?



## Faring Up

Tired of your typical light bulbs and lethargy-inducing lamp shades? Replace both of these outdated interior adornments with stylish up-lighting. Whether fixed flush to the wall or in a chromatic bracket, these lights will emit a soft and subtle illumination that you can style to the rest of the house – and can be used to cast an eye-catching glow on the most important aspects of the room.



## Out of Nowhere

Society expects you to put your lights in the ceiling or at least above head height – but why? Throw traditional interior design on its head with recessed lighting that slots seamlessly into your floorboards. You could use it to guide visitors along your corridors with effortless chic, or place them around large ornaments or appliances to create a sophisticated centrepiece.



## Ahead of the Game

Get the stylish wall adornments of a big game-hunting Victorian without having to eliminate a single endangered animal with an LED light in the shape of a rhino's bone. Made from highly-polished moulded plastic that mimics a ceramic effect, these lights use warm white LEDs to pick out all the detail as it shines from within, so you don't have to brush up on your taxidermy skills after all.



## Fairy Goo

Combine the elegant illumination of fairy lights and the natural look of a houseplant with some faux flora that doubles up as a classy lamp. Achieve the effect of an enchanted grotto with a wide variation of colours while side-stepping leafy mess and errant soil. Alternatively, you can drape a string of these floral fairy lights along curtain rails or bedposts to make it seem like your soft furnishings are being entwined with



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# LOCAL NEWS

from your neighbourhood



LOCAL NEWS

Photo credit: ITV



## Singer wows the judges at her X Factor audition

A young singer from Brentwood wowed the judges on *The X Factor* after her sensational audition.

Taliah Dalorto impressed the judges with her take on Aretha Franklin's *Ain't No Way*.

The 19-year-old received a lot of praise from judges Louis Walsh, Sharon Osbourne, Nicole Scherzinger and Simon Cowell following her audition which was aired on September 17, although she also received some constructive criticism.

Speaking to **VISION**, she said: "Singing has always been my dream and something I have wanted to pursue.

"I've been working hard on my singing for a long time and I think I'm ready mentally and I'm hungry for it. I thought I'm just going to do it and see what happens."

After her sensational performance, Taliah didn't expect the reaction that she got.

She continued: "It made me so emotional. It's the first step towards the rest of my future.

"I've had people say you'll never get far. I didn't think I'd get the response from the judges that I did."

Following her performance, she has been inundated with people contacting her on social media and has even appeared on *This Morning* to speak about her performance.

She explained: "I've been swarmed with messages. "So many people have said after everything you've carried on and got stronger."

After getting over the first hurdle, Taliah now hopes to get to continue her journey and reach the finals of the show.

She said: "During the show I hope to get to the finals and do really well. I would love to be able to say I won, but if I didn't I hope there'd be a label who can see me succeed in the industry.

"I'd like to make an album and for people to want to buy it."

Taliah wants her music to appeal to a wide range of people, like worldwide sensation Adele.

She has thanked all the people who have supported her since her audition.

She said: "I just want to say thanks to everyone for the support."

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Photo credit: Mark Bourdillon/Love Productions



LOCAL NEWS

## Banker baked off the show

A local baker from Brentwood has left The Great British Bake Off tent following an unsuccessful pudding week.

James Hillary, 46, failed to impress with his molten chocolate puddings, finishing seventh in the technical challenge. His bad luck continued with his 'The Missed Silver Jubilee' trifle terrine and he was subsequently chosen to leave the tent.

James, who works as a banker, has watched the show since the first series. He wanted to push forward his baking repertoire so he spent a lot of time broadening his baking repertoire before he applied.

He said: "The opportunity to be part of a show I have loved for years and to see how my baking stood up to the best amateur bakers in the country was a dream come true."

James' love for baking came from his dad, who is his official taste tester. As his dad worked nights, they spent a lot of time together at the weekends.

James continued: "My dad has a sweet tooth so we often made cakes and bakes. Rock buns are his staple, followed by crumbles, bread puddings, bread and butter puddings, vinegar fruit cake and pies. He is also a big jam maker and we still swap recipes and jars of jams and chutneys."

James has enjoyed every minute of the process since applying to appear on the show back in January and his passion for baking has grown.

He said: "I love my job in the city but my passion for baking has grown exponentially as a result of going through this experience."

"I would love to be able to share my passion for baking and am open to any opportunities that may arise whilst balancing my demanding day job."

"I love developing recipes and enjoy teaching my boys how to bake and sharing my baking experiences on my blog. If I could extend this through other media that would be a dream come true."

## Two casualties hospitalised after collision

Two casualties were taken to hospital following a road collision in Essex on Wednesday, September 13.

The East of England Ambulance Service was called at around 6.40am to reports of a three-vehicle road traffic collision in Warley Road, Great

Warley, Brentwood.

Two ambulances and an ambulance officer attended.

Two patients of unknown age and gender were taken to Queen's Hospital with suspected neck and chest injuries.



# Fly-tipping in Essex draining £1million each year

New figures reveal that fly-tipping in Essex is draining more than £1million of taxpayers' money each year.

In Brentwood, there were 613 incidents last year, a fall of 52 on the previous year 2015-2016. However, there has been a 30 per cent increase over several months this year compared with last year.

Last month Love Essex, a partnership of councils, businesses and environmental charity Keep Britain Tidy, launched its #CrimeNotToCare campaign to inform residents they could end up with a criminal record and face an unlimited fine if a third party dumps their waste illegally.

As part of the #CrimeNotToCare campaign, a four-tonne fly tip was set up in the High Street.

Brentwood Borough Council's chairman of the environment and enforcement panel, Cllr Keith Parker, said: "We need the public to understand their rubbish is their responsibility and they must do the right thing with it. Giving it to a man with a van who offers to get rid of it cheaply could prove costly for people and result in them getting a criminal record."

An Essex resident had allowed a man who knocked on his door to take 40 black sacks of rubbish away for £70 cash. He didn't check if he was authorised to transport the waste. The rubbish was then fly-tipped in a garage area and traced back to the resident.

Ensure you don't fall foul of the law. Visit [www.recycleforessex.com/crimenottocare](http://www.recycleforessex.com/crimenottocare) for advice.

# Nominations open for sports awards

Nominations are open for the Active Brentwood Sports Awards 2017 to recognise the achievements and work by local sports people.

The awards will highlight Brentwood's unsung heroes and local sporting talent as well as the people, groups and organisations that work behind the scenes to provide opportunities in the borough for people to take part and promote physical activity.

Brentwood health and wellbeing board chairman, Cllr Olivia Sanders, said: "These awards highlight the contributions people in our community make to sport and physical activity in our borough."

"This is your opportunity to nominate your sporting heroes from volunteers to coaches, athletes or

schools, clubs and organisations. They could be established, a new club or team, or someone who has developed or improved over the past year."

To nominate someone, please visit [www.brentwood.gov.uk/index.php?cid=2118](http://www.brentwood.gov.uk/index.php?cid=2118). The people being nominated must live in the borough of Brentwood or be involved in or a member of a local club.

Closing date for nominations is Thursday, October 12. Those candidates who are shortlisted for awards will be contacted by October 20 and invited to the awards ceremony in November.

If you have any queries regarding the nomination process please contact Jo Grant on 01277 312692.



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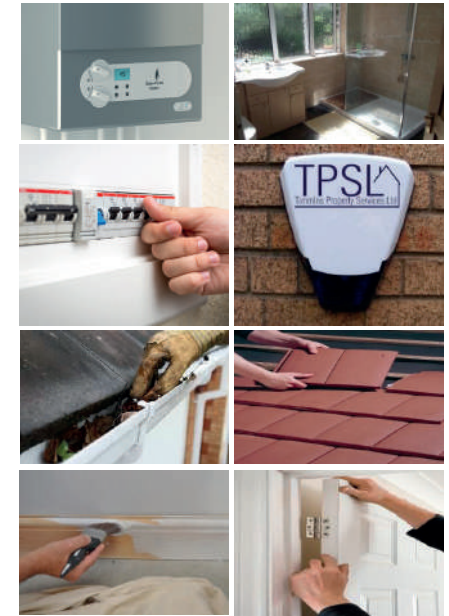
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## Tributes paid to a man who died following an assault



Tributes have been paid to a man who died following a serious assault in Brentwood.

Dean Jose, 47, from King's Lynn in Norfolk, was assaulted outside Murphy's Sports Bar in Kings Road at around 12.45am on Bank Holiday Monday.

He suffered a serious head injury and was taken to hospital, but sadly died on Saturday, September 2.

In a statement, Dean's family said: "Dean lived his life for his wife and two daughters. He was a devoted husband, a loving father and a very much-loved son and brother.

"He left school and then dedicated his life to helping disabled children, adults and those less fortunate than himself to allow them to live their lives to the fullest.

"Dean had an incredible zest for life and lived his life at 100mph, never sitting down for a second, he loved having his family around him, socialising with friends and had a real passion for golf and music which he loved sharing with everyone he was close to.

"He will forever live on in the hearts of everyone who knew him and the people and families that he has helped over the years.

"As a family we are devastated at his sudden and completely unnecessary and cruel death. We have been needlessly robbed of a husband, dad, son, brother and friend."

Two men, aged 22 and 24, both from Brentwood were arrested on suspicion of causing grievous bodily harm. A third man, 23-year-old Nathan Turner from Brentwood, was charged with causing grievous bodily harm with intent.

## Which town is the best in Britain for women's income?

Brentwood has been named the best local authority for women's income by the Women's Hour Report: The best places in Britain for women.

Brentwood ranked first across Great Britain in the income domain. The median gross hourly wage among women in Brentwood was £19.85 and the median gender pay gap was just one per cent.

Brentwood Borough Council leader, Cllr Louise McKinlay, said: "I'm thrilled to see Brentwood leading Great Britain on women's pay but to be top in terms of closing the gender pay gap is incredibly significant.

"Brentwood's one per cent pay gap is now the game changer for all other areas across the country and put the borough at the top of the national debate on these two major issues."

Sedgemoor was named the worst performing local authority in the income domain with the median gross hourly wage for women just £9.25.

## Posts installed to protect Shenfield Common



Photo credit: Brentwood Borough Council

Heavy oak posts have been installed around Shenfield Common in Brentwood to prevent travellers using the land.

Last month, we reported on several unauthorised incursions on Shenfield Common during the summer months.

On Tuesday, September 19, Brentwood Council tweeted: "Heavy English oak posts being installed around Shenfield Common to prevent unauthorised vehicles accessing the field."



## Police are asking public to remain vigilant

LOCAL NEWS



Following the recent incident at Parsons Green, Essex Police are asking the public to remain vigilant as the threat level is reduced to 'severe'.

The UK threat level was raised to 'critical' following the terrorist attack on September 15 in Parsons Green, London, where a 'bucket bomb' was placed on a tube train during rush hour, injuring around 30 people.

Since then, the threat level has been reduced to 'severe' which means an attack is still highly likely.

Essex Police's Gold Commander Assistant Chief Constable Pippa Mills said: "Our Metropolitan Police and national security colleagues in London have been working extremely hard in the wake of Friday [September 15]'s incident which now means the threat level has been reduced.

"Essex Police, like our colleagues up and down the country, have well-rehearsed, robust plans in place for situations such as this. The key to the ongoing fight against terrorism lies within the communities of our county, it is your information which helps us keep you safe and could save lives."

If you are concerned call us on 101 or 999 in an emergency or alternatively call the confidential Anti-Terrorist Hotline on 0800 789321.

## Fraudsters conned elderly victims out of £250k

Fraudsters who conned elderly victims out of around £250,000 and used the cash to fund their own lifestyles will be sentenced at Chelmsford Crown Court this month.

Two brothers, Anis and Amin Ben-Sghaier, from Brentwood and Harlow respectively, claimed to work for a company called AJ Auctioneers and cold called their victims offering to sell their investments. These included rare earth metals, diamonds and wine.

The pair, who used aliases, persuaded them to

pay fees and taxes associated with these sales. But the auctions never took place and the 10 victims were never paid the money they were owed from the sales.

One victim was promised £163,000 from the sale of rare earth metals. He never received the money but lost his life savings of £190,000 to the fraudsters. Another man also lost his life savings and his home.

Police enquiries found the money paid by the victims went into accounts connected to Amin and Anis, their younger brother Bilal, Anis' former girlfriend Rebecca Batchelor, and Amin's former girlfriend Beau Bown.

All five were charged in December 2016. Anis, 25, from Brentwood, admitted conspiracy to commit fraud between January 2013 and September 2016 when he appeared at Chelmsford Crown Court in February.

Chief Inspector Lee Morton, of the Kent and Essex Serious Crime Directorate, said: "It is possible that other people who have not yet come forward have fallen victim to this fraud. We'd urge anyone who believes they have been a victim to please contact Essex Police."

## 'More than 10 laps of the M25' road surfaces complete



Photo Credit: Essex Highways

Essex Highways engineers have surfaced more than the equivalent of 10 laps around the M25 in Essex over the last three years.

This summer alone, crews have surfaced more than three million square metres of road, the equivalent of the entire area of the City of London.

Cllr Ian Grundy, Essex County Council cabinet member for highways, said: "Road surfacing not only fixes potholes, it prevents them forming for years afterwards.

"Keeping Essex roads moving and in a good condition is not done by accident. Crews work tirelessly throughout the year to ensure we keep on top of wear and weather-related damage on the more than 5,000 miles of road we maintain."

Sweeping excess chippings, re-painting lines and replacing reflective studs will continue into October.

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# Patrols continue for Street Pastors

Street Pastors continued to patrol in Billericay and Brentwood High Streets over the summer periods on Friday and Saturday nights. We only have one agenda and that is to help anyone that is vulnerable without judging them for their circumstance. On our patrols, we carry water for hydration, lollipops and flip flops for people that can't walk in their shoes anymore.

We also attend different community events to show everyone what we do. On July 19, a number of us joined Basildon Street Pastors who had their first birthday and it was good to welcome the local mayor and his deputy and the police chief superintendent. It is important for us to operate with the continued support of the police, council and local church.

In Billericay, our local football team is now run by millionaire Glenn Tamplin and we are building a relationship with the club to see how we might help on match days or offer some chaplaincy during the week to all the staff and volunteers at the club.

In Brentwood, we continue to meet the night time community in the high street area. We hope to be commissioning new street pastors soon at Sawyers Church and also launch a new project called Schools Pastors in conjunction with Becket Keys School.

We continue to recruit and have two important training sessions coming up so why not contact us on Billericay@streetpastors.org.uk or via Twitter or Facebook.

# Indian takeaway shortlisted for prestigious award

An Indian takeaway in Brentwood has been shortlisted as one of the UK's five best takeaways in the Curry Life Awards, one of the most prestigious Asian national food awards.

The Village Modern Indian Cooking takeaway, based at 16 Warley Hill, is hoping to secure victory after head chef Abdul Alim won Chef of the Year at the awards ceremony in 2014.

They have been nominated in the best takeaway category, as the best in Essex and among the best five takeaways in the UK.

This year's Curry Life Awards will be hosted by Jon Snow at the Royal Lancaster Hotel in London on Sunday, October 22.

Diners from across the country nominate their favourite chef, restaurant and takeaways in the annual awards ceremony.

To help the Village Modern Indian Cooking win the award, customers can complete additional nomination forms available at the restaurant or online at [www.travellink.co.uk/currylife](http://www.travellink.co.uk/currylife)

# BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



This magazine is filled with adverts for, and information about, hundreds of great local businesses offering a wonderful myriad of services – everything from kitchen design to property maintenance to household appliance repairs to jewellery design. What a fine example it is of our nation of entrepreneurs.

This month has brought cracking news for our economy: employment figures show the number of people in work is at a record high, and the number out of work at the lowest level in over 40 years. In my Brentwood and Ongar constituency just one per cent of the economically active population (aged 16-64) are now claiming JobSeeker's Allowance or looking for work as part of a Universal Credit claim.

It's a sad fact that under the last Labour government, the number of people on unemployment benefit rose by 82 per cent. This Government is working to build a strong, well-balanced economy that works for everyone, giving people the chance of a better life for them and their families. Whenever a workless family moves into work it gives them new choices and a fresh start – and it gives children in that family the positive example of how hard work pays off.

There is, of course, always further to go. In the last three years, the number of disabled people in work has increased by nearly 600,000 – but there are many hundreds of thousands more who want to work but struggle to find it. I'm a member of the Work and Pensions Select Committee in Parliament, and I'm very keen that we explore all avenues, including how we can use assistive technology to help solve problems for people with disabilities.

There is very little better for a sense of wellbeing and dignity than to have the security of regular pay and the satisfaction of getting a job done well –



we have to give as many people in our country as possible that opportunity. If you want to contact me about this or any other issue, please get in touch via [www.alex.burghart.org.uk](http://www.alex.burghart.org.uk)

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## Support The Blues in October

Ground location: Brentwood Town FC, The Arena, The Brentwood Centre, Dodinghurst Road, Brentwood, Essex. CM15 9NN

Admission prices: Adults £8, Senior citizens £4, Under-16s £1.

- ⦿ Saturday, October 7 – South Park (FA Trophy Preliminary Round) 3pm.
- ⦿ Saturday, October 14 – Cheshunt (Bostik North Division) 3pm.
- ⦿ Tuesday, October 17 – Ware (Bostik North Division) 7.45pm.

## Young carers to get more support

Thousands of young carers across Essex will benefit from a new countywide service aimed at ensuring they get the tailored support they need.

Essex County Council has approved a new young carers service, which includes a commitment to spend up to an extra £275,000 a year on services for young carers over the next five years.

There are estimated to be more than 10,000 young people in Essex who provide regular care for a family member, including some as young as just six. However, only 478 attended a support group last year and just 295 received any one-to-one support.

The new in-house service, which comes into effect across the county from April 2018, centres around a key worker model and has already been successfully piloted in the Braintree district.

Young people and their families will benefit from a more comprehensive and joined-up package of one-to-one support. Where requested, their key

worker will help with things such as access to mental health services, liaising with schools to improve attendance and attainment, finding social and leisure opportunities, signposting to other support services and intervening at times of crisis.

It will also offer families far greater flexibility than the existing system of provider-led support groups, removing the barrier of set days and allowing families to access personalised support at times to suit them.

Other support will include telephone and online helplines, respite groups and trips, training opportunities (first aid, dealing with medication, fire safety and online safety etc.) and a system of school-based support.

To make a referral for a young carer to get support, please visit [www.youth.essex.gov.uk/young-people/young-carers/](http://www.youth.essex.gov.uk/young-people/young-carers/) or to find out more about the support available to carers in Essex, please visit [www.carersinessex.org.uk](http://www.carersinessex.org.uk)



LOCAL NEWS

Photo credit: www.davidhiker.com





# CREATE YOUR OWN *Zen Garden*

With meditation becoming increasingly popular, zen gardens are the perfect place to relax your mind. A zen garden is a peaceful place where you can go to meditate, relax and admire the simplicity of its design. Made using pebbles, rocks and sand, these elements can be designed to create a simple and beautiful space.

Zen gardens are very versatile and can be placed in almost any space. From a desktop zen garden to an outdoor one, you really are in control when it comes to deciding how to create your perfect space.

## HOW TO CREATE AN OUTDOOR ZEN GARDEN

### THE SAND

Sand is the key element to a zen garden. This often covers the whole area and will have a raked pattern in it. Beach sand often won't hold the raked waves, so it is best to use crushed granite to create this effect.

### THE PEBBLES

Pebbles can be placed sparingly around the garden to add simple elements to the design. You can incorporate these into the sand pattern, or have them dotted around.

### THE ROCKS

Larger rocks can be used to complement the pebbles and sand. They create a focus point in the garden. There is no correct way to use these, it is all down to personal preference.

### WATER

Water features such as ponds and waterfalls can be the perfect addition to a zen garden. The relaxing sound of running water can add to the calming atmosphere.

### THE PLANTS OR TREES

Some people like to put some colour and greenery into their zen gardens. This can be done in the form of water plants such as lilies and the Japanese water iris. Common trees that can be used as a canopy include bamboo or fruit trees such as flowering plum or cherry.



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Artwork Credit: Heatherwick Studios via bbc.co.uk



GARDENING

# THE BRIDGE TO NOWHERE

It was hailed as London's 'iconic new landmark', a 'floating paradise' supported by former Mayor Boris Johnson and conceived by Joanna Lumley. But as current Mayor, Sadiq Khan, recently pulled the plug on public funding for this controversial city addition, we look at the rise and fall of the Garden Bridge.

Khan has finally put hopes of a completed Garden Bridge to bed by denying the project the vital funding it needs to begin construction. Ever since the foliage-laden walkway had been conceived by actress Joanna Lumley as a tribute to Princess Diana, the project had unfortunately been mired in acrimony.

And with the proposal now well and truly dead in the water, Khan remarked that taxpayers in the capital should be "very angry" about the £37million of public funding already ploughed into the project.

Supporters of the lush landmark – such as Khan's predecessor Boris Johnson and former Chancellor George Osborne – have bemoaned the decision to scrap construction, which would

have featured 270 trees and thousands of plants. But critics have long seen problems with the wilderness-covered walkway, saying that it would be in a part of the city already well-served by bridges and questioning why public money was being spent on a privately-run link across the river which would set its own rules for access and be closed both at nights and for private events.

With the revelation that the Garden Bridge Trust had spent the £37million of public money without a brick being laid and falling well short of the private donations it hoped for, Khan pulled the plug – with planning permission for the bridge, which was set to run from Temple to the South Bank, about to expire next month, he was forced to make a final decision on the proposals.

"The funding gap is now at over £70million and it appears unlikely that the Trust will succeed in raising the private funds required for the project," he said. "I am simply not prepared to risk a situation where the taxpayer has to step in and contribute significant additional amounts to ensure the project is completed."

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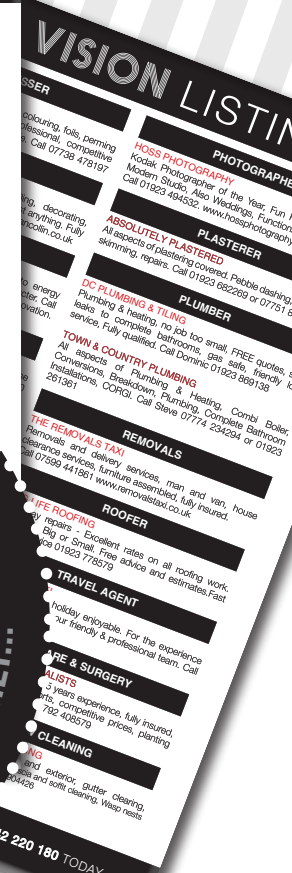
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“We may never see  
as multi-faceted an  
entertainer as Sir  
Bruce Forsyth again,”



# Strictly Didn't he do well?

He was Britain's greatest performer – a showbiz legend who had spanned generations with a variety of well-loved acts and appearances. As the entertainment community reels from the loss of Sir Bruce Forsyth, we look back on his life, career and catchphrases.

From variety hall entertainer to gameshow host, and *Strictly Come Dancing* presenter – Sir Bruce Forsyth was a staple on British TVs for decades before his death, aged 89, in August this year.

Born in Edmonton, London, in 1928, Forsyth's start in the business came as the all-singing, all-dancing, accordion-playing 'Boy Bruce the Mighty Atom'. Following his TV debut in 1939 on the BBC talent show *Come and Be Televised*, Forsyth toured the UK before getting his biggest gig to date as host of *Sunday Night at the London Palladium* in 1958.

Just over a decade later, Forsyth was the man to capitalise on Britain's love of TV game shows. The Seventies saw him helm the BBC's *Generation Game* – alongside second wife Anthea Redfern – before he switched to ITV for *Bruce's Big Night* and the hugely successful *Play Your Cards Right*. During this time, when he also put his considerable talents to projects like *You Bet!* and *The Price is Right*, Forsyth coined a number of catchphrases that were to become staples of British households for years to come – from "What do points make? Prizes!" to possibly his most recognisable, "Nice to see you, to see you...nice!"

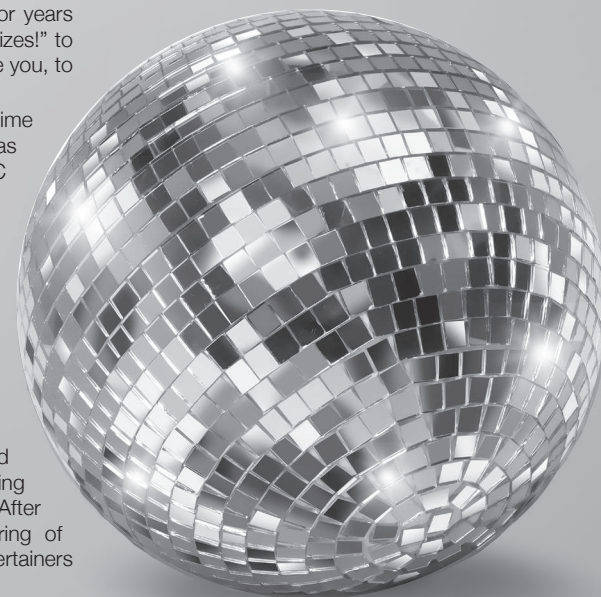
Following a short stint away from primetime telly, Forsyth found his second wind as presenter of the new glitz-and-glamour BBC ballroom bonanza, *Strictly Come Dancing*. For nine years, the twinkle-eyed and twinkle-toed TV veteran presided over the staple of BBC programming, before retiring in 2014 to his house on the edge of Wentworth Golf Course with his third wife, former Miss World Wilnelia Mercaud. His last televised appearance came as part of the *Strictly Children in Need Special* that year.

Forsyth's OBE in 1998, CBE in 2006 and knighthood in 2011 go some way to showing the huge popularity he enjoyed in Britain. After his death, there was a massive outpouring of tributes from friends, fans and fellow entertainers

alike, including *Strictly* co-host Tess Daly, close associates Michael Parkinson, Jimmy Tarbuck and Des O'Connor, and the BBC director general, Lord Tony Hall.

Forsyth's time on telly was quite literally record-breaking, with The Guinness Book of World Records saving him a spot for having the longest TV career of any male entertainer – an achievement the man himself called "a wonderful surprise". It was the first of two appearances in the renowned record book, with the veteran entertainer also scooping the accolade for oldest performer at the Glastonbury Festival after he took to the Avalon Stage in 2013.

We may never see as multi-faceted an entertainer as Sir Bruce Forsyth again – and having touched so many throughout his incredible career, there will be plenty of shows that appear to be missing that special stardust he brought so effortlessly for the best part of a century.



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HEALTH & FITNESS

# Magic Mind

Far from being solely the pursuit of Tibetan monks and devout yogis, meditation is fast becoming a daily practice for millions of people all over the globe, in all walks of life. Like the stressed-out businessman who has chosen to turn his commute to work into his mindfulness practice and is blissed-out on the train, or the anxious teen who has discovered that calming one's mind can bring about far more clarity and peace than partying ever can...

As is often the case, the rise of technology appears to be both the cause and the solution for this phenomenon. Our minds are bombarded with an unfathomable influx of information as we scroll through news feeds and check our emails and update Twitter, sometimes before even getting out of bed. Our stress levels are rising and our attention spans are shrinking and the world is only getting louder, but meditation is a way to shut out the noise, even for a moment, and reconnect with ourselves.

But while the concept is straightforward, actually succeeding to quiet the mind is a skill that must be learnt.

Thankfully, subscription services such as Calm and Headspace have been specifically designed to fit around busy lives, offering easy-to-use apps with guided meditation sessions as short as 10 minutes.

That's 10 minutes of your day in exchange for improved concentration, reduced stress, better self-awareness and general increase in overall wellbeing.

There are physiological benefits as well: scientific studies suggest meditation can reduce blood pressure, boost immunity and lessen heart and brain problems. No wonder those monks are always smiling.

#### How to meditate:

- Sit or lie comfortably.
- Close your eyes.
- Make no effort to control your breath; simply breathe naturally.
- Focus your attention on your breathing and on how the body moves with each inhalation and exhalation.
- Don't try to stop thoughts; simply allow them to come and go.
- Be patient with yourself – and enjoy the experience.



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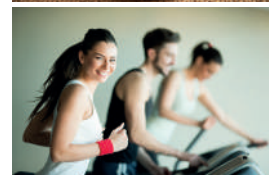
### GRAB THE GARLIC

A natural remedy for fighting colds and flu, you can boost your immunity just by including garlic in stir-fries and sauces. If you feel a cold coming on, a raw clove minced and steeped in boiled water with lemon and honey is said to halt the germs in their tracks. Or, if you hate the taste, simply take odourless garlic capsules.



### HIT THE GYM

Numerous studies have shown that those who exercise regularly are less likely to be struck with the lurgy. Do too much, however, and you can impair the immune system, so strike the balance by following the NHS guideline of 150 minutes of cardio and two sessions of strength training a week.



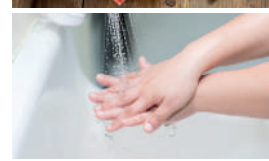
### COOK SOME SOUP

Homemade chicken soup is one of the oldest-known cold cures, but for full effect you really ought to make it from scratch using a chicken carcass. Naturally, vegetable stock is also full of vitamins, but is not as steeped in old-wives'-tale mythology.



### WASH YOUR HANDS

It may sound obvious, but washing hands regularly can reduce general infections by 20 per cent.



### DITCH THE CIGS

Sorry smokers, but those cigarettes are doing zilch for your immune system. From causing excessive inflammation and longer healing time to a reduced ability to stave off infections, you really would be richer in body (and pocket) without them.



### HAVE A GOOD GIGGLE

They say laughter is the best medicine, and in this instance it is actually true. Not only can laughter reduce stress – stress being your body's number one enemy – it has also been shown to boost antibodies and disease-killing cells. So next time your boss catches you sniggering at funny cat videos on YouTube, protest that you're actually saving on sick days. You're welcome.



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# “Everybody has it within themselves to be happy, contented and successful”

We are talking to David Cotterill, founder of The Change Agency, a fresh approach to life coaching and therapy.

**Q:** David, what is The Change Agency and why have you set up in Shenfield?

**A:** I think there's a bit of a taboo about therapy, counselling and personal development. I started out as a hypnotherapist and took a bit of stick about that.

**Q:** Why?

**A:** Well, people thought that because I'd been trained by Paul McKenna, the TV hypnotist, that I'd be making them quack like a duck or sing like Elvis, when in fact hypnosis saved me from depression and anti-depressants.

**Q:** So you do hypnosis now?

**A:** Sometimes, but there's been huge advances in understanding the mind in recent years that I find change can be achieved without it.

**Q:** So The Change Agency provides therapy and coaching?

**A:** Yes, I want to make it attractive, fun and make a really positive contribution to people's lives, in an open way.

**Q:** How do you mean?

**A:** Well, if people want to move home they use an estate agency, if they want to go on holiday they use a travel agency.

**Q:** And if they change jobs, they use a recruitment agency.

**A:** Right, so I thought – if they need to change something about themselves or their lives – like a fear, phobia, confidence, reduce stress... why not come to a change agency?

**Q:** Well, it's different.

**A:** Different, but actually I still operate under the same strict code of ethics and conduct as any professional therapist or coach would. It's just trying to make it all more accessible and acceptable.

**Q:** And the reason for Shenfield as a base for your work?

**A:** I feel it's my home town. I went to school in Shenfield, my first job was stacking shelves in the Co-op back in the 1970s – I like it here and I'm looking forward to being a useful member of the business community, and to helping people achieve what they want and find contentment.



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Actually, it's not like that at all, is it?

**Because you are stressed!!**

In reality, when was the last time you had a good nights sleep? Does your mind go at a hundred miles an hour? Do you eat meals and snacks without really tasting your food? Are you drinking a few glasses of wine more than you should?

If you feel like you're in a whirlwind of uncontrolled thoughts and uncomfortable feelings, there are Three Steps to changing your response to stress:

1. Understanding what stress is.
2. Learning how stress works.
3. Tooling up with some effective solutions to get your busy life back on track!

**Why is the first step of understanding stress so important?**

Imagine you're on a flight when the aircraft hits violent turbulence. Passengers start panicking, possessions flying about, drinks spilling, and your nerves start to jangle!

After a few minutes of mayhem, the aircraft steadies and everything calms down but you've noticed that a man sitting in the seat across the aisle from you was the only passenger who hadn't appeared to have been bothered by the whole event.

You ask him how he'd remained calm and he explains, "I'm an experienced pilot, I've been trained to fly in all weathers and I understand the true nature of turbulence."

Like that pilot, once we understand the true nature of the process that causes the turbulence, or stress, in our everyday lives we will be more equipped to ride through it, to "fly in all weathers" with confidence – and much calmer feelings.

If you want a calmer inner world you can experience benefits of the Three Steps for yourself by attending **The Change Agency's** Stress Reduction Clinics. We run personal sessions and group classes and because we know that stress is very real, we teach these practical and effective ways to help you to reduce its effects, so that you can get on with your busy life and get the results you want.



David Cotterill

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[www.thechangeagency.life](http://www.thechangeagency.life) [hatsofftchange@gmail.com](mailto:hatsofftchange@gmail.com)

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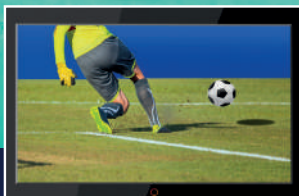
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# We're JAMMIN'

There are few joys in life like having a garden which bears fruit – whether an apple tree studded with tart, crunchy delights, bushes weighted with fat berries, or thick stalks of rhubarb which reach up out of the soil. But it can be hard to consume all that our garden provides, and even the most generous freezer can't hold the excess.

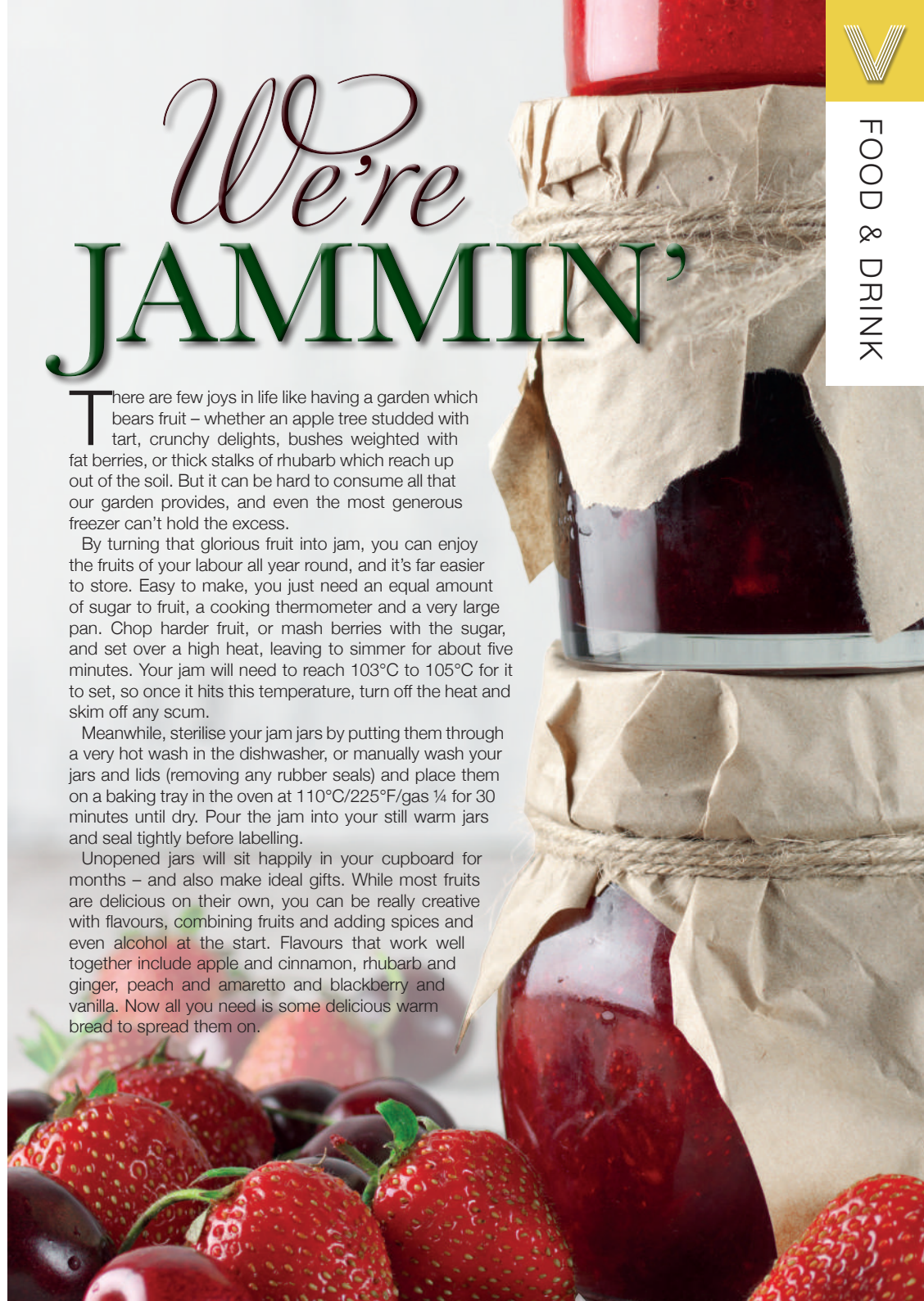
By turning that glorious fruit into jam, you can enjoy the fruits of your labour all year round, and it's far easier to store. Easy to make, you just need an equal amount of sugar to fruit, a cooking thermometer and a very large pan. Chop harder fruit, or mash berries with the sugar, and set over a high heat, leaving to simmer for about five minutes. Your jam will need to reach 103°C to 105°C for it to set, so once it hits this temperature, turn off the heat and skim off any scum.

Meanwhile, sterilise your jam jars by putting them through a very hot wash in the dishwasher, or manually wash your jars and lids (removing any rubber seals) and place them on a baking tray in the oven at 110°C/225°F/gas ¼ for 30 minutes until dry. Pour the jam into your still warm jars and seal tightly before labelling.

Unopened jars will sit happily in your cupboard for months – and also make ideal gifts. While most fruits are delicious on their own, you can be really creative with flavours, combining fruits and adding spices and even alcohol at the start. Flavours that work well together include apple and cinnamon, rhubarb and ginger, peach and amaretto and blackberry and vanilla. Now all you need is some delicious warm bread to spread them on.



FOOD & DRINK







FOOD & DRINK

# SPOOKTACULAR HALLOWEEN Treats

Celebrate Halloween this year with some tasty treats. Get the children involved with these simple and easy to make recipes.

## MUMMY ON TOAST

☞ Two slices of bread

- ☞ Cheddar cheese
- ☞ Tomato sauce
- ☞ Two black olives

1. Toast your bread to your preferred liking
2. Cut the cheddar cheese into slices so they look like thin rectangles
3. Cut the olives in half to create two 'eyes'
4. Once your bread is toasted, spread over the tomato sauce. Place the cheese on top to make it look like mummy bandages and add the olives
5. Place under a grill until the cheese has melted

## GHOSTLY MERINGUE

- ☞ Four large eggs
- ☞ 115g icing sugar
- ☞ A small bar of chocolate
- ☞ 115g caster sugar

1. Preheat the oven to 100C and line a baking tray with a baking sheet
2. Put the eggs into a large mixing bowl and beat them on a medium speed with an electric whisk until the mixture resembles a fluffy cloud and you can make stiff peaks
3. Put your mixer on a high speed and gradually

add the caster sugar a spoonful at a time

4. Sift one third of the icing sugar into the mixture and gently fold using a metal spoon or rubber spatula. Continue to sift the icing sugar a third at a time
5. Scoop a heaped spoon of the mixture and put it on the baking sheet. Use the spoon to make a peak
6. Bake for 90 to 105 minutes until the meringues sound crisp when tapped underneath. Leave to cool
7. Once cool, melt the chocolate and using a skewer, make the eyes and mouth on your ghost meringues

## DRACULA COOKIES

- ☞ Chocolate chip cookies
- ☞ White marshmallows
- ☞ White large chocolate buttons
- ☞ Red piping icing

1. Cut the chocolate chip cookie in half
2. On one half, pipe on some red icing (depending on the size of your marshmallows, you may need to cut them to size)
3. Place the marshmallows on the red icing (depending on the size of your marshmallows, you may need to cut them to size)
4. Cut a white chocolate button in half and place between two of the marshmallows to act as the fangs
5. Place the other cookie half on top and enjoy



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# SHAKEN & STIRRED

## cocktail for Autumn



From James Bond to Tom Cruise, the humble cocktail has been a staple of every party-lover's back catalogue of booze. Here is a fantastic recipe for a spring cocktail that will revolutionise your reputation as a master mixologist.

### APPLE MANHATTAN

While the kids are off bobbing for apples, you can be sat in peace and quiet enjoying a classic Manhattan with a fantastically fruity twist.

### INGREDIENTS

- 2 parts bourbon
- 1 part apple schnapps
- Garnish apple, sliced

### INSTRUCTIONS

Shake with ice and strain into a Martini glass. Garnish with an apple wheel.



FOOD & DRINK



# AUTUMN Essentials

We've scoured the Autumn/Winter 2017 catwalks for the hottest male and female trends, so all you have to do is choose what to splash your hard-earned cash on.

## For Ladies

**F**ashion week was in a fever this season, with catwalks awash with reds of scarlet and crimson – whether a cherry red trench coat, pillar-box boots, or as was the case with Givenchy, red all over. But if you fancy a softer, more romantic look, you'll be delighted to know that velvet is a huge trend, particularly in suits and blazers.

If you're a fan of country music, dust off your tassel boots as Americana is going to be huge. Another blast from the past is fur coats, with the likes of Miu sending models out in faux furs that positively swamped their tiny frames. And finally, if you just want to invest in one simple look this season, it's got to be fishnets.

Not tarty or torn, they were worn chically with elegant dresses and boyish blazers. Back to school in style.



Faux fur coats - Autumn/Winter '17



## For Gentlemen

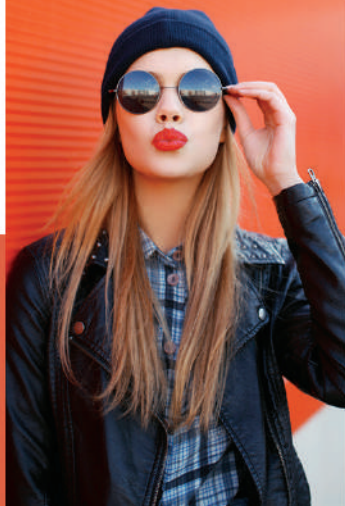
**E**ach season ought to begin with the procurement of a decent winter coat, and this year it has to be camel. With such warm outerwear, you can afford to wear little underneath, which is handy as silk shirts are back in style. But before you reach for last Halloween's Prince outfit, bear in mind that this is a subtler, pyjama shirt look.

If silk's not your thing, you can rely on the classic roll neck, which was seen everywhere from Louis Vuitton to Versace. And finally, Dustin Hoffman's love-struck character in *The Graduate* may be an unusual style icon, but he's who you'll be channelling if you invest in this season's corduroy trend. Be subtle in a blazer, or go all-out in full suit. Older lady not essential.



Classic Roll Neck





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**KIDS**

# SPOOK IT UP



**T**ransform your haunted house this Halloween with these cheap and simple craft ideas. You'll be sure to impress the neighbours...if they dare to enter.

### Ghostly surprise

Have you got an old bed sheet hanging around? Transform it this Halloween into a ghost. All you will need is a balloon, some string and a black Sharpie. To begin, blow up a balloon. Put it in the centre of the sheet and tighten below the balloon with string to create the head. Draw on a face using the black Sharpie. For an added effect, cut the edges to make it ripped and ragged. Hang up using string and give passers by a fright.



### Pumpkin paper lanterns

All you will need are orange paper lanterns, black tissue paper and glue. Simply cut out your pumpkin design from the tissue paper and stick it onto the lantern. These are so cheap to make, you can create as many or as little as you like. They look good hanging from doors and windows to scare anyone who dares to pass.



### Jar lanterns

For this, you can either buy some jars or use ones that you have finished with in the kitchen. You will need glass paint and a paint brush. All you need to do is paint your design onto the jar. Pumpkins are particularly good as the orange colour will cover the whole jar, meaning when the candle has been lit inside, it will make your room glow.



### Halloween banners

These Halloween banners are quick and simple to make – perfect for a party. You will need black and orange cardboard, a piece of string and craft pegs. Cut out letters from the cardboard, ensuring they are all a similar size. Hang them up using the craft pegs. These are great for any occasion and can be easily adapted. Why not try making other shapes too?



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BEAUTY



# Frightful Face Paint

Impress your friends this Halloween with these magnificent make-up ideas. They're simple and easy to create but will leave a lasting impression.

outline your eye leaving a small gap in the centre. Finish the look with some cat ears.

#### Pumpkin

This design is perfect for children. All you will need is orange, black and white face paint. Using the orange face paint, create the outline of the pumpkin and fill in, being careful not to get any into the eyes. With the black face paint, create the mouth and eye. You can then create an outline for impact. Add small amounts of white face paint to the edges to bring the design to life.

#### Spooky Spider Web

This is a favourite when it comes to easy Halloween make-up. All you will need is black eyeliner and a steady hand. From the corner of your eye, create the spider web by drawing five lines from the centre point, then join the lines to make the web. For extra impact, why not create a smoky eye with dark eye shadow and add a dark red lipstick?

#### Puppet

This design may look complicated, but it's easier than it looks. You'll need white, black and red face paint. Cover the face in white face paint. Add black to the eyes and under the cheek bones. Using the red face paint (or lipstick) create a swirl on each of the cheeks – these should be big enough to reach the bottom of the eye. Apply the red lipstick and two black lines from the edges of the lips to the chin. Add two small dots under the bottom lip. You can also colour the eyebrows black for added impact.

#### Purrfect Feisty Cat

This is an extremely simple make-up design that is perfect for people of all ages. For this design, you will need black eyeliner, black lipstick, brown eye shadow and blusher. To create this look, simply apply blusher to your cheek bones. Using the black eyeliner create the nose and whiskers. Apply the lipstick to your top lip only. For the eyes, apply the brown eyeshadow to your eye lids. With the eyeliner,





BEAUTY



IS IT A  
*cosmetic*  
OR  
**FUNCTION**  
ISSUE?

As Mother Nature intended, every tooth has its own function. Teeth are durable and hard wearing, however, unfortunate circumstance can lead to tooth loss. When we lose a tooth the balance of our mouth is interrupted.

Bone is the foundation of our mouths. After losing a tooth, the later, advancing stages can also lead to breakdown of the supporting bone.




We have all seen someone with wrinkles around the mouth or hollowing in the cheeks. This is not solely due to missing teeth but also the breakdown of the supporting bone (which can sometimes be seen clinically within six months). These noticeable changes to the structure of the face could be causing the appearance of premature "ageing".

The aim is to maintain bone support. This will keep your face fuller and healthier. When we lose a tooth, there are many options available for replacing this loss, such as removable denture which can be a temporary fix. It will aid you in eating food and smiling, however this will not address bone loss.

This is where dental implants come in. Implants are the only replacement option for missing teeth that will continue to support your bone once the natural tooth is no longer in place. Due to the nature of the implant fitting comfortably in the space, the appearance and function of the implant can more effectively mimic the previous natural tooth.

A dental implant can support the bone, neighbouring teeth, and help retain your natural face shape and smile. You can continue to eat your favourite foods, and confidently talk and laugh with absolutely no worries.

If you would like to know about dental implants then speak to Dr. Saleh Aria at Harrow Dental Clinic  HARROW DENTAL PRACTICE  
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# WHAT'S ON

*in your area*

## **Brentwood Chamber of Commerce Business Breakfast**

**Marygreen Manor Hotel, London Road, Brentwood, CM14 4NR**

**Friday, October 13**

Brentwood Chamber of Commerce Business Breakfast Meetings are an excellent opportunity to meet your fellow members and find out what is happening in the world of business in Brentwood.

The event starts with tea, coffee and informal networking between 7.30am and 8am and then sit down for some more structured networking and a full breakfast. Non-members are welcome to join and discover one of the many benefits.

## **Kizomba Intensive Workshop**

**Brentwood School Sports Centre, Middleton Hall Lane, CM15 8EE**

**Saturday, October 14**

Taught by professional and highly talented dance teachers, one of the popular intensive workshops is back. Learn to dance Kizomba with confidence and become a refined and more confident social dancer.

Registration opens at 1.30pm with the workshop running from 2pm to 5.30pm. It is £20 per person or £32 for a pair. This price includes free entry to Elegante – Masked Ball. For more information, visit [www.facebook.com/events/866094140215719/](http://www.facebook.com/events/866094140215719/)

## **Dirty Rotten Scoundrels The Musical**

**Brentwood Theatre, 15 Shenfield Road, Brentwood, CM15 8AG**

**Tuesday, October 17 – Saturday, October 21**



*Dirty Rotten Scoundrels*, based on the popular 1988 film. This hysterical comedy is sophisticated and suave with a good dash of mischief.

Adult content – there are aspects of this production which may be unsuitable for all ages and therefore parental guidance is advisory. There is strong language in this production.

To buy tickets, priced from £15 to £18, visit [www.ticketsource.co.uk/event/181686](http://www.ticketsource.co.uk/event/181686)

[ticketsource.co.uk/event/181686](http://www.ticketsource.co.uk/event/181686)

## **Spooky Halloween festival**

**Old MacDonald's Farm, Weald Road, Brentwood, CM14 5AY**

**Saturday, October 21 – Sunday, October 29**



Old MacDonald's Farm is hosting a spectacular Halloween half term spooky festival, which is going to be the best to date.

They have spooky appearances, a ghost train, a spooky fun house, creepy crawly petting, pumpkin carving, storytelling, arts and crafts and more.

For more information, visit [www.omdfarm.co.uk](http://www.omdfarm.co.uk)

## **Smokey Mountain Boys country music session**

**The Bardswell Social Club, Weald Road, Brentwood, CM14 4TJ**

**Saturday, October 28**

Live on stage for a country music session at the Bardswell Social Club will be The Smokey Mountain Boys.

Doors will open at 7.30pm. Admission is £5 per person. For more information, visit [www.thebardswellclub.co.uk/414173370](http://www.thebardswellclub.co.uk/414173370) or call 01277 214057.

## **The Definitive Rat Pack and Friends**

**The Brentwood Centre, Doddinghurst Road, Brentwood, CM15 9NN**

**Sunday, November 12**

The Mayor of Brentwood has formed the Mayors' Community Trust fund, a new charity, which aims to promote community cohesion through public events. The original cast of Rat Pack will be performing at the Brentwood Centre for this one-off show.

Tickets are £20 per person. For tickets, visit [www.ticketsource.co.uk/event/201534](http://www.ticketsource.co.uk/event/201534)



WHAT'S ON



# PUZZLES & TRIVIA

PUZZLES

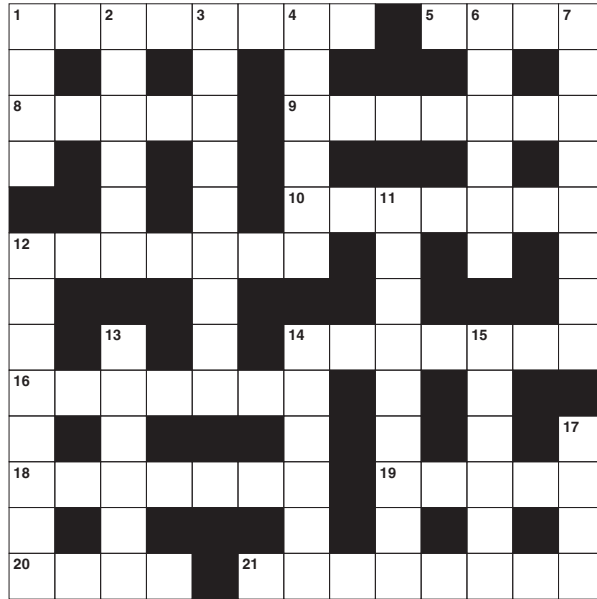
Answers can be found on the Contents Page 4

## ACROSS

1. Speak unfavourably about (3-5)
5. Long narrative poem (4)
8. Allow entry to (5)
9. Rupert .....: English actor (7)
10. Italian rice dish (7)
12. Corridor (7)
13. Friendly (7)
14. Cynic (7)
16. Acquire from a relative (7)
18. Beginning to exist (7)
19. .... MacArthur: sailor (5)
20. Arguments against (4)
21. Judges (8)

## DOWN

1. Glass ornament; small ball (4)
2. Maiden (6)
3. Jackets and raincoats, for example (9)
4. System of ideas to explain something (6)
6. Attractive (6)
7. Universal in extent (8)
11. Supplant (9)
12. Sanitary (8)
13. Selected (6)



14. Expresses one's opinion (6)
15. Sir and Dame, for example (6)
17. Sink (anag) (4)

## DID YOU KNOW

- ▶ Louis XIX was king of France for just 20 minutes
- ▶ In France, you can marry a dead person
- ▶ France is the most visited country in the world. In 2012, there were 83 million tourists
- ▶ There's a coffee shop in France where not saying "please" and "thank you" makes your coffee more expensive
- ▶ France was the first country to introduce the license plate
- ▶ In France, it's illegal to name a pig "Napoleon"
- ▶ France uses 12 different time zones, the most of any country in the world
- ▶ From 1814 to 1830 the flag of France was plain white

## SUDOKU

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



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BUSINESS & FINANCE



# CAN'T PAY?



With rising costs offset against lower incomes, it's easier than ever to find yourself in debt – and one drastic, albeit effective, solution to your financial problems could well come in the form of an Individual Voluntary Arrangement. But what is an IVA, and is it the best option for you when it comes to getting back into the black?

It's a little-known statistic that people in the UK owed a collective £1.5trillion at the end of May 2017, and there appears to be little sign of this rising debt slowing down due to the ever-increasing cost of living. If you find yourself in debt, there are numerous ways in which you can get back in the black, but for those struggling to make repayments on existing arrangements, an IVA can be a last-chance solution to return stability and sanity to debts.

An IVA is a form of insolvency that differs from bankruptcy. Instead, it is an agreement that is made with your creditors to pay off your debts over a set period. It is a formal, legal debt solution, which means it is approved by the court, and both parties

have to abide by its terms.

If you decide to get an IVA, you will work out a repayment plan with the insolvency practitioner. A meeting of creditors will be arranged where they will decide whether or not to approve your IVA. At least 75per cent of the value of creditors who vote at the meeting of creditors need to vote in favour of your IVA proposal for it to be approved.

The repayment plan is put to the creditors that you will pay back a certain percentage of the debt, usually over five years, with your monthly repayments being paid directly to the insolvency practitioner who will then distribute funds to creditors.

The downside is an IVA will affect your credit rating, but it is an ideal solution for those looking to restart their finances from scratch without losing owned assets such as property.

The downside is an IVA will affect your credit rating, but it is an ideal solution for those looking to restart their finances from scratch without losing owned assets such as property.



# THE DEATH OF TV?

British telly has undergone a huge seismic shift. Gone are the days when traditional channels ruled the airwaves when it came to entertainment; 2016 was the year streaming sites such as Netflix and Amazon Prime brought their own original series to the table in a seemingly unstoppable and thoroughly entertaining show of force.

Whilst the Beeb fought back valiantly with the hugely acclaimed *Planet Earth II* and the TV-adaptation of John Le Carre's *The Night Manager* – featuring Tom Hiddleston's bare buttocks, no less – scheduled telly came a cropper in areas where by and large they have reigned supreme for generations.

Period dramas had long been a staple of the corporation's might, with *Downton Abby* standing out as the most recent example of lush historical entertainment that kept viewers hooked. But this year, Netflix flexed its financial muscles and ploughed £10million into its own hugely successful royal drama *The Crown*, starring former *Dr Who* Matt Smith.

## OF TV?

So too did 2016 see one of the BBC's most popular franchises, *Top Gear*, come crumbling down about them, with the critically panned post-Clarkson and co revival eventually culminating in the farcical exit of newly-selected frontman Chris Evans after just six episodes. On the other hand, Clarkson, May and Hammond defected to Amazon, whose expensive *Top Gear* surrogate *The Grand Tour* was appreciated by critics and fans alike.

Can traditional telly battle back? The odds, it seems, are stacked heavily against them. Streaming gives viewers the ability to be entertained without the need for a conventional TV or at an inflexible time slot – and with BBC3 going fully online, and the BBC iPlayer now reserved only for those who pay their licensing fees, it appears even the UK's most renowned television corporation is trying to wrest back control from the wealthy new kids on the block.



Photo credit: pixino, Kaspars Grinvalds, chrisdorney/Shutterstock.com



# Not So ORR8



The launch of a new iPhone is usually greeted with huge fanfare, record sales and excited customers – but Apple's radical new iPhone 8 has been delayed once again, leading to fears that the newest handset is causing more problems for the company than it's solving.

### WIRELESS WOES

It has been revealed that Apple is struggling to solve problems with one of the iPhone 8's major new features: wireless charging. Not only does this put it at a disadvantage to market rivals which already offer wireless charging as standard, but the handset's entire aluminium chassis has been replaced with more fragile glass for this very reason. Failure to solve the charging conundrum, therefore, would make that move look more than a little ridiculous.

### ID, OH DEAR

There have also been accounts of software integration problems making life difficult for Apple's team of technical wizards. This issue is hampering both the inclusion of Touch ID and 3D sensors, and as the latter is supposedly a back-up in case the former isn't available on the launch date, this has left Apple in a very tricky situation. It's thought some features may well have to be included in an early update rather than at launch, as happened with the iPhone 7 Plus' Portrait Mode.

### RIVALS RISING

Another problem appears to be Apple being unable to get its hands on a large enough supply of the organic light-emitting diode (OLED) which is crucial to the phone's construction. This has led the firm to invest heavily in market rival Samsung – which has subsequently pushed its main competitor to record profits.

All can agree that it's certainly a little late in the day for Apple to be experiencing so many problems with its most hyped handset to date. And with the cost of the iPhone 8 reported to be around £1,000-plus, this is one venture that Apple can't afford to get wrong.

Photo credit: Al Meadwedsky/Shutterstock.com

# FLIGHT OF *Fancy*

Love flying in luxury? These routes will get you from A to B in celebrity style, but each one has a price tag to match.



## BOARDING PASS

From: New York  
Upwards of £21,500

To: Beijing



If Korean Air's First Class Kosmo Sleeper Seats sound like the flight surroundings of the future, that's probably because they are. With 100 per cent reclining abilities controlled by one-touch pads and partitioning that encloses passengers in private timber-panelled enclaves, they are among the most coveted in the skies. What's more, the Mercury Award-winning in-flight food service comes complete with exquisite oriental dishes and a huge selection of worldly wine labels.



## BOARDING PASS

From: Los Angeles  
£22,000

To: Abu Dhabi



This 16-hour direct connection from LAX to Dubai is usually packed full of A-listers, VIP business people and Hollywood locals, so it's no wonder that this trip rates highly in terms of the world's most expensive flight paths. But the service in Etihad's first-class is legendary in the industry with fully partitioned private suites, individual mini-bars, flat-lying mattress beds, vanity tables and even in-flight spa facilities to keep your body refreshed during transit.



Photo credit: Sorbis/Shutterstock.com



## BOARDING PASS

From: New York  
£52,000

To: Mumbai



Long-haul flights can be a nightmare, but thankfully Etihad has devised a flight in which one can relax – a snap at £52,000. You are able to spend your time in the air in 'The Residence', a private three-room suite which comes with a chef, butler and turndown service. The living room has a leather couch and 32-inch flat screen, while the double bed is a first for a commercial airline. It's no wonder then that The Residence has earned the impressive moniker of being "a penthouse in the sky".



## BOARDING PASS

From: New York  
£34,000

To: Hong Kong



Germany's flagship carrier Lufthansa provides on-ground personal assistants, standalone seat and bed set-up and in-flight air humidifiers to keep your skin refreshed.

If that wasn't enough, the wine list has been selected by Markus Del Monego – the self-proclaimed Institute of Masters of Wine – and the menu is Michelin-starred. Simply classy.





Photo Credit: Gettyimages and Yun Turkov/Shutterstock.com

# SUPER Serena

Having broken almost every record in the sport of tennis, superwoman Serena Williams took a break from the court this year in order to dedicate herself to the birth of daughter Alexis. But even pregnancy didn't stop her from doing what she does best – winning.

When Serena Williams posted an Instagram photo of her pregnant self with the caption '20 weeks' back in August, it was remarkable for a number of reasons. Firstly, the reveal signalled that Williams would be taking a hiatus from women's tennis – the sport that, along with her sister Venus, she has dominated for more than a decade.

But even more extraordinary was the timing of the post. Because just 12 weeks beforehand, when Williams was already pregnant, she had won the Australian Open in typical punchy, aggressive style – a testament to the star's incredible athleticism and an unsurprising continuation of what has been a record-breaking career on the court.

Born in Michigan in 1981, Serena Williams has become the undisputed queen of not just women's tennis, but the sport as whole. With the most Grand Slam titles in singles, doubles and mixed doubles in

the current active era, Williams' total of 39 Grand Slams makes her the third most successful tennis player of all time.

Having carved out a space at the top of women's tennis, her list of accolades is almost endless. Williams is the only player in the sport's history not just to have won singles titles at least six times in three of the four Grand Slam competitions, but also to have won two of the four major tournaments seven times each – including seven Wimbledon titles.

Her marriage to Reddit co-founder Alexis Ohanian in December 2016 led to her eventual break from the sport in order to give birth to her daughter – also named Alexis – but having already won a Grand Slam whilst carrying her child, it's expected that there will be plenty more titles heading her way upon her return to the court... and then, we sit back, and wait for the next generation of Williams to wow us on the court.



# Rooney retires from international football

After an illustrious career, Wayne Rooney is hanging up his England football boots, putting an end to his 14-year international run. He announced his international retirement on Wednesday, August 23, with immediate effect.

Rooney, aged 31, is England's all-time record goalscorer with 53 goals in 119 appearances. He made his debut, and became England's youngest player at 17 years old and 111 days, back in 2003 against Australia at Upton Park.

Since then he has continued to give fans a reason to remember him. He overtook Sir Bobby Charlton as the country's all-time top goalscorer when he scored against Switzerland in September 2015. He then went on to surpass David Beckham as the most-capped outfield player just 12 months later against Slovakia.

He left Manchester United in the summer transfer window to return to Everton where he made his professional debut back in 2002 as a fresh-faced 16-year-old. Before his departure from Old Trafford, Rooney became the club's record scorer with 253 goals.

Rooney will no doubt be remembered for the records he set during his international career, but he will always regret not being able to carry England to a successful tournament win.

He was sent off in a quarter-final defeat to Portugal at the 2006 World Cup for stamping on a player, which he insists was accidental. Rooney then got the full wrath of frustration from England fans after being knocked out in the round of 16 after Germany won 4-1 at the 2010 World Cup. England then failed to progress past the group stages in Brazil 2014.

He may have fallen short of international greatness, but Rooney chose to retire while he was still on top – a decision that many, including former England footballer Michael Owen, have applauded.

- 2003 - England's Youngest Player
- 2015 - England's all-time record goalscorer with 53 goals in 119 appearances
- 2016 - England's most-capped outfield player



MOTORING



# BUSTED

We all know about talking on the phone or breaking the speed limit, but what other habits are actually motoring misdemeanours that could land you in hot water with the fuzz?



### BAD APPLE

Recent stats reveal that 64 per cent of British drivers have had a bite to eat while behind the wheel – but how many of those would have snuck a piece of sandwich had they known it could mean big trouble? The Highway Code under Rule 148 states that “safe driving and riding needs concentration” and advises against eating, drinking, smoking, listening to loud music and trying to read maps while behind the wheel.

Anyone distracted behind the wheel because they’re tucking into their lunch, therefore, could well be committing an offence of driving without due care and attention, or not being in proper control of a vehicle.



### WATER WAY TO LOSE YOUR LICENCE

We’ve all seen it happen: a particularly mean-spirited motorist on a wet day spies the perfect opportunity to go smashing through some surface water, soaking any pedestrians unlucky enough to be in the splash zone to the skin.

But did you know that splashing pedestrians falls under section three of the Road Traffic Act 1988, which states that motorists are committing an offence by driving “without reasonable consideration for other persons using the road”? So next time you see an inviting puddle, steer well clear or risk being hit with a fixed penalty notice.



### BEEP-BEEP

The horn is a vital part of staying safe on the roads and should be used to warn other drivers of your presence, particularly if you are about to tackle a sharp corner or in other situations where driver visibility is poor. But many people also love a good toot to show frustration at the perceived failing of other road-users, and these easily-miffed motorists should take care.

Beeping in a moment of anger can be considered breaking the law, and you can’t sound your horn between 11.30pm and 7am in a built-up area unless it is an absolute emergency.

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