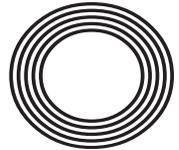


LIFE AFTER
Love Island

HAVE WE
SEEN THE
END OF
THE ELVIS
LEGACY?

USAIN BOLT'S
dramatic career end



FREE

Photo Credit: Gettyimages

MO FARAH

Officially signing off the tracks



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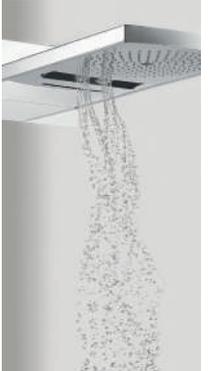
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Editor's notes...



Nik Allen, Editor

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

Last month saw us say farewell to two sporting icons.

Sir Mo Farah and Usain Bolt both hung up their golden

spikes at the World Athletic Championships in London.

It wasn't the golden goodbye that the Jamaican sprint legend wanted but he still leaves a peerless legacy in athletics and sport in general.

Sir Mo signed off with a silver but once again proved that he's one of our greatest sports people.

In this month's edition we look at the historic events of Dunkirk that have just been made into a blockbuster movie on the big screen, and it looks like Elvis Presley has finally left the building.

In local news we hear from Alex Burghart, the new conservative MP for Brentwood and Ongar, and we report on Operation Sceptre which saw Essex Police arrest 40 people in a week of activity to tackle knife crime. After the success of the first event last year, Brentwood Business Showcase is back this year and there could be travel chaos as rail union RMT serves notice of a strike. We also speak to Bridget Holley who runs a support group for people who have lost a child.

Local news is important to us, so share your stories and email editorial@visionmag.co.uk

Let us know your thoughts and enjoy reading.

Nik

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THE GREATEST ESCAPE

THE MAN-MADE MIRACLE OF DUNKIRK

On May 10, 1940, Winston Churchill took over as Prime Minister of a Britain plunged into a World War.

Within two weeks he faced one of his darkest hours, as did the nation, of his fledgling premiership – 400,000 men of the British Expeditionary Forces were trapped on the beaches of a little French seaside town of Dunkirk.

Churchill had hoped that 30,000 men could be lifted off, whilst others in the War Cabinet put the figure slightly higher at 45,000. But to everyone's total astonishment, a sort of victory was snatched out of the jaws of total defeat with more than 338,226 soldiers plucked to safety from the shores.

The evacuation – codenamed Operation Dynamo

which began on May 26 and lasted eight days was achieved by the combined might of the RAF, Royal Navy and 933 vessels including a staggering 850 little ships. These were fishing boats and pleasure craft assembled for the seemingly impossible job.

As well as British forces a total of 140,000 French, Polish and Belgian troops were also saved.

Around 68,000 soldiers were either killed or ended up as prisoners of war.

And as Britain steeled itself for invasion by Hitler's troops, Churchill made one of his most famous and stirring of speeches to the House of Commons in which he vowed: "We shall fight on the beaches, we shall fight on the landing grounds, we shall fight in the fields and in the streets, we shall fight in the

hills. We shall never surrender."

But while the nation celebrated the "Dunkirk Spirit", the new found phrase to show our true grit in the face of adversity, a despondent Churchill also warned: "We must be very careful not to assign to this the attributes of a victory. Wars are not won by evacuations".

When news of Dunkirk first broke he called it "a colossal military disaster", saying "the whole root and core and brain of the British Army" had been stranded at Dunkirk and seemed about to perish or be captured.

And few months later after several other defeats and despite the RAF winning the Battle of Britain in September of that year, Churchill, in his darker moments, was questioning whether the soldiers of the British Army had the spirit to defeat

Hitler. It turned out they had more than enough spirit.

Hitler's failure to capture the British army at Dunkirk has been called one of the great turning points of the war.

Only last month Christopher Nolan's epic story *Dunkirk* was released in cinemas to largely appreciative audiences, which captured the amazing rescue from land, sea and air.

What made the rescue even more dramatic were the thousands of troops standing in orderly queues waiting to be lifted and then dispersing and trying to hide as the Luftwaffe bombed and strafed them with machine gun fire.

Every time after each of the air attacks, the soldiers were back in their orderly queues just waiting – and hoping – for their turn.



Isle of Man Steam Packet Company vessel *Mona's Queen* shortly after striking a mine on the approach to Dunkirk. May 29, 1940

Lord Gort (gesturing, at centre) was commander of the British Expeditionary Force

Troops evacuated from Dunkirk about May 31, 1940

Troops arrive back in Dover following the evacuation of British troops from Dunkirk

Dunkirk evacuation shipping routes



KEEP ON RUNNING

There are few things that faze Hollywood a-listers, but in the case of Ryan Gosling, working alongside Harrison Ford in *Blade Runner 2049* counts as the most fearful experience of his life... almost!

"It's Harrison Ford – he's an icon for generations," Gosling, who plays Officer K, begins. "It's bizarre being in his presence. I never thought I would work with him. He is why we all do what we do. He's inspiring; his work is iconic; he's the best. And he's a lot funnier than I expected. Way funnier. He's a one-liner machine."

A funny man indeed, but someone tight on process and fiercely protective over the long overdue sequel to Ridley Scott's *Blade Runner* original. And although 30 years have passed since that iconic movie broke box office records the world over, the standards remain, with Gosling big on humility when sparring with one of the industry's true greats.

"I'm always nervous for anything I do," he admits. "I think it's healthy to have a quota of anxiety. But this is *Blade Runner*. There's a lot of pressure.

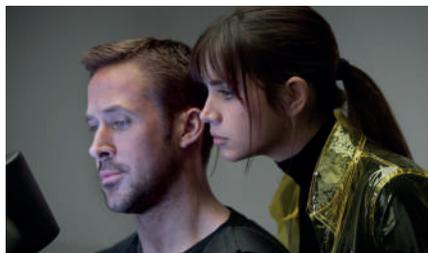
"The original film had a lasting effect on me. It was probably one of the first films that made me ponder the meaning, the implication. Nothing was stand-out clear. The hero wasn't obvious, the villain wasn't obvious... there were more questions than answers."

The only answers now are whether the film-loving public will embrace this spectacular comeback, and the early indications are good. Fellow *Blade Runner* newcomers Jared Leto and Robin Wright have excelled against a backdrop of intricate detail and incredible cinematography. It's a project potentially standing up as Gosling's greatest... notwithstanding the birth of his two daughters, of course.

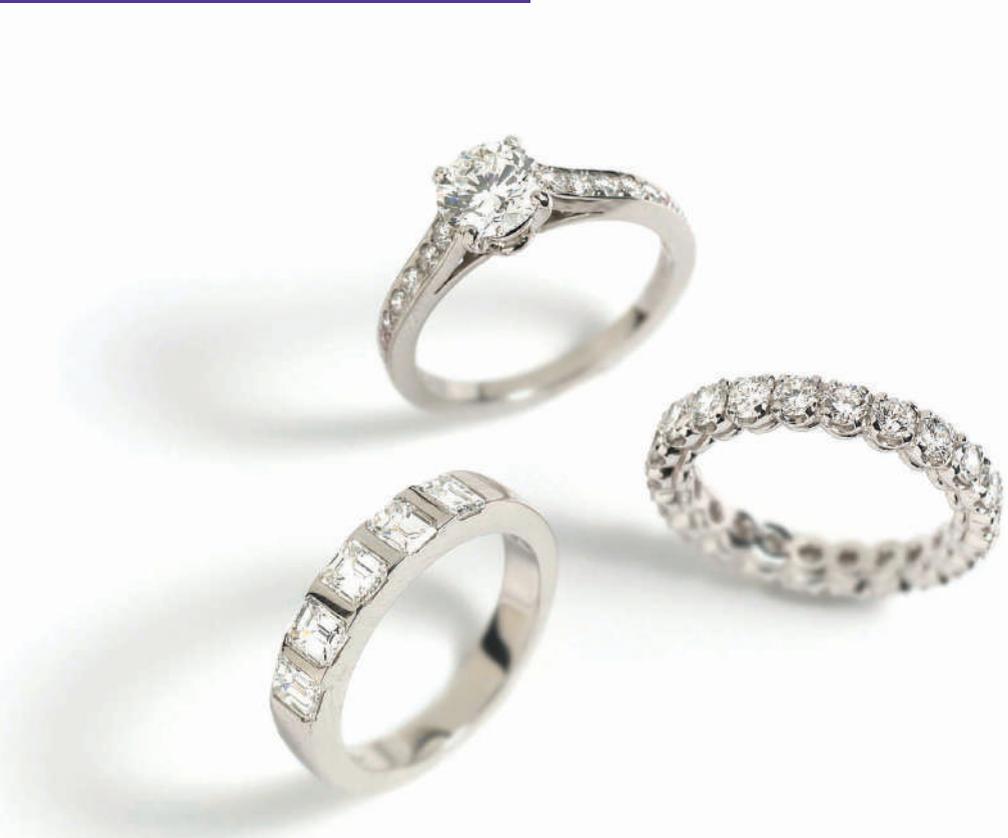
"Being with my kids is like being in paradise; I'm so lucky," he smiles. "I was so on edge at first, but the birth of Esmeralda [in 2014] and Amanda Lee [two years later] has radically changed my life, and getting to spend time with them is so exciting."

More exciting than starring alongside Harrison Ford?

"No comment...!"



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AT THE READY



A DIY disaster can strike anywhere and at any time, so it's of utmost importance to keep yourself at the ready with a toolbox packed with equipment that's up to any job.

DON'T SCREW UP

From prying the lids off paint cans to opening child-proof battery compartments, screwdrivers are must-have tools. Look out for magnetic tips and comfortable grips to make screwing or unscrewing easier.

expensive battery replacements. Whichever type you get, an electric drill not only bores holes and drives screws but can sand and grind materials, and even be used to mix paint.

KEEPING THINGS LEVEL

A spirit level ensures you don't hang or install anything – especially that new flat-screen TV – at anything less than horizontally perfect. You can even keep things entirely hands-free with an uber-modern laser level that's sure to do the job whilst also impressing your friends.

HAMMER TIME

No toolbox would be complete without a solid hammer, and claw hammers offer the perfect DIY mix, with one end used to drive nails in, and the other side to pull the blighters out. For better grip and superior shock absorption, try out a range of rubber and plastic handles.

HACKED OFF

You might have a kit full of equipment ready to mend, replace and realign, but there will also be occasions that call for some good old-fashioned dismantling. At this time, you can always rely on a trusty hacksaw to find a way through anything from plywood to metal piping, and modern versions allow for blade replacement with the utmost of ease.

THE DRILL TO WIN

You can keep borrowing your neighbour's drill, but sooner or later you'll find that it's always easier to have one at home (and it will also save you on "I'll buy you a drink" thank you gestures). Cordless drills are convenient for working anywhere, but the corded versions cost less and don't require





HOME & DIY

Photo Credit: www.jeffandrews-design.com

STAR QUALITY

Jeff Andrews isn't just a celebrated name in interior design around the world...he's the man, the biggest name in showbiz – from Hollywood to reality stardom – come to him when it's time to make their bold design visions a stunning reality.

When it comes to interior design, celebrities can afford to go the extra mile to secure one of the best in the business, and Jeff Andrews has carved out a reputation among the mansions and man-caves of the entertainment elite as the king of bold aesthetics and sophisticated style.

Los Angeles-based Andrews has worked with everyone from *Big Bang Theory* actress Kaley Cuoco to TV presenter Ryan Seacrest, *Dexter's* Michael C. Hall and reality super-family the Jenner-Kardashians. With his trademark approach of pushing creative boundaries in order to marry his clients' often unique and visionary requests with a sense of warmth and homeliness despite extensive use of the colour grey, Andrews stands out even among the renowned names that make up the great and the good of luxury interior design.

Highly-adaptable – with a client base that spans from the aforementioned A-listers to ambitious entrepreneurs and fashion-forward families – Andrews' brand was first inspired by his upbringing in Southern California; and projects he has worked on can be found across LA, from Tahoe to the Hidden Hills.

In 2014, Andrews partnered with Astek Wallcoverings for Glazed, a collection of wallpaper designs inspired by his love of vintage ceramics and pottery. A year later, his signature Jeff Andrews Collection for A. Rudin has been featured in *Elle Décor*, *Veranda*, *Interiors*, *Interior Design*, *Angeleno* and *Traditional Home* magazines and in 2016 he released *Variations*, in collaboration with Jamie Beckwith Collection on wood surfaces.

To date, Andrews has received numerous awards from *California Home + Design* for his work, as well as the Hue Award from Benjamin Moore, and is simply the first name on the list when it comes to styling for the stars.



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Saving space

If your house hasn't been graced with huge, gaping quantities of that most sought after commodity, space, a few handy tricks can maximise your roominess in making the most of every available nook and cranny.

RECLAIM YOUR ROOM

Have you any spaces that are being used to hoard stuff rather than help make room? That recess under the stairs may well have been full of junk for as long as you remember, but with a little cleaning and reorganisation it could become a handy office space.

EASY ATTRACTION

If the amount of available cupboard space in your kitchen is becoming a problem, just attach a strong magnetic strip to the wall. You can then place all your metal utensils within reach while freeing up the drawers for everything else.

OPEN ENTRY

Your porch can easily become cluttered and restrict the opening to your house. If you have

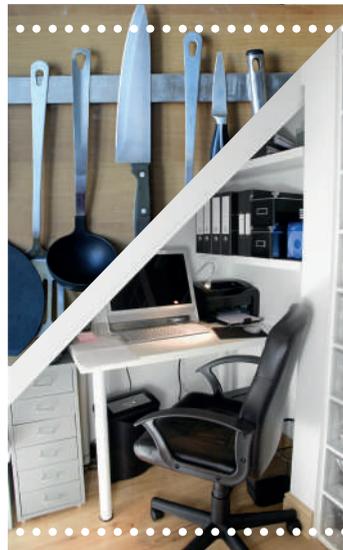
space, add a small bench for shoes to be placed under and bags to be placed on top. If you can't fit in a bench, make sure to mount plenty of wall hooks to keep any stray items off the floor and out the way.

WHAT'S UNDER THE BED?

It's essential to make the most of any available space in smaller dwellings, and one of the easiest ways to do that is by attaching wheels to drawers and storing them under the bed. That way, you can keep bulky linen and the like out of the way (and out of your wardrobe) while still being able to access it at a moment's notice.

CREATIVE CORNERS

Instead of taking up unnecessary space with a freestanding table in the middle of the room, fit your shelving units into the corners of your room, thereby saving space without compromising on available places to put things.



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Ceiling the deal

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Are you gearing up for a spot of DIY? Is your room suddenly looking a little on the small side? The secret to keeping your rooms looking optimum in size is actually quite surprising: look up.

Your ceiling can hold the key to the perfect room resize – and it all depends on colour. Even if you're not blessed with the biggest of spaces, ceiling colour can trick the eye in a way that makes the most of any room. It's no good being stuck in a small box with a low ceiling that can feel cramped and stuffy. Light colours on your ceiling can make these spaces feel bigger, but it's got to be done right.

The trick to opening up a small space is to keep the colour contrast between the walls and ceilings to a minimum. For example, a dark blue wall with a white ceiling may not work to enlarge the space, but pale yellow walls with a cream or off-white ceiling will feel light, airy and larger.

This is because enlarging a room with lighter colours enables the eye to travel continuously around the space, making the room appear more spacious. When you use different colours, your eye stops at the line where the colour changes. This makes the edges (and therefore the actual size of the room) more apparent.

White is often used as a ceiling colour because it complements almost every shade on the colour wheel and works well in most colour schemes. It also reflects light, which brightens the room and, in turn, makes it appear larger. Furthermore, white reflects the other colours in the room, so if you paint the walls deep red, the ceiling will appear to be a slightly rosy hue, which provides a slight contrast without becoming too overpowering.

Despite the ceiling being one of the largest spaces in a room, it too often gets nothing more than a coat of white paint. It is seen as the obvious colour to paint a ceiling – it's simple and traditional. But, adding a colour to the ceiling can add drama and excitement. Your walls can also be a more neutral colour without having to compromise the overall look of the room. Having a pop of colour on the ceiling can seem scary, but it can give a room a completely different look.

Low ceilings – Some may think that adding colour to a low ceiling will make the walls feel even shorter and make the room claustrophobic as a result. But, if you apply a colour to the ceiling and use a glaze of the same colour over the top, it will allow light to bounce off and through the room to make it seem lighter, which will make the room seem bigger. Recommended colours for low ceilings include sky blue, blush pink and pale purple.

Neutral walls – If you have neutral walls, the best way to get colour into a room without a feature wall is to paint the ceiling. You can then match furniture or accessories to the colour of the ceiling and it will completely change the perception of the room. Great colours for this are lime green and egg shell blue.

Mood changer – If you want your room to set a particular mood then having a coloured ceiling can be a great way to do this. If you're after a romantic feel, why not try a pink or red shade? Likewise, if you want the room to seem cool, then try a shade of pale blue – this colour is particularly good for bathrooms.



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Several weapons seized in week of action

Nearly 20 weapons were seized and 40 people arrested during Essex Police's week of activity to tackle knife crime.

Officers targeted people involved in knife crime between Monday, July 17 and Saturday, July 22 as part of the nationwide Operation Sceptre, which was led by the Metropolitan Police.

Officers and Special Constables from local policing teams, the Operation Support Group and Operation Raptor teams, executed warrants, carried out roadside checks and high-visibility patrols.

Where appropriate, they also used intelligence-led stop and search powers.

They worked with Trading Standards teams to raise awareness among shop owners about the importance of challenging underage customers and selling knives and bladed objects within the law.

In total 12 knives, including a sword and a machete, were seized as well as seven other weapons, including a hammer, a dumbbell and an iron bar.

40 people were arrested, 74 retail premises were

visited and officers visited 50 schools.

Assistant Chief Constable Andy Prophet said: "This was a really positive week of action which produced good results. It is not acceptable to carry a knife on our streets. It does not make you safer, it puts lives at risk, and it could result in you being sent to prison.

"I don't want the communities of Essex or those who carry knives to be under any illusions – our work to tackle this does not stop now the week of action is over. Our officers continue to work every day to take knives off the streets of Essex and put those who carry them illegally in prison.

"The whole community has a role to play in tackling this issue and we also need members of the public to contact us if they know of someone who is carrying a knife. Information from you could be vital to making Essex an even safer place and tackle those people who think it is OK to carry a weapon."



Photo Credit: Brentwood Borough Council



The Brentwood Business Showcase is back

The Brentwood Business Showcase will be returning on Wednesday, November 1 following the success of the first event last year, which was attended by more than 400 people.

The event, hosted at Brentwood School, will offer the latest cutting-edge insight into the digital future for businesses. Leading the way will be online giant Google and the worldwide brand Microsoft.

The Google Digital Garage will be advising how to get the digital skills you need to grow your business, your career or just your confidence. Microsoft will share its success to help put Brentwood at the forefront of the competitive commercial market

and create a technical advantage so their business can boom.

Workshops during the event will range from start up to marketing, social media to innovation and ideas. One-to-one advice, funding updates and business clinics will create a mirage of opportunities to transform your business whether you are starting up, developing or expanding, as well as learning how to address your business challenges.

Registration on the day will start from 9am. Tickets for the event are free. Visitors can register at www.brentwoodbusinessshowcase.co.uk

Constables show they're Special after arresting suspected burglars

Four Special Constables have been praised after they arrested two men on suspicion of burglary when the homeowner spotted them on a security camera in Brentwood.

S/Sgt East, Sc Campbell-Michaels, S/Sgt Skipper, Sc Spillman, Sc Warner and Sc Schuster were called into action after a member of the public reported the burglary at their home in Brentwood at the end of July.

He called 999 and the Specials from Epping Forrest and Brentwood attended the address.

When Sc Alex Campbell-Michaels approached the location he spotted a suspect, matching the description provided, leaving the cul-de-sac. The man was arrested under suspicion of burglary. The other suspect was believed to be nearby and the

Special Constables conducted a search to find him. He was located in the garden of a neighbouring property and was arrested by local officers.

Special Sergeant Martin East said: "I'm really proud of all the Special Constables who volunteered their time to help with this incident. It was really rewarding for them to be able to locate the suspects. As a Special, it's great to be involved in keeping the community safe."

Two men from the Basildon area have been arrested and released under investigation. Enquiries are ongoing.

The Specials who were involved in this incident are voluntary police officers.

For more information about the Special Constabulary visit www.essex.police.uk/specials



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BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



As the new Member of Parliament for Brentwood and Ongar, elected on June 8 this year, I am doing my best to get to know as many of my constituents as possible as I travel around the constituency.

It's been just a matter of months since I was selected for the seat, following the decision by Sir Eric Pickles to stand down after 25 years. Since then it has been a whirlwind of Parliamentary votes, campaigning, meetings and ribbon cuttings.

I've had the great pleasure to meet some of the remarkable businesses across the area - from the Fords and BTs of this world to young, startups fizzing with fresh ideas. I've been talking to our farmers and rural communities about the issues that they're having to live with (notably fly-tipping and illegal encampments). And I've been visiting as many local events as possible - not least the Shenfield Strawberry Fair and, more recently, the

Navestock Village Fete.

Over the summer I've been lucky enough to be shown round the Epping and Ongar Railway line and the Hopefield Animal Sanctuary - where a good group of young volunteers on National Citizens Service were spring cleaning the cages of rescued animals.

Most importantly, I'm meeting the people who live and work in the area. I'm working my way round chatting to as many constituents as possible face to face, through local events, regular surgeries and knocking on doors. But I'm very aware that we all lead busy lives and our paths may not cross. If you would like to get in touch, either with an issue with which you need my help, or if you just want to talk politics, do get in touch with me via my website www.alexburghart.org.uk or at alex.burghart.mp@parliament.uk. I'd love to hear from you.

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Support group for parents who have lost a child welcoming new members

Have you lost a child? Would you benefit from speaking to other parents in the same situation? Bridget Holley runs a support group called Our Grieving Hearts for people who have lost a child of any age and under any circumstance.

The group is part of The Compassionate Friends, a charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children.

Our Grieving Hearts was set up in 2011 by Bennetts Funerals, who are now a sponsor. Bridget first joined the group after her daughter Emily died following a short illness in 2011. Bridget was desperate to find someone else who had lost a child. She got so much support from the group that

from 2015 onwards she took over running it and the group became one of only three Compassionate Friends support groups in Essex.

Children's author Michael Rosen is one of The Compassionate Friends patrons. He is also a bereaved parent; his son Eddie died from meningitis at the age of 18.

Parents are invited to join the support group, no matter how long ago your child died. The group are there in times of crisis and for the ongoing needs over your lifetime.

Our Grieving Hearts meet in Brentwood on the first Monday evening of the month between 7pm and 9pm. For more information, contact Bridget on 07581 866395 where you can leave a message or Janet on 01277 210104 during office hours.

Fire crew called to field fire

Fire crews from Brentwood and Billericay were called to a field fire in Running Waters, Brentwood, on Sunday, August 13 at around 1.35pm. On arrival, they reported that an area of standing crops measuring around 300x200 meters was alight.

Firefighters initially used an off-road vehicle called a Pinzgauer to get the fire under control due to difficult access, before using backpack sprayers and beaters to extinguish remaining hotspots.

The fire was completely out by 2.09pm. The cause of the fire has been recorded as undetermined.



LOCAL NEWS

Adam Eckley announced as Chief Fire Officer



Photo Credit: Essex Fire

Chairman of Essex Fire Authority Anthony Hedley is pleased to announce the appointment of Adam Eckley as Chief Fire Officer for Essex County Fire and Rescue Service.

Adam has been undertaking the role for the past three years and during that time has led the organisation through one of the most challenging periods in its history.

He will play a pivotal role in the transition of the governance of the fire and rescue service to the Police and Crime Commissioner in the coming months, until his planned retirement in April 2018.

Mr Eckley commented: "I am delighted to accept the post of Chief Fire Officer. It has been a privilege and honour to have led the service over the last three years, and I am extremely proud of what has been achieved. In many respects, we have led the way for other fire services to follow, however our work is not finished.

"Looking ahead, I am committed to supporting a successful change in governance for the fire and rescue service in Essex. I plan to retire in 2018, and therefore in my discussions with the chairman of Essex Fire Authority we have mutually agreed a fixed term contract that will end in April 2018."

School's football credentials on display

Three former Brentwood School students all played in the Football League Cup First Round match between Luton Town and Ipswich Town last month.

The three Old Brentwoods playing at Kenilworth Road were Elliot Lee (2002-2011), Oly Lee (2002-2007), both playing for Luton Town, and Flynn

Downes (2010-2015) playing for Ipswich Town. Ipswich emerged victorious, winning the match 2-0. Brentwood School, which boasts Chelsea legend Frank Lampard among its notable alumni, is very proud to have eight boys currently playing professional football.

Greater Anglia strike threat may cause travel chaos



Rail users travelling between London and Essex could face months of travel chaos after a rail union announced plans to strike.

Rail union RMT has served notice and is currently holding a ballot for both strike action and action short of a strike. Papers were issued on Monday, August 21 and the ballot will close on Tuesday, September 12.

The proposed strike has come over the potential extension of Driver-Only Operated (DOO) trains.

A meeting was held between Greater Anglia and RMT reps and at the meeting, management failed to provide union reps with the assurances they had been seeking with respect to the role and responsibilities of the guards now and for the length of the franchise.

That failure left RMT "no option" but to serve notice on the company.

RMT General Secretary Mick Cash said: "Greater Anglia have been given every opportunity to give a guarantee on the future role of the guard on their services. They have failed to do so.

"RMT will not sit back and wait for the company any longer and we have no option but to proceed to ballot in order to protect safety and access on Greater Anglia services.

"The union remains available for further talks around the crucial issue of the guard guarantee."

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Two men jailed following burglary



Two men have been sentenced to a total of 28 months in prison for offences relating to a burglary in January 2017.

The burglary took place in the early hours of Monday, January 23 at a house in Thrift Green, Brentwood. Mobile phones, a tablet, wallet and bank cards were stolen.

The bank cards were used in various locations in the early hours of the morning of January 23 at the Brentwood Connect service station, McDonald's in Southend and the BP Garage in Basildon.

Ricky Pearce, 26, appeared at Basildon Crown Court on July 18 and received an 18-month prison sentence for burglary offences and a further nine months for two counts of fraud by false representation, having pleaded guilty to both offences.

Frankie Gavin, 28, also appeared at Basildon Crown Court on July 18 and was sentenced to 10 months in prison for handling stolen goods and a further one month for possession of Class B drugs, having also pleaded guilty to both offences.

The men will serve their sentences concurrently.

Lady raising money to search for lost dogs

A lady from Brentwood is raising money to purchase a variety of equipment to help find lost dogs in the area.

Wendy Slade is raising money to buy a thermal imaging camera, a snake camera, a microchip scanner and other equipment.

She is a volunteer who goes out and helps search for dogs that have been reported as missing in her local area.

After dog Ernie went missing, Wendy and her team did everything they could to find him, however he had unfortunately passed away when he was found.

Wendy and her team don't want that to happen again and this is why they are raising the funds. They volunteer their time and print posters at their own costs.

Wendy aimed to raise £1,500 and at the time of going to print she had just reached her target.

To help raise funds, a number of events were held including a boot sale, a pop up sale and donated items sale, as well as various donations from the public.

Posting on Facebook, Wendy said: "I am overwhelmed by the generosity of some people. Thank you."

To donate, visit www.justgiving.com/crowdfunding/wendy-slade



LOCAL NEWS

Can you identify these men?



Essex Police would like to speak to these men in connection with a burglary in Woodman Road, Brentwood at around 6.30pm on Monday, July 10.

Suspects entered the property, carried out a search and left empty handed.

Anyone with information is asked to call Ds David Wilkinson at Brentwood CID on 101 or Crimestoppers anonymously on 0800 555 111.

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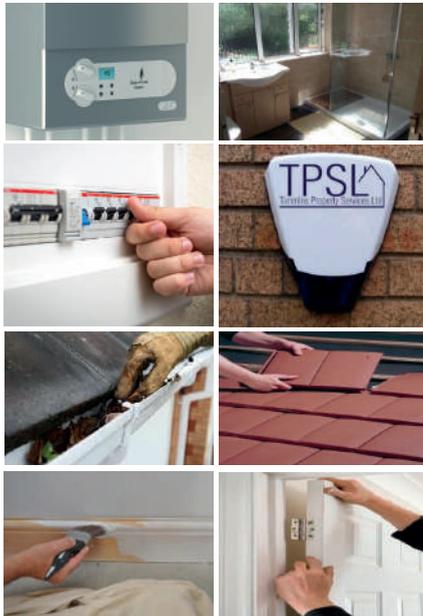
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LOCAL NEWS

Herbert Protocol launched

Essex Police have adopted a national scheme to help reduce the time taken to gather vital information when a person with dementia goes missing.

The Herbert Protocol encourages carers, friends and relatives of people with dementia to fill in a form which could help authorities find their loved one quicker in the event of them going missing.

Essex Police are working with Essex County Council, Thurrock and Southend unitary authorities and the Alzheimer's Society to encourage the completion of the form which can then be passed

to the police if someone with dementia cannot be found. The form records include all the vital details including medication required, mobile numbers, places previously located or attended, a photo and details of the daily routine.

Assistant Chief Constable Andy Prophet said: "When someone goes missing it's imperative that police officers have as much information about that person as possible to help us find them."

"If that information has been gathered in advance it saves us precious time which can be spent looking for someone."

Stolen vehicle pursued by police

Essex Police Southern Roads Policing Unit officers have pursued a stolen vehicle from a burglary of false plates in Brentwood.

The officers pursued the vehicle on August 15. Two people were arrested and a large knife was also found in the car.

They tweeted: "Officers have pursued a stolen vehicle from a burglary on false plates in Brentwood today. two arrested and a large knife found in car."

Commenting on the post, Live Stream Data Sys said: "Good work. Nice to see Havering Parks Police helping you guys out #jointworking."





Shenfield Common to be protected

LOCAL NEWS



Photo Credit: Steve Stammers

Shenfield Common in Brentwood is going to be protected after a string of travellers pitching up.

Bollards could be put up around the Common to prevent travellers being able to access the land.

On June 22, Brentwood Borough Council tweeted that they were aware of an unauthorised incursion at Shenfield Common and a direction to leave notice would be served the following day.

On July 22, the council again tweeted that they were aware of an unauthorised incursion on the same site.

The public were quick to notify the council and share images of the caravans and vehicles on social media.

Woman arrested for drink driving

A woman from Brentwood has been arrested following Essex Police's summer anti-drink and drug driving campaign. The campaign ran throughout June and saw 107 people arrested.

Lucy McCarthy, 23, from Brentwood, was arrested in Chelmsford Road, Brentwood at 11.38pm on June 28.

She was disqualified for 16 months, fined £400 and ordered to pay £85 costs and £40 victim surcharge for drink driving. Her driving licence was also endorsed for driving without insurance.

Essex Police are releasing the details and images

of those convicted to act as a deterrent to anyone else considering drink or drug driving.

Winners of litter competition prizes awarded by mayor

The Mayor of Brentwood, Councillor Will Russell, visited a local school before the summer holidays to present prizes from an art competition.

Brentwood Borough Council's Streetscene team visited Blackmore Primary School in July to talk about the importance of not dropping litter and why we should reduce the amount of waste sent to landfill.

Following the talk, pupils went on a litter pick around the school to collect rubbish and see what could be recycled into orange bags.

They then took part in an art competition to create a poster highlighting recycling and why littering should be discouraged.

The Mayor presented a WHSmith voucher to winners Lilly and Mia. The third winner, Savannah, was not at the assembly but received her voucher when she returned.

Cllr Russell said: "Through the litter awareness talk, the practical experience of the litter pick and thinking about what could be recycled the pupils realised how much is dropped.

"The pictures they created were imaginative, telling people not to make bins sad if they do not put their litter in them and emphasising that the ground is not a bin. They really showed their enthusiasm about recycling and caring for the environment."



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Include pops of colour with plants like clematis, honeysuckle and even grape. The one drawback of this design? It does require a degree of upkeep as vines can become unruly.

SCREEN SCENE

If you feel like something more exotic, consider screening instead. Though made of wood, this is a much prettier design than your bog-standard fence. Each wood variety offers a different aesthetic – bamboo creates an Eastern ambience, bark is more rustic, while brushwood screening will make you feel as if you're cocooned in your own little nest.

GO GREEN

Channel your inner Edward Scissorhands and invest in a hedge. Whether you want to cultivate your own hedging plants or buy pre-groomed

instant hedging troughs, you will be surprised by how easy it is to create this look. With so many varieties, you can create something very specific to you. If you want it to look neat and boxy, for example, choose a pre-clipped Buxus sempervirens, or if you want something wilder, opt for beech.

ROCK SOLID

If you believe a garden wall is even duller than a fence, think again. Garden landscapers have had to become innovative with evolving modern gardens, and the result is some very interesting designs.

For something minimalist, consider a stacked wall where tiles and slabs of rock are piled to create a mosaic effect. Or look into the trend of encasing pebbles and rocks in wire mesh, generating an almost optical illusion of balancing stones. Your neighbours will think you're magic.





& *Hearty* HARDY

...from garlic to rose, things to grow in autumn

Root vegetables

Don't let your vegetable plot sit neglected over the colder months, as there are plenty of slow-growing varieties that benefit from sitting undisturbed under the soil throughout the long winter... though you may want to keep an eye on them and have a fleece or two on hand in case it becomes icy.

Onions and shallots are incredibly easy to grow and require very little attention once they're underground. Garlic is another no-brainer that comes in an array of delicious varieties, like the elegant Wight Cristo, or the more substantial and creamy Chesnok Red, as is the Aquadulce Claudia variety of broad beans which, planted now, will yield an abundant early-spring harvest.



Winter greens

You may be surprised to learn that it is possible to grow leafy vegetables when the temperature drops, though these do fare better in a greenhouse or under polytunnels, cloches and cold frames. The benefit of these verdant wonders is that, all going well, leaves like lamb's lettuce and mustard can be picked through the winter and included in salads. Chard is another hardy plant which tolerates very few pests and is tough in the face of diseases, surviving as well in colder conditions where others might fail.



Blooming beauties

It may sadden you to see your flowerbed so barren, but by planting seeds and bulbs now you will ensure a glorious and colourful spring. Tulips, daffodils and Camassia bulbs are all perfect for getting into the soil in September, though it's important to ensure the area can drain to avoid flooding; and be sure to mark the area to prevent you from accidentally digging it up later.

Bare-root roses, too, are perfect for planting now, though no later, as when the ground freezes, nothing can grow at all.




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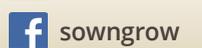





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Mo Farah's exit from the world athletes stage was no more dramatic than his greatest victories, but this is far from the end for Great Britain's most successful middle-distance runner of all time.

It says a lot of Mo Farah that despite failing to clinch the dynamic double he so craved at the World Championships, his status as a true British sporting icon is secure.

In London at the start of August, he once again whipped a partisan home crowd into a sprint frenzy, with millions watching at home performing slightly less energetic physical tributes to the athlete's efforts as they punched the air and gave out high fives.

Wrapping up his track career in front of an adoring home crowd was always Mo Farah's intention, and although, ultimately, Ethiopian Muktar Edris spoiled the party, to bid farewell in a stadium that in 2012 gave the athlete his greatest ever win, was fitting.

Farah slumped to the floor as his desperate lunge for the line proved a distance too far, yet five days previously he was sprinting away from the pack in customary fashion as he retained his 10,000m title with a stunning victory.

"Fear has always been what has kept me going; it's what keeps me competitive," he admits. "I guess I don't want this journey to end. I know it will one day but I've worked so hard to put myself in this place and the only way to stay here is to keep motivated... to keep trying hard and make sure the dream doesn't end."

Having achieved everything he set out to on the track, that dream now sees the 34-year-old move up to marathon distance. Combining the short and long-distance specialisms was unsustainable, and specific endurance training will now replace the quick-fire nature of track athletics.

"I'm excited – of course I am," he says. "It's a whole new challenge, and having dipped my toe in the water I'm sure I can be competitive at that distance."

What Farah leaves behind is an incredible legacy, and perhaps one that will never be bettered by a British athlete – 2012 and 2016 Olympic golds at both 5,000m and 10,000m; World and European Championship medal hauls that are in double figures; British record holder at both those distances (as well as 3,000m, for what it's worth).

The truth is, Farah's legacy is not in his own achievements, it's in inspiring the next generation of track athletes. Not since the days of Steve Cram has one of our own made middle-distance running popular and inspirational, yet across the country people of all ages are being inspired to put on running shoes and push their physical endurance to the limits.

"Running for me has always been a great way of freeing the mind and finding clarity," he says. "To be competitive and to give people pleasure along the way has been a real bonus, but at the start for me it was always a case of clearing the mind."

"I've been lucky to transform it into a career and I'll always be grateful for that."



MO-VING ON TO NEW CHALLENGES



48 Hours IN BERLIN



Want a weekend break in a city that offers rich history, world-class art and cheap beer? It has to be Berlin...

FRIDAY 4PM...GET A TASTE OF TURKEY

As soon as you land, head to the Kreuzkölln neighbourhood, where on a Friday you will find a Turkish market with luxurious fabrics, delectable candies and liquorice and the scent of a thousand spices. Afterwards, pop into Hard Wax – a must visit for vinyl heads.

7PM...DINE LIKE A STAR

Fame is the latest venture from the guys behind the now-defunct Bar 25 techno club. Dinner is a classy affair with a rotating menu and an emphasis on local produce. Afterwards head to Kater Blau, a nightclub located conveniently next door.

SATURDAY 10AM...IT'S GOT TO BE ZOO

The oldest and best-known zoo in Germany, the Berlin Zoological garden is paradise with many enclosures designed to emulate animals' natural habitats.

1PM...SPLASH OUT AT BIKINI

This exciting new shopping centre stars streetwear stores, pop-up and a window which looks into the zoo's baboon enclosure. Grab a bite to eat on the third floor in Bikini's rooftop 'garden'.

3PM...HIT THE WALL

Grab a rental bike and take The Berlin Wall

recreational route.

10PM...SECRET SUPPER

For a deliciously different and rather clandestine dinner, head to Nobelhart und Schmutzig. Upon ringing the bell of this nondescript eatery, you will be whisked inside and fed a delectable 10-course menu. For a late-night beer hop over to Vagabund Brauerei, a local brewery with a dazzling array of ales.

SUNDAY 10AM...ART PARTY

Head to Gemäldegalerie to marvel at the work of the old masters: Caravaggio, Rubens and Raphael, or for a more visceral experience head to Böttzow Berlin, a cavernous converted brewery which hosts the likes of Norbert Bisky and Carlos Quintana.

12PM...BRUNCH IN BANEKOK

Every Sunday in the western district of Wilmersdorf, Berlin's Prussian park hosts 'Thai Park', a Southeast Asian food market. Stroll through the gorgeous gardens and marvel at the magic of this magnificent metropolis.

WHEN'S THE BEST TIME TO VISIT?

Berlin are holding this year's Oktoberfest between September 22 and October 15. The streets will be buzzing with tourists and locals enjoying the world's largest beer festival. There will also be mountains of traditional, hearty food to demolish and traditional folk music. Germany is already known for its famously cheap beer - there's no better time to enjoy an ice-cold pint with a group of friends.



EASE INTO AUTUMN

HOW TO UPDATE YOUR AUTUMN WARDROBE WITHOUT SPENDING A FORTUNE

When September rolls around, we can feel pressured into hitting the high street, frantically filling our baskets with all the hottest catwalk trends. The result – you're left stylish but bankrupt before the season has even begun. A better approach, therefore, is to invest in key pieces to upgrade your wardrobe gradually as the months progress.

Start by having a sort-out. Pack away any summer clothes that only work in the warmer months – sarongs, flip flops, etc. – but leave out more versatile pieces like dresses that can be worn with tights and under jumpers, or thin sweaters that you can pair with jeans and a leather jacket for a laid-back autumnal outfit.

Next, you want to freshen up and sort all your warmer garments from last year. Dry-clean coats and wool dresses and throw away any jumpers that are looking too tatty. September is a sensible time to buy basics like knitwear as shops have an abundance of it and often fill their shelves with promotions. Go for fabrics that are warm and age well, like wool or cashmere, and in colours that are versatile; plus consider going for a bigger size than usual to allow for layers underneath.

With the foundation of your wardrobe in place, you can now shop for some hard-working essentials: a good quality winter coat, like a wool trench or duffel, a pair of everyday leather boots and, if you're brave enough, leather leggings which can be worn dressed up or down and will see you through to those spring months.

These practical steps can help transform your wardrobe while protecting your budget, and for those who look forward to their pre-season splurge, don't fret – the point is, with a strong array of versatile essentials at your disposal, you can afford to dress to impress on any day during the season.

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FASHION

The September Issue

THE HISTORY OF FASHION'S MOST INFAMOUS ISSUE

It requires months of preparation, gets bigger every year and even has its own film...they call it "The September Issue". So what is this publishing phenomena that leaves fashion editors trembling in its wake? Quite simply, it's the biggest and most lucrative magazine release in the media calendar.

Don't be surprised to see women lugging around inch-thick copies of *Vogue* and *Elle* in their handbags at this time of year, because the September issue is always mighty, with publishing houses jostling to maximise pagination (and advertising) in representing the most up-to-date looks and the world's biggest stars. Looking for evidence? Well, US *Vogue's* 2015 issue was a back-breaking 832 pages and featured woman-of-the-moment, Beyoncé, on its cover.

Why is it so important? One theory is that consumers see September as a fresh start... a moment in the year in which they can set out to transform both their image and their wardrobe. Naturally, the fashion industry wants to capitalise on that.

Also, of the two main style seasons – spring/summer, autumn/winter – the latter is generally seen as the more important. And fashion houses, like their consumers, view the magazine market as the most direct method for the re-invention and re-invigoration of brand potential, leading them to invest in lengthy advertising spreads.

In 2007, filmmaker R. J. Cutler had the privilege of spending an extended period experiencing the behind-the-scenes drama at the US *Vogue* offices, as infamous editor-in-chief Anna Wintour and her team painstakingly compiled their showpiece September issue. *The September Issue* documentary, shown two years later, was positively received and seemed to spark even more fascination with the annual event.

A decade later, the landscape has changed enormously for publishing given the ever-increasing amounts we consume online, but it seems this iconic issue is as much an autumn tradition as conkers, rustic soup and falling leaves, and will be here for some time to come.





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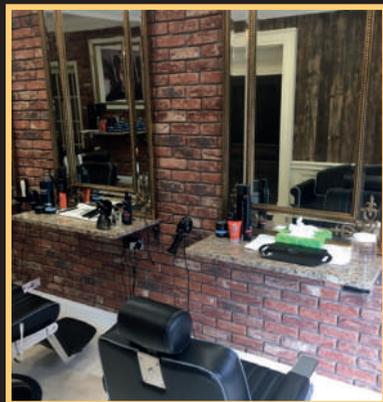
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BEAUTY

LOOKS TO *fall for*



heavy metal

Metallic is going to be a big look this season, so don't be afraid to go bold with eyeshadow that really shines. Warm up fairer complexions with brown and red tones, while darker skins look great with vibrant greens and lilacs. A good look should also be able to adapt to your mood, so wear a faint shimmer in the office and then layer it up for 'after dark'.



all brows allowed

Big, beautiful eyebrows are still very much on trend, and if you've let yours grow wild over the summer, now is the perfect time to get them plucked or threaded into a perfect shape. Those of us who have less than impressive natural brows can find an abundance of powders and brow gels to create this look, which requires only a touch of mascara and lip balm to create a flawless overall finish.



very berry

Berry lips were all over the catwalk this season, from dark purple Cupid's bows to mouths subtly stained as if by cherry jam. The trick to pulling off this look is to wear what makes you comfortable; matte, bold lips look gorgeous but require lip liner and frequent touch-ups, whereas a crimson lip stain finished with gloss or balm requires very little upkeep.



flash the lash

Eyelashes are making a comeback, albeit in a subtler, much prettier way. Taking a cue from Twiggy, this look is about layering up mascara, particularly on the lower lashes.

If your lashes are fair, invest in some individual glue-ons along your lower lid to create that spidery, eye-opening effect. Simple, pretty and very romantic.



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For Women

Fresh and vibrant: For the young (or young at heart), have a summer of love with this season's vibrant and youthful scents. Classic American cool goes tropical with Tommy Girl Summer Tropics (£30 for 100ml) and its notes of grapefruit, orange blossom, sandalwood and musk.

When life gives you lemons: Make a divine fragrance of course. For 2017, L'Artisan Parfumeur brings us a cologne which is as vibrant and uplifting a clear summers day. Au Bord de L'eau (£105 for 100ml) is a fresh and citrusy blend of bergamot, lemon, neroli, rosemary, orange blossom and violet wood.

Flower power: Miu Miu's L'eau Bleue (£96 for 100ml) is packed with the lingering bloom of Lily of the Valley, with a twist of honeysuckle and a touch of morning dew, it is a lighter alternative to Giorgio Armani's Si Rose Signature (£73 for 100ml). An homage to the humble rose, top notes of blackcurrant liqueur and freesia are balanced with earthy tones of iris and vanilla for a seductive summer aroma.

Beaches and (sun)cream: Relive your summer holiday with L'Occitane Terre de Lumière (£78 for 90ml). Inspired by the golden hour of a Provençal sunset, it has notes of almond and bergamot, lavender honey and balsamic and musk. Or get back to the beach with Eau des Merveilles Bleue for Hermès (£102 for 100ml) – an olfactory interpretation of water washing across pebbles combining patchouli, woody and sea notes.

Summer nights: For something super sensual, try YSL's Black Opium Nuit Blanche (£91 for 100ml), which comes in a gorgeous sparkling black glass bottle. Bourbon pepper, orange blossom absolute, Black Opium coffee, vanilla absolute, sandalwood and white musk make this a seductive and long-lasting fragrance to keep you smelling sweet till September.

For Men

Wake-up call: For men, there are several new scents for the season, like Hugo Boss Bottle Tonic (£60 for 100ml). With citrus, grapefruit and apple fragrance blending away to reveal ginger and clove, it is the ideal scent to spritz on in the morning for a daytime boost, and then leave to fade into a sensual evening ambience.

Evening wear: If you fancy something solely for the evening then invest in Narciso Rodriguez For Him Bleu Noir (£60 for 100ml). A deeply carnal scent, cardamom and nutmeg are blended with other woody notes to create a subtle musky aroma. Oh, and the dark blue bottle it comes with will also look stunning on your bathroom counter. Bonus!

Sport star: Spritz up after a workout or game of football with Dior Homme Sport (£49.50 for 50ml) for an instant fresh scent. This is a juicier, fruitier and spicier version than the original. You can't go wrong with a legendary Dior scent.

Summer breeze: When you're on a seaside break, the scents of the sea air, sweet cocktails and floral plants will linger in your senses. Keep those holiday blues at bay with Tom Ford Sole Di Positano (£155 for 50ml) for a Mediterranean scent all year round.

The 'wow' factor: This handy bottle is small enough for you to whip out whenever needed to create an instant 'wow'. Joop! Wow! (£39 for 60ml) is a woody fragrance with a touch of sweetness. The addition of the tonka bean makes it that little bit more special.

* Prices based on RRP.





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HEALTH & FITNESS

THE PRESSURE IS N

How to take your blood pressure reading on a digital monitor, and what it means.

You don't always have to trek to your doctor's surgery to have your blood pressure checked, and particularly if yours is being monitored it will be essential to have the means to do it at home. Some people find taking blood readings intimidating, but the reality is it's a very simple procedure and it might just save your life.

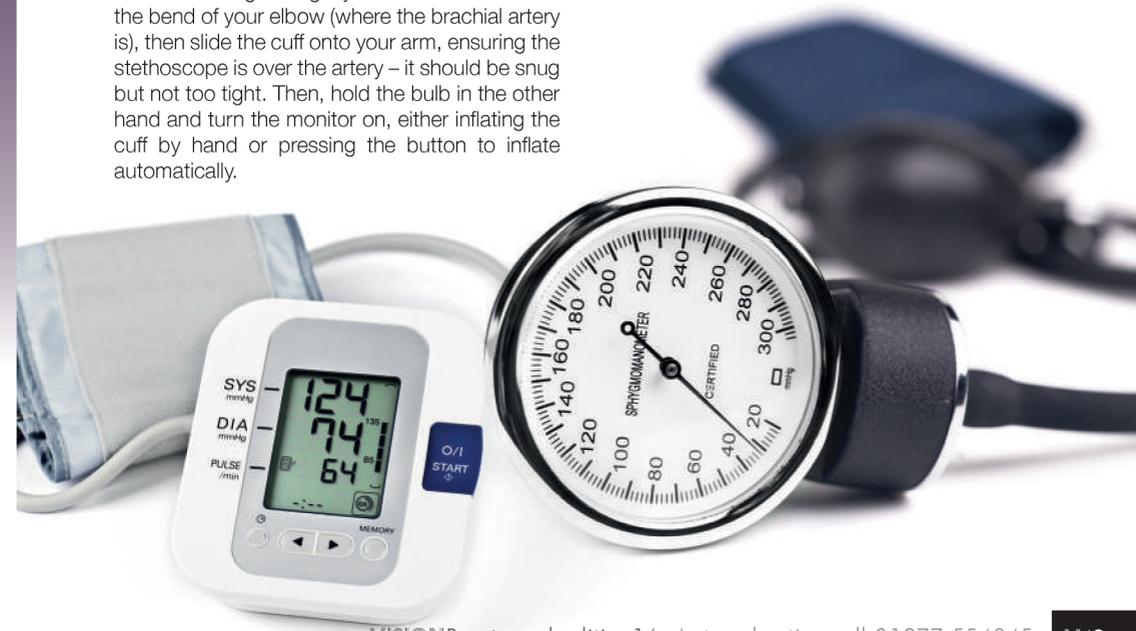
So, find a quiet place where you know you won't be disturbed and be sure to have an empty bladder as a full one can affect the reading. Remove any tight clothing or roll up your sleeve, and rest here for five to 10 minutes with your back straight in the chair, legs uncrossed, with your forearm rested at heart level, palm facing up.

Locate your pulse by lightly pressing your index and middle fingers slightly to the inside centre of the bend of your elbow (where the brachial artery is), then slide the cuff onto your arm, ensuring the stethoscope is over the artery – it should be snug but not too tight. Then, hold the bulb in the other hand and turn the monitor on, either inflating the cuff by hand or pressing the button to inflate automatically.

Now watch the gauge. Keep inflating the cuff until the gauge reads about 30 points (mmHg) above your expected systolic pressure. Once the monitor beeps, the reading is complete and allows the cuff to deflate. Record the date, time, plus the systolic (number on left) and diastolic (number on right) pressures.

If your blood pressure seems higher than usual, don't panic. Many factors can influence it, such as stress, smoking, cold temperatures, exercise and even caffeine; so keep note of these variables.

Hypertension, or high blood pressure, is dangerous as it can lead to strokes or heart failure, but it can also be treated with simple lifestyle changes such as more exercise and quitting smoking.





COUCH POTATO TO EXPERT RUNNER

The summer months are on their way out for another year. In the winter, it can be so tempting to sit at home with a cup of hot chocolate wrapped up in a blanket watching your favourite TV series, but why not challenge yourself to go from couch to 5K?

Motivation is key. Try to find a 5K event happening at the end of the year - this will give you motivation to get up and get training. With this simple training plan, you will go from couch potato to an expert runner in just nine weeks. There's no better time to start.

For each run, begin with a 5 minute brisk warm up walk.

Week 1: Alternate 60 seconds of running with 90 seconds of walking for 20 minutes.

Week 2: Alternate 90 seconds of running with 2 minutes of walking for 20 minutes.

Week 3: Complete two repetitions of 90 seconds of running, 90 seconds of walking, 3 minutes of running and 3 minutes of walking.

Week 4: 3 minutes of running, 90 seconds walking, 5 minutes running, 2 and a half minutes walking, 3 minutes running, 90 seconds walking, 5 minutes running.

Week 5: Things start to step up in week five with three different workouts.

RUN 1: 5 minutes running, 3 minutes walking, 5 minutes running, 3 minutes walking, 5 minutes running.

RUN 2: 8 minutes running, 5 minutes walking, 8 minutes running.

RUN 3: 20 minutes running with no walking.

Week 6:
RUN 1: 5 minutes running, 3 minutes walking, 8 minutes running, 3 minutes walking, 5 minutes running.

RUN 2: 10 minutes running, 3 minutes walking, 10 minutes running.

RUN 3: 25 minutes running with no walking.

Week 7: 25 minutes running.

Week 8: 28 minutes running.

Week 9: 30 minutes running.

Need more tips and advice? Visit www.nhs.uk/Livewell/c25k/Pages/couch-to-5k



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Sept 2017

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- Insertion and removal of contraceptive implants
- Contraceptive injections

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What is a coil?

A coil is a small T shaped device which is gently inserted into the womb. It can be a progesterone hormonal coil e.g. Mirena® or Jaydess®; or a copper coil. Coils are over 99% effective at preventing pregnancy. A Mirena® is effective for five years, a Jaydess® for three years, and a Copper coil for five or 10 years depending on the type used. The coil can be removed prior to this time if you wish to try to conceive, and fertility returns immediately.



What is a contraceptive implant?

A contraceptive implant e.g. Nexplanon®, releases the hormone progesterone. It is a small flexible rod about the size of a hair grip. Local anaesthetic is used to numb the skin, then it is inserted under the skin in the inner aspect of the upper arm. It is over 99% effective and works for three years, but it can be removed prior to this time if you wanted to conceive. Once removed, fertility returns immediately.



What is a contraceptive injection?

We use Depo-Provera®, progesterone, which is injected into a muscle, usually into the buttock. It is injected once every 12 weeks and is over 99% effective. Sometimes fertility may take time to return after stopping the injections.



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Health Cheques

Continued from last month here are four more food swaps for staying in shape while saving money.

Crisps for roasted chickpeas

Crisps, however tasty, offer little nutritionally – unlike yummy spiced chickpeas. Drain one can of chickpeas and toss with smoked paprika, ground cumin, ground coriander and a little oil, before roasting for 35 minutes in a low oven. For a sweeter snack, roast with honey and sesame oil and a pinch of salt and post-roast finish with a sprinkle of sesame seeds.



Cocktails for cordials

Cordials are having a moment, and mixed with sparkling water can taste convincingly like your favourite tippie. Elderflower, passion fruit and raspberry and rose cordials are all refreshing and convincingly booze-like, minus the hangover.



Traditional fry-up for huevos rancheros

Not everything about a fry-up is bad, but you would do well to ditch the toast, hash browns and bacon, which is why huevos rancheros is a tasty switch. Start with a warm tortilla base, then pile up eggs, refried beans, guacamole, grilled chorizo and fresh tomato salsa.



Knickerbocker glory for yoghurt sundae

This is a surprisingly tasty and rather beautiful dessert swap. Make a fresh berry coulis by whipping up berries with a little maple syrup (strain out seeds), then layer fresh berries, Greek yoghurt and granola (homemade is best) in a glass and drizzle with the coulis.



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Has your egg been STAMPED?

Have you ever wondered what the lion stamp on your egg means? No, it's not for decoration. It is in fact a mark that means your egg is part of the British Lion scheme – one of the UK's most successful food safety schemes.

More than 90 per cent of the UK's eggs are now produced under the scheme and more than 130 billion British Lion eggs have been sold since its launch in 1998.

The British Lion scheme has been responsible for a drastic reduction to the presence of salmonella in UK eggs. All eggs that carry the lion stamp are under strict requirements of the British Lion Code of Practice, including that all hens are vaccinated against salmonella and a 'passport' system ensuring that all hens, eggs and feed are fully traceable.

In the news recently, supermarkets have been urgently withdrawing products from their shelves which may have used contaminated eggs. This happened because UK food safety inspectors

were trying to trace 700,000 imported eggs contaminated with Fipronil, a toxic insecticide which is harmful to humans.

According to the World Health Organization, the toxic substance can damage the liver, thyroid glands and kidneys if ingested in large amounts over time.

The Food Standards Agency said the products affected are processed foods in which egg is one ingredient among many others, mostly used in sandwich fillings or other chilled foods.

However, as the number of contaminated eggs imported only represents around 0.007% of eggs consumed in the UK every year, they believe it is unlikely there is any risk to public health from consuming these foods.

Eighty five per cent of the eggs consumed in the UK are laid here. For peace of mind, check that your eggs have the British Lion stamp and you can be reassured that these eggs are safe to consume.



FOOD & DRINK



The Lunch Bunch

Send your kids back to school in style with lunch ideas they'll never get bored of.

Go bento

Bento is a great way of not only making your little one's lunchtime more exciting, but also keeping it fresh, as all the separate foods come in their own little compartments. To create your own, you may want to invest in a specially-designed bento lunchbox, but you can also just place cupcake papers in a traditional Tupperware variety. Include things like a sandwich or wrap, carrot sticks with a separate hummus dip, boiled eggs, chopped fruit or berries, and a small cake.

Make it fun

Brighten up their lunchtime with a fun surprise stowed in their box. For example, if your child likes pirates, give their lunch a theme and make fruit kebabs on plastic swords, or include a treasure map. Make them giggle with smiley faces drawn onto boiled egg shells and cut their sarnies with heart cookie cutters, or reward them for finishing their lunch with a sweet note hidden underneath the food.

Sneak in veg

Ensuring your children eat a balanced diet is hard, especially when they're out to school every day. The trick is to smuggle the good stuff into snacks they love. For example, if your child loves muffins, make a batch packed with fruit or bake savoury ones with spinach and goats' cheese. If they love pasta, make a batch of tomato spirals with hidden veggie goodness, or make oat bars loaded with fruit and seeds for an extra nutritional boost.

Mix it up

Kids love diversity, so don't feel the need to stick to sarnies and crisps. Savoury tarts, frittatas, couscous salads and sausage rolls are all yummy served cold, and can be made in bulk at the start of the week.

Ultimately, you know your child best, so what better way to give them a boost throughout their school day than with a lunch that's personal, tasty and full of goodness?



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Lifeafter love island



After one of the most successful series to date, *Love Island* finalists have been thrown back into the real world. The show has given many of the contestants a platform to launch their careers and they are certainly making the most of it. Some of them have been offered modelling jobs, presenter jobs and all of these come with huge salaries.



Kem & Amber

expected to earn
£750,000

expected to earn
£600,000

Love Island 2017 winners Kem Cetinay and Amber Davies ended up sharing the £50,000 prize fund and since leaving the show have been in huge demand. As well as several TV appearances, the pair landed themselves a temporary presenting role, covering the showbiz gossip on *Good Morning Britain*. Amber has also landed a fashion contract with Motel Rocks and will release her own clothing range later this year, whilst Kem kick-started his modelling career with Boohoo Man.

Alex & Montana

While Alex Beattie and Montana Brown have confirmed they have split, the pair have both received fashion deals off the back of their *Love Island* stint. Montana has become the UK's first brand ambassador for Pretty Little Thing and Alex has reportedly signed a six-figure modelling deal with Boohoo Man.



expected to earn approx.
£100,000

expected to earn
£1.8million

Marcel & Gabby



expected to earn
£400,000

expected to earn
£5,000 per PA

Marcel Somerville and Gabby Allen were one of the first couples to become official in the villa. The pair have had several TV and radio appearances and will be doing club appearances together. Marcel was also hired as the face of Boohoo Man's latest campaign alongside two of his fellow islanders.

Dom & Jessica

Although they both departed early from the *Love Island* villa, this pair are one of the estimated highest earners to come out of the show. Jessica will earn a huge sum through modelling, personal appearances, product endorsements and social media posts. Dom is also jumping on the social media and PA bandwagon to bring home the cash.



expected to earn
£1.4million

expected to earn
£2million



WHEN LIFE GIVES YOU

Lemons

Money, sadly, really does not grow on trees, although by the attitudes of some children they clearly believe it does. Mummy and daddy disappearing off for the day and then the food fairy putting dinner on the table is one thing, but with the endless demands of children wanting new shoes, sparkly fidget spinners or junk food, why not instil in them a grown-up approach to finance – one which will help them make the uneasy transition from dependent to independent?

There are so many ways for kids to learn the value of money and methods to earn it. You could pay them a couple of quid to wash the car every weekend, or better yet, if you're friendly with your neighbours you can rope their cars in too. Have them undertake some of the chores you don't like – but make sure they're safe if unsupervised. Pulling up weeds in the garden, loading the dishwasher and maybe even doing the ironing (with a little guidance) are all good options.

Another approach is to make them face the idea of selling off their old gear, something they may be reluctant to embrace until they realise the end result: new, better stuff. It's never a good idea to let a child loose on eBay or Facebook though, so you'll find yourself not just supervising but running the whole enterprise. People are surprisingly willing to pay reasonable money for toys, books, games and clothes in good condition, and once the coins and notes start filling your child's piggybank, he or she will be firmly on board.

For a more entrepreneurial approach, there's always the classic lemonade stand in the front garden; or how about baking biscuits, making their own ice cream (with a possibly new flavour) or even getting craftier with things such as home-made kites or T-shirt printing? Just don't let them fall foul of the Working Time Regulations...





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WHAT'S ON

Moonbeamers Popup Cinema
Weald Country Park, South Weald, Brentwood, CM14 5QS
Friday, September 8



Book tickets to see *Harry Potter and the Philosopher's Stone* under the stars at the Weald Country Park. Gates open at 6pm with pre-film entertainment commencing at 7pm, including outdoor karaoke whilst you wait for the sun to go down.

Get your friends together and come and enjoy the fantastic evening of entertainment. Don't forget your seats, blankets and picnics.

Courthouse Clinics Open Event
New Road, Brentwood, CM14 4GD
Thursday, September 14

Join Courthouse Clinics at their autumn open event. You will be spoilt with a free skin assessment, mini treatments, bubbly, nibbles and goody bag giveaways.

The demonstration timetable includes neck lifts, mono threads and microneedling. There will also be special offers available.

There is a £5 booking fee which will be donated to SNAP, a charity that helps care for children with special needs and their families in Essex.

Razzamatatz Taster Day
Holiday Inn, Brook Street, Brentwood, CM14 5NF
Saturday, September 16



Does your child love to sing, dance or act? Razzamatatz are now taking bookings for their free taster session. Different sessions will be held between 9am and 12.30pm.

Razzamatatz Brentwood offers top quality tuition in dance, singing and drama for four to 18-year-olds. Throughout the year, children will be involved in regular showcases, an annual show, public appearances and special workshops and activities.

An Evening of Royal Entertainment and Dinner
The Blue Crown, 390 Ongar Road, Brentwood, CM15 9JH

Wednesday, September 27
Join us for an evening of royal entertainment and dinner at The Blue Crown and raise funds for your local hospitals.

A fabulous dinner awaits with entertainment from Elvis, The King, Dolly and the Queen of Country.

The price is £25 per head. Call 01708 504335 or email hospitalcharity@bhrhospitals.nhs.uk for more details. There is limited availability so book early to avoid disappointment.

Stress Reduction Masterclass
Orsett Hall Hotel, Orsett, RM13 3HS
Thursday, September 28

Stress often rules our lives in the fast-paced, fast-food, fast-thinking world we live in.

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For more information contact David Cotterill on 07841 437951 or email info@davidcotterillassociates.co.uk.

Muscles and Curves
Bardswell Social Club, Weald Road, CM14 4TJ
Saturday, September 30

Returning to the Bardswell Social Club for a country music session will be Muscles and Curves. Admission is £5. For more information, telephone 01277 214057 or visit www.thebardswellclub.co.uk



PUZZLES & TRIVIA

PUZZLES

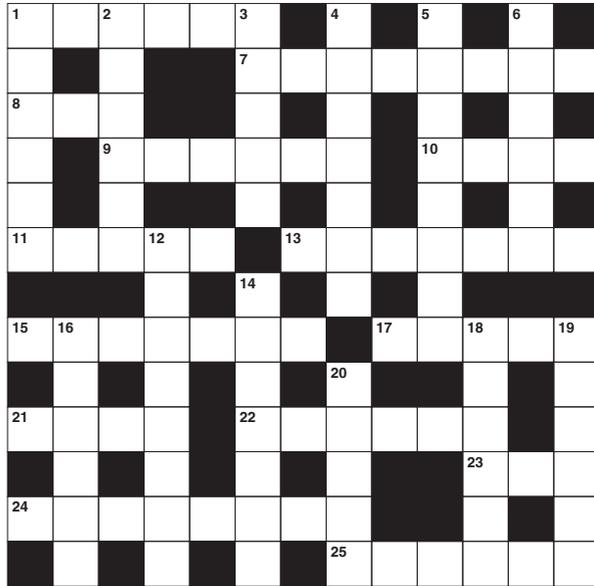
Answers can be found on the Contents Page 4

ACROSS

1. Graduates of an academic institution (6)
7. Cord for fastening footwear (8)
8. Hedwig, for example, in Harry Potter (3)
9. Put inside another (6)
10. Thrash (4)
11. Bedfordshire town (5)
13. Friendly (7)
15. Ingest (7)
17. Stare (anag) (5)
21. Just and unbiased (4)
22. Selfishness (6)
23. Frozen water (3)
24. Solitary (8)
25. Sudden forward thrusts (6)

DOWN

1. Open declaration of affirmation (6)
2. Raise (6)
3. Small piece of land (5)
4. The Pope (7)
5. Dress clothes (4,4)
6. Real (6)
12. Perceived (8)
14. Tallest species of penguin (7)



16. Public speaker (6)
17. Matures (of fruit) (6)
18. Domesticating (6)
19. Original (5)

DID YOU KNOW

▶ The Palace of Westminster has eight bars, six restaurants, 1,000 rooms, 100 staircases, 11 courtyards, a hair salon and a rifle-shooting range

▶ More than 1,000 bodies are buried underneath Aldgate station, in a plague pit built in 1665

▶ Underneath the Ministry of Defence's main building in Whitehall is Henry VIII's wine cellar

▶ To pass the knowledge test required of cab drivers in London, you must master 320 basic routes, 25,000 streets scattered within those routes and about 20,000 landmarks and places of interest within a six-mile radius of Charing Cross

▶ Among the many items people have left on the Tube are a samurai sword, a stuffed pufferfish, a human skull and a coffin

SUDOKU

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



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HAS ELVIS

GONE FOREVER?

Elvis Presley's posthumous popularity is plummeting with a third of British young adults having never heard one of his songs.

And to make matters worse the value of his merchandise is sinking and some music industry experts say the king of rock'n'roll may end up being remembered as nothing more than a goofy tribute act.

Although his image remains one of the most iconic in music history, the same cannot be said for his songs.

Elvis has left the building – or rather, for some, he never got there in the first place.

In a recent YouGov poll of 2,034 British adults, a hefty 29 per cent of 18 to 24-year-olds said they had never listened to an Elvis song, with none of this age group listening to him daily and only eight per cent listening monthly. Asked what they thought of other veteran stars, about twice as many said they liked the Beatles (23 per cent) and David Bowie (25 per cent) “a lot” compared with the King (12 per cent).

Even if there's evidence of dwindling reverence among youngsters, the YouGov data clearly shows Elvis's popularity among older generations is still high. Despite this, with the value of rare Elvis merchandise in free fall, his Graceland estate will be acutely aware of the financial repercussions of failing to connect with younger audiences.

There's no denying Elvis maintains posthumous popularity: Spotify reveals he achieved 382million streams in 2016. But his figures look less impressive compared to other deceased stars such as David Bowie (who clocked in at more than 600m), Michael Jackson (also more than 600m), or the long-disbanded Beatles (1.3bn).

Elvis has fallen to the status of “novelty act”, according to David Hesmondhalgh, an author and professor of music at the University of Leeds, who says any musician whose image transcends their music will ultimately face away.

He said: “If you ask a small child about Elvis, the fact he died on a toilet through overeating or wore a silly suit is all that registers. The music has become far less important than the caricature. His image has been cheapened.”

Lee Arthur, the founder of A1 Star Tributes, a firm that brands itself as Europe's top tribute act agency, said: “Any fat bloke can throw on an Elvis costume and sing stupidly down the pub for £100.

“I don't know about America, but it's really damaged demand over here.”

Elvis tribute acts were once big business, but with so many cheap knock-offs, Arthur says punters are now more interested in Gary Barlow and Michael Bubl  locallikes.

The agency has 10 “professional” Elvis impersonators on its books, who will belt out a pitch-perfect *Hound Dog* and pose in wedding photos for £450. Mr Arthur, however, says he can charge at least double that for his Michael Jackson impersonators.

“With MJ, the audience can have more of a dance and a singalong,” Arthur said.

Elvis's golden period was between 1956 and 1960, when his televised “snake hip” dance routines hypnotised teenagers across the world. During this period, he dominated the charts, clocking up 12 No.1s.



ELVIS

UNSEEN ARCHIVES

Photo credit: Dan Kosmayer/Shutterstock.com

THE NEW £10 NOTE

Following the launch of the new polymer fivers earlier this year, the Bank of England has now released an updated version of the £10 note, complete with a very important historical figure.

Until 2017, the former £10 note, resplendent with Charles Darwin's bearded visage, was the oldest note in English circulation – having first appeared in our purses and wallets at the turn of the millennium. But following the successful integration of far more resilient polymer fivers a few months back, the Bank of England has replaced the Darwin-bedecked tenner with an updated version featuring treasured author Jane Austen.

Austen is now the only woman – apart from the Queen – to feature on an English bank note, following the withdrawal of the old £5 notes which showcased Elizabeth Fry. Austen's inclusion on the new tenner was among current Bank of England governor Mark Carney's first announcements upon coming to the role in 2013.

The new design – which marks the 200th anniversary of the *Pride and Prejudice* author's death – will enter circulation in September. Alongside the portrait of Austen, which was commissioned by her nephew James Edward Austen Leigh (which itself was adapted from a sketch drawn by the author's sister, Cassandra), this newest note also features *Pride and Prejudice* character Elizabeth Bennet and a depiction of Jane Austen's writing table and quills, plus the famous quotation, "I declare after all there is no enjoyment like reading."

The new note is made of polymer and will contain traces of animal fat – although the Bank of England says it is working on a new formula to print future versions without tallow. There are also plans to bring out a new £20 note featuring renowned English artist J. M. W. Turner. That should be with us by the year 2020.



Photo Credit: GettyImages

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UNBOLTED

Usain Bolt bids farewell, but his presence remains at every athletics track the world over.

The world of sport is filled with fabulous imperfections, but there are some so brazen, so unmistakably wrong, you have to wonder if the Greek god Heracles (he of sports, athletes and erm, border crossings) isn't looking down with a smirk to match that of 100m champion Justin Gatlin.

For Usain Bolt's utterly unique athletics career to end in defeat to a double drugs cheat has, in one sense, done nothing for the sport's credibility. But actually, look closer, and it's done little too to diminish the iconic status the Jamaican has cultivated.

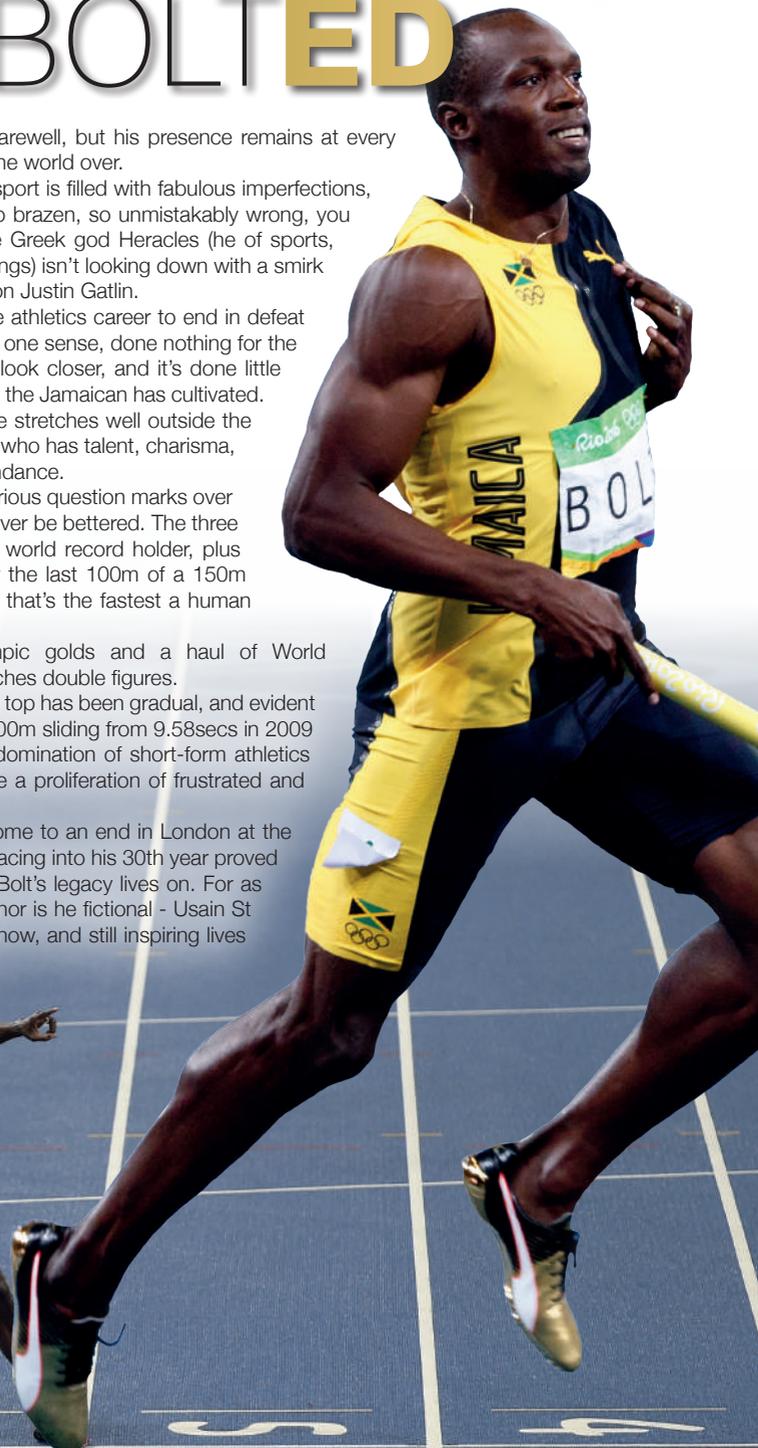
Bolt is a man whose influence stretches well outside the world of sport – a modern hero who has talent, charisma, confidence and humility in abundance.

And on the track, there are serious question marks over whether his achievements will ever be bettered. The three fastest 100m runs ever, 200m world record holder, plus a time of 8.7secs recorded for the last 100m of a 150m event in Manchester in 2009 – that's the fastest a human has ever run.

Then you have eight Olympic golds and a haul of World Championship medals that reaches double figures.

Although his descent from the top has been gradual, and evident in his fastest season times at 100m sliding from 9.58secs in 2009 to 9.8secs this year, his utter domination of short-form athletics has seen him leave in his wake a proliferation of frustrated and awe-struck competitors.

That dominance may have come to an end in London at the start of August – and perhaps racing into his 30th year proved a step (or sprint) too far – but Bolt's legacy lives on. For as Gods go, this one isn't Greek, nor is he fictional - Usain St Leo Bolt is very much present now, and still inspiring lives (and athletes) the world over.



FOR PEATY'S SAKE

While most careers tend to yield greater rewards as time goes on, for athletes the achievement clock starts ticking early. Yet while some seem to perpetually be reaching for but never quite touching the sky, there are others – like Adam Peaty MBE – who blaze a trail.

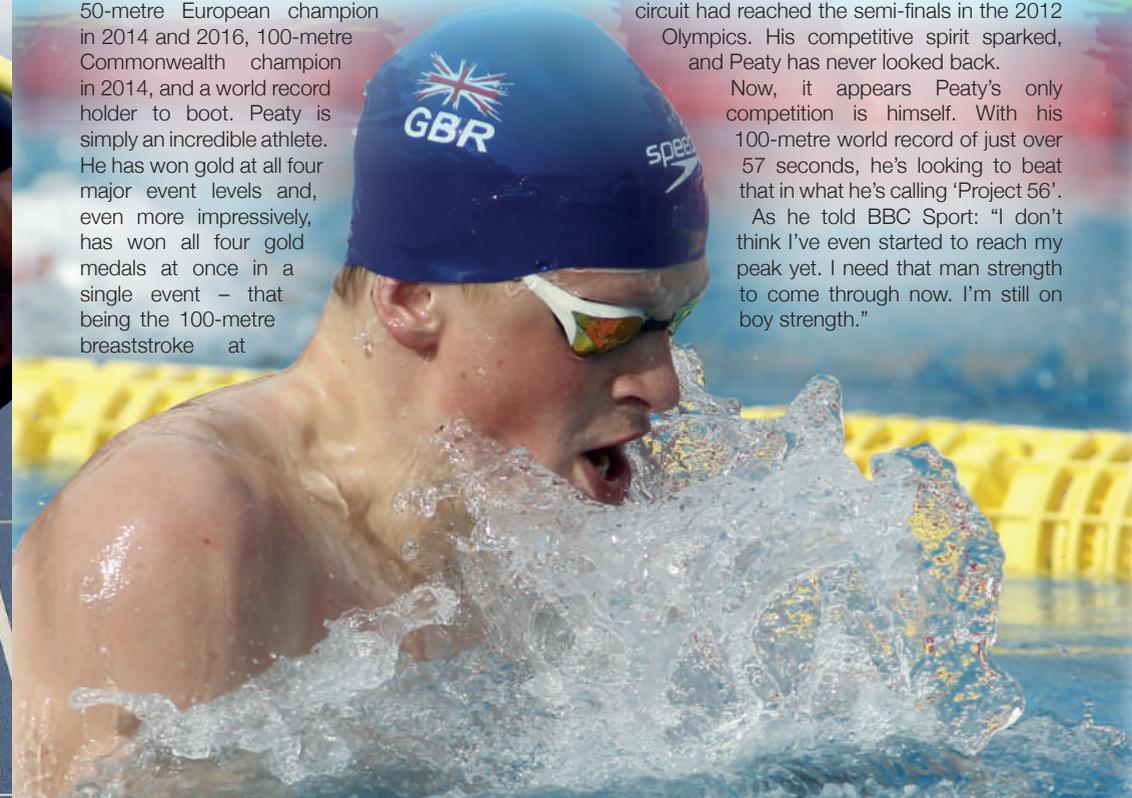
At just 22 years old, the Staffordshire-born breaststroke specialist has achieved an envious string of successes: 2016 Olympic champion, world champion in 2015 and 2017, 50-metre European champion in 2014 and 2016, 100-metre Commonwealth champion in 2014, and a world record holder to boot. Peaty is simply an incredible athlete. He has won gold at all four major event levels and, even more impressively, has won all four gold medals at once in a single event – that being the 100-metre breaststroke at

the 2016 Olympics – which puts him alongside the only other British swimming greats, Rebecca Adlington and David Wilkie, to have done so.

With his world records in the 50 and 100-metre events, Peaty is the man to beat. As legend has it, although at the tender age of 12 he was setting records at his home club in Uttoxeter, he didn't even consider taking swimming seriously until one evening, when preparing for a night on the town, he heard that one of his peers from the junior circuit had reached the semi-finals in the 2012 Olympics. His competitive spirit sparked, and Peaty has never looked back.

Now, it appears Peaty's only competition is himself. With his 100-metre world record of just over 57 seconds, he's looking to beat that in what he's calling 'Project 56'.

As he told BBC Sport: "I don't think I've even started to reach my peak yet. I need that man strength to come through now. I'm still on boy strength."





MOTORING

CLEAN AIR, Do Care

Following the French government's commitment to free the roads of polluting vehicles, the UK has announced that there will be a ban imposed on the sale of all diesel and petrol vehicles, coming into force in 2040.

It's surely no secret that the global situation around climate change is in a fragile state, and more steps are being taken at the highest level of state government to ensure ecosystems are protected from our continuing reliance on polluting fuels.

To that end, the UK has announced that by 2040 there will be a ban in place on the sale of all diesel and petrol cars; this has come about due to fears that the rising levels of nitrogen oxide caused by these vehicles are becoming increasingly damaging to people's health.

The government has warned that the move, which will also take in hybrid vehicles, is needed because of the 'unnecessary and avoidable' impact that poor air quality is beginning to have. Ministers

believe it poses the largest environmental risk to public health in the UK, costing up to £2.7billion in lost productivity in 2015, and some have even called for the creation of Clean Air Zones, which motorists will be charged to use.

The move has been made after months of legal battles and forms part of the current government's dedication to implementing a clean-air plan that has seen similar action around the continent. Also included in this vision is a heavy focus on the steps that can be taken to help councils improve air quality in specific areas where emissions have breached EU thresholds, as well as measures to be urgently brought in by local authorities that have repeatedly breached EU rules. This includes the retrofitting of buses and other public transport, changing road layouts and altering features such as roundabouts and speed humps.

It all adds up to the planet's biggest 'clean air' boost in years, and not before time.



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We decided to go with **VISION**, rather than a leaflet drop that we would usually recycle. **VISION** is colourful, interesting and light reading, including just the right amount of advertising and offers.

We joined from the 1st edition (June 2016) and as well as us using the trades and services in there, we have already received a significant amount of work, including large commercial works.

We highly recommend. Thank you Nik!



The Gleaming Glass Co



I took out a 12 month advert in **VISION** Brentwood and so far in 3 months I've had a lot of work from it. I've used leaflets in the past but never got much out of it but this magazine has really worked well me raising my profile in the area.

Neil (The Gleaming Glass Co)



DIZZY CASTLES



Since promoting my business in **VISION** Brentwood I have had a lot more jobs in the area, I believe the quality of the magazine helps this as it has a mix of topics every month that would appeal to anyone in the household to read.

Dizzy castles - Ryan Holmes



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