

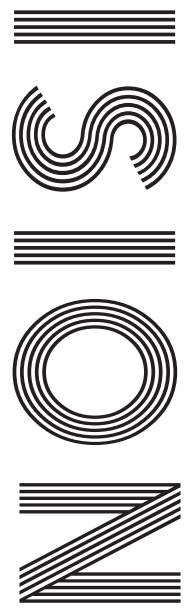
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# Editor's notes...



Nik Allen, Editor

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

So, the dust has well and truly settled on what was a marvellous World Cup. The England team surprised us all and we now have a manager who the players and most of the nation believe in.

For me Gareth Southgate was the star of the show for England. He oozed relaxed charm and class, was honest and open with the media. We got to see the person behind the players and it turns out most of them are very nice young lads living the dream and doing their best for their country.

The pressure they must have felt before the semi-final is something extraordinary. And talking of pressure I'm feeling it too, but thankfully it won't involve a penalty shootout.

My wife is due to give birth on November 16. I'm excited but as a first-time dad I'm also nervous. Will I know what to do? Will I be a good dad? What if I do something wrong?

At least I've got my parents and in-laws, and a lot of you lovely readers, to call on for advice.

In this month's local news, a play park has reopened following a £235,000 renovation, an ATM machine is stolen during a ram raid and a war memorial is restored for the centenary of the end of the First World War.

I hope you enjoy this month's edition.

*Nik*

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**I**t's surprising Donald Trump didn't venture around the UK in an armoured tank given the amount of vitriol that laid in wait around every corner during the US President's visit in the middle of July.

Yet a quaff of thick hair and an even thicker skin accompanied the bolshie and intentionally controversial leader, whose three-day working visit to the UK followed a NATO summit in Brussels, and preceded equally spicy talks with Russia President Vladimir Putin in Finland. Love him or loathe him, the 72-year-old doesn't do things in short measures.

Whether linking hands with Prime Minister Theresa May or haplessly failing to follow royal convention with the Queen at Windsor Castle, Trump revelled in the pomp and the protests.

He is in fact the 13th US president that Her Majesty has met during her reign, and the exchange was said to be cordial... so cordial in fact that HRH – on behalf of the government – laid out an invitation for a full state visit in April of next year, immediately after the conclusion of the Brexit process (whether or not we have struck a deal with the EU). That visit will include a military guard of honour and carriage ride up the Mall to Buckingham Palace... and perhaps a few thousand expletive-ridden placards too.

Trump divides opinion like no one else before him. Recently, his policy of keeping migrant children in cages at the US border appears brutal, yet his praise for our Prime Minister, and stories of his mother Mary Anne's praise for Her Majesty and 'tell it like it is' approach appeal wholeheartedly to those tired of 'suit and shoes' politics.

While those who hosted him in July were welcoming, others refused to engage. There was no meeting at all with the American citizen who has joined our Royal Family, Meghan Markle (who isn't quiet in her dislike of the president); nor was there a visit by Mr Trump to the new US Embassy south of the river (after he criticised the move from Grosvenor Square).

In addition, he was not invited to address both Houses of Parliament – an honour that has been accorded to previous US presidents – because of opposition from John Bercow, the Commons speaker.

But progress was made at Chequers where bilateral talks with Theresa May went well, and it appears the personal relationship between the two may have gone up a degree or two in warmth, despite a very obvious frosty chill continuing to linger just below the surface.

Trump concluded proceedings in Scotland where he played a round of golf with Prince Andrew at Turnberry, the course he owns. Business and pleasure – par for the course.

Photo credit: REX/Shutterstock

# Trump's TEMPESTUOUS TRIP

# WHAT DO YOUR *dreams*



# *really mean?*

An ancient proverb states: “An unexamined dream is like an unopened letter.” Too often we either forget or dismiss our dream but this could be a mistake. Exploring what your dreams really mean can help you gain a deeper insight into every aspect of your life.

## 1. TEETH FALLING OUT

This is one of the most common dreams that people have but in truth has nothing to do with your dental health. It is connected to feelings of insecurity, life changes that have left you feeling out of control or perhaps a loss of someone important in your life.

## 2. RUNNING AWAY

From early childhood you can probably remember experiencing dreams where you are running away from the ‘bogie monster’ and as we get older these dreams can shift to not being able to run due to your

legs not working or feelings of being stuck.

These types of dreams are fairly easy to interpret and should leave you asking yourself ‘what am I afraid of? What am I running away from in life?’

## 3. CHEATING SPOUSES

Most people in a relationship will be likely to have dreamt that their partner is cheating on them at some point. This does not mean that subconsciously you know your partner is being unfaithful. More likely you yourself are experiencing feelings of being cheated in life, maybe you feel you are being overlooked for a promotion or let down by a friend?

## 4. BEING NAKED IN PUBLIC

Whether it’s giving an important presentation or a flashback to your school days, most people have had that dreaded naked dream. What it symbolises is a lack of certainty about yourself, or even feelings of being wrongly accused of something.

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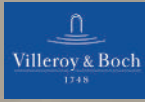


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# Back to THE FUTURE

Want some kitsch for your kitchen? Or a little 1950s flair for your front room? Well here's how to turn your home into a retro paradise.

## Pick an old-school colour scheme

The retro colour palate ought to feel somewhat familiar thanks to the abundance of flashback photo filters on our smartphones. The tone is always slightly muted, and when choosing this style for your home you can never have too much of a good thing. So go big with minty greens, bubble gum pinks, muted red and buttercream yellows.

## Get some retro gadgetry

If you believe modern technology works great but looks terrible, you will definitely appreciate modern gadgets that have a vintage exterior. Think digital radios which appear analogue, leather record players with a USB port for exporting your LPs and high-tech fridges concealed in a 1950s-style shell.

## Scour the vintage shops

Having the odd piece of vintage furniture will

make the whole look feel authentic. So seek out Perspex lampshades, retro cocktail cabinets and an original dinette. Or, if you're feeling really flush, invest in an original Eames fibreglass chair.

## Buy branded signs

One thing they got right in America's formative days of consumer marketing is branding. From the classic Coca Cola sign to the Cadillac motif and every diner logo ever, a small slice of Americana makes a big statement.

## Add whimsical touches

No retro look is complete without a little dash of kitsch, though you may want to steer clear of anything too tacky (no home needs a 2ft high Betty Boop figurine). So think along more subtle lines... a diner-style napkin dispenser, for example, vintage glass perfume bottles or crocheted blankets.





# BUG OFF



## HOW TO BEST PEST-PROOF YOUR HOME

It's silly season when it comes to all manner of midges, moths and mayflies making homelife hell at this time of the year.

With the warm spring encouraging creatures and critters to reproduce like there's no tomorrow (and in the case of the mayfly, there really is no tomorrow), we can quickly find ourselves awash with truly biblical quantities of house guests.

But despair not, for here are a few tips to help you take back control:

**MOTHS...** These seemingly innocent-looking flappers will go through your wardrobe quicker than Jeff Banks. Save your clothes by using flypaper and fish oil for a homemade moth trap, and apply vinegar and water solution around doors to kill off any remainder.

**ANTS...** Vinegar is again your friend where ants come sniffing food remains. Mix with essential oil and spray around baseboards and kitchen entry points, also laying lemon peel on window ledges and other access points.

**MOSQUITOES...** Mossies flourish around standing water when temperatures increase, so keep an eye on pools, puddles and trays where these can gather and reproduce. If you're too late, washing up liquid and, curiously, beer, are two big pulls for their insects, whereby you can lure them into a toxic and, you would suspect, rather pleasant death.

If you're looking for a slightly more all-encompassing critter-proof solution, then repair damaged roof tiles, fill cracks with roofing cement and clean out air vents. Also check roof overhangs for nests, keep windows and doors shut when possible and inspect beds, pillows and mattresses for bugs, vacuuming regularly.

In the garden, be wary of shrubbery and vegetation, store wood elevated and away from house walls, and keep compost containers sealed.

As Michael Barrymore once said: "A hotspot is not a good spot." So check places where heat gets trapped; while leaving food out is an open invitation to dine, these creatures are really not the greatest of dinner party guests.



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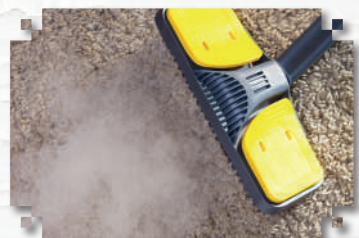
# FLOORED BY *cleaning*



Our homes are filled with so many different styles, fabrics and finishes when it comes to floors – a far cry from dull carpets and plain tiles just a generation ago. These days you can factor in wondrous wooden surfaces, laminate, slate, marble and even polished concrete. While variety is the spice of any living space, each finish comes with its own required maintenance, and it's worth paying attention to these in order to ensure your living space stays, well... alive.

## CARPETS

The best and safest surface for children, comfortable underfoot, and with the widest variety of colours and designs, carpets are however a breeding ground for bacteria. Steaming is the only method that removes the bacteria lurking deep into the pile, while stains should be dabbed away (with a clean cloth or sponge), not wiped. Vacuum 'high-traffic' areas at least once a week, always ensuring your Hoover is at the right setting in order to prevent fibre damage. Once finished, empty your dust bag – a clogged bag can reduce efficiency by over 50 per cent.



## WOODEN FLOORS

Arguably the best-looking finish, with a variety of wood shades and finishes, albeit hard underfoot and easy to scratch. Most wooden floors are prefinished, but not all, so check before treating and use only cleaners specific to your floor type. Now you're ready, use a dust mop or vacuum to remove surface debris, then simply mop to remove dirt using a trusted cleaning agent before allowing to dry naturally.



## SLATE/TILES

Whether a chic or rustic finish, hard floors give a room solidity and style, though can be expensive and unforgiving for youngsters. A mild detergent in hot water and a rag or chamois will see you right, though you may want to toothbrush the grouted gaps with soap a few times a year.



## VINYL

Cheap, wide-ranging in styles and with the ability to wipe away any sin, vinyl can show wear quickly if not maintained. A homemade apple vinegar and hot water solution will do everything a shop-bought cleaner achieves.



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HOME & DIY

# WALL FLOWER

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Our desire for home interiors to be unique, bespoke and personal has made popular a number of crafts in recent years, with few as accessible and impressive as stencil art. In envisaging a pattern, creating a template and getting busy with some perfectly matched paint, you can transform weary old walls in no time.

Here is our easy step-by-step guide:

### 1. Select a design

The internet has given us inspirational access to the widest range of designs, so find a pattern that works for you and that matches your existing interiors. For instance, if your look is contemporary, look for something uncomplicated and clean; if you're more art nouveau, consider swirls and flower-based ideas.

### 2. Plan your wall

Know before you purchase materials the wall you're using, the positioning of the stencil (and a repeated pattern, if that's what you have in mind) and ensure you're keeping an eye on symmetry and centring.

### 3. Buy your supplies

Take a trip to your art shop, view their pre-made stencil designs, then conclude that yours will look better. Purchase either card or thick plastic sheets, along with required paints (fit-for-purpose stencil paint exists) and some decorating tape.

### 4. Copy and cut

Trace your design onto the sheet and care and carefully cut to create your main template.

### 5. Doing the dab

Now fix the stencil to the wall ensuring it is in position and straight (use a spirit level), then begin rolling paint through the sheet and onto the wall in a horizontal motion (this will help prevent drips).

### 6. Repeat and wait

Move across your wall replicating your pattern, then wait 24 hours for it to dry.

### 7. Sit back and savour

Toast your stunning stencil art efforts.



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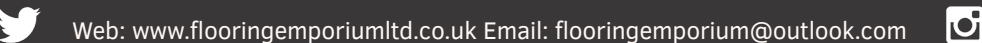
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# LOCAL NEWS

*from your neighbourhood*

LOCAL NEWS



## £235k revamp for play park

Warley Playing Fields' Play Park has been officially reopened following its £235,000 renovation.

The new area was unveiled on July 10 at a ribbon-cutting ceremony.

Residents, children and ward councillors gathered to celebrate the opening of the play area on The Drive.

They were able to enjoy a range of free activities and sports provided by community organisations and some great giveaways.

The play area has undergone a £235,000 refurbishment with new play equipment ranging from a wheelchair roundabout, sit-up swings, a springtime seesaw and some sensory sound orbs. Also in the park are cable runways, climbing frames, large open swings and basket swings for more than one person. The area has been made more colourful and brighter as colours were selected to help those with visual impairments to attract and stimulate.

A new type of surface was used for the first time to ensure all-weather access throughout the year and new metal railings provide a new safer entrance along

the main road.

Brentwood Borough Council's chairman of the community, health and housing committee councillor Chris Hossack, said: "We were determined to have the play area completed and open just in time for the summer holidays, so children will be able to enjoy it."

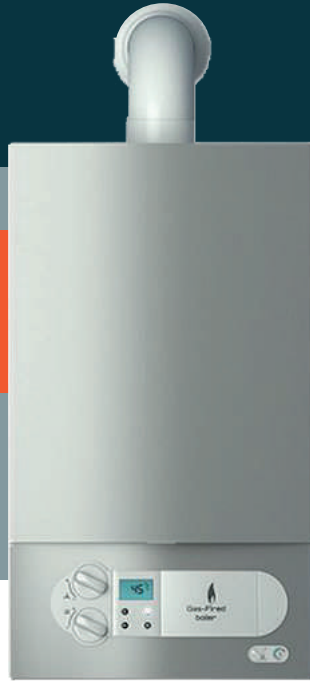
"Warley Play Area is different and the first of its kind in Brentwood. And we are pleased it has been given Community PiPA Accreditation as a big part of the design was to include equipment that could be used by children of all abilities, making it as inclusive as possible."

Paula Hills, a trustee of Special Needs and Parents (SNAP), a local charity, said: "We are delighted to welcome the opening of this new accessible play area in Warley - it is an amazing facility and it was great to see so many happy children."

"Anything which takes into consideration improving the lives of all families in the community and particularly those with children who have any special need or disability is a positive development."



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LOCAL NEWS

# Brentwood Brewing Co wins national award

Brentwood Brewing won SIBA's (Society of Independent Brewers) national Brewers in the Community 2018 award recently.

Brewers in the Community is an initiative run by SIBA, which represents independent craft breweries.

The aim of the campaign is to highlight the fantastic but often under-appreciated work British independent craft breweries do for charity, local people and for community causes.

SIBA's judging panel was bowled over by Brentwood brewery's connection to their local community and the range of activities they undertake.

They were impressed with their commitment to local charities, to elderly residents, to their sustainability and

to supporting local businesses.

Alex Burghart MP presented Brentwood Brewing Company with their award.

He said: "This is excellent news for Brentwood Brewing Company, excellent news for Brentwood and excellent news for beer. Under Brentwood Brewing Company local ale goes from strength to strength."

Roland Kannor of Brentwood Brewery said: "We are surprised but delighted to have won the national SIBA Brewers in the Community Award 2018.

"We are definitely and firmly committed to helping our local community. It is always a pleasure to be of assistance and we always end up having fun and enjoying ourselves at the same time."

## Brentwood School announces new headteacher

Michael Bond has been appointed as the next headteacher of Brentwood School in succession to Ian Davies who announced he would retire at the end of the next academic year.

Mr Bond is delighted with his move to Brentwood, saying: "It is a great privilege to be appointed as the next headteacher of Brentwood School.

"The pride in and commitment to the school shown by staff and pupils I met during the interview process

were impressive, and my family and I are very much looking forward to joining such a vibrant community."

On announcing the appointment, Sir Michael Snyder explained: "Our priority was to appoint an outstanding leader and academic who could continue to build on the stewardship of Ian Davies.

"His appointment at this time will ensure that there is a structured handover before he takes up the reins in September 2019."



# School celebrates results success

Students at Brentwood School were celebrating their success after receiving the results of their International Baccalaureate (IB) Diploma Programme.

Out of 27 students, six achieved 40 points or higher out of a possible 45. They were Luke Cooper, Georgia Hoggart, Marcus Livermore, Emily Scott, Bethany Sargood and Joseph Defries.

The school's IB Diploma Programme director Mr Jonathan Barfield Moore, who will be taking up the post of deputy head (academic) at the school from September, commented: "We're extremely proud of our students and the hard work and commitment that

has delivered this superb set of results.

"The International Baccalaureate is both all-encompassing and rigorous, but they have risen to the challenge once again.

"I would also like to thank our talented teachers who continue to get the best from them.

"I'm delighted that our strong average score continues to attract top performing international students but also an encouraging number based in the UK too."

The school now enjoys a four-year average of 36 points, equivalent to three As at A-level.



# BROADWAY

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# Property team is highly commended in legal awards

A local law firm achieved a Highly Commended award for Property Team of the Year 2018 at an awards ceremony recently.

Pinney Talfourd, which has an office in Brentwood, received the award at the Modern Law Conveyancing Awards which took place on July 12 in Liverpool.

Held at the iconic Rum Warehouse in Liverpool Docks, the ceremony was hosted by comedian Patrick Monahan and attracted law firms and conveyancers from across the UK.

Pinney Talfourd was delighted to be one of the few Essex-based firms shortlisted across the categories and even more delighted to come away with an award.

Paul Berry, partner and head of residential property commented: "This is a great acknowledgement of the hard work done by the whole team over the last year.

"Thank you to everyone who recommended us and supported our application.

"We look forward to continuing to provide an award-winning service to our clients for many more years to come. Well done to everyone."



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## ATM stolen during ram raid

An ATM was stolen during a ram raid at a shop in Brentwood.

Essex Police were contacted by several members of the public at around 1.20am on Friday, July 20 after the Co-op in Rayleigh Road was ram raided.

The suspects, who were wearing dark clothing and balaclavas, used a Land Rover to crash into the front of the store before using an angle grinder to remove the cash machine from the damaged wall.

The three men then loaded the machine into a car before fleeing the scene.

The Land Rover was left at the scene.

Detectives are continuing to investigate and are appealing for any witnesses, particularly anyone who may have mobile phone footage of the incident to get in touch.

Essex Police would also like to speak to anyone who may have seen the vehicles travelling to the Brentwood area in the moments leading up to the theft.

Witnesses can contact detectives at Brentwood CID on 101 or Crimestoppers anonymously on 0800 555 111.

## Town centre car park gets £1.5million renovation

A town centre car park has reopened the top two decks following a £1.5million renovation project.

The Coptfold Road car park reopened on July 16 following the renovation which includes new surfaces, paintwork, signage and fire doors installed.

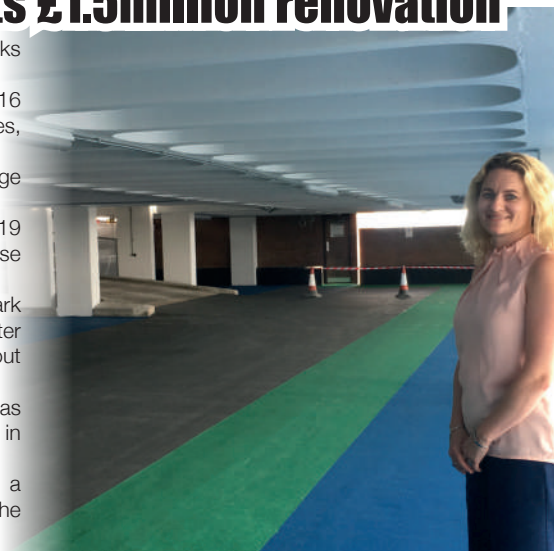
The car park had suffered from irreparable damage meaning repairs were imperative.

The work is on schedule for completion in January 2019 when a new CCTV system will be in place to increase security.

Council leader cllr Louise McKinlay said: "The car park looks completely different and has become a brighter and more welcoming place to park, with well-marked out parking bays in well-lit areas."

"The building was way past its best, and of course was suffering from concrete cancer making work a priority in order to secure its future use."

"Furthermore, the project is expected to, through a number of cost-saving measures, come in under the original £1.9million budget."



LOCAL NEWS



Photo credit: Michael Foley

# Secret Brentwood extract

An extract from *Secret Brentwood* by Michael Foley, page 14.

“An unusual Brentwood resident of the early twentieth century was a man named Ole Oddy, a hermit who built himself a dugout at Warley Gap. He was described by Mrs Eva Carsnell, the landlady of the Brewery Tap, as being very unkempt and as smoking an old clay pipe upside down. He also wore an old overcoat that nearly touched the ground. Oddy would step on molehills and claimed that moles died if you touched their nose. He then dried the moleskins and sewed them onto his waistcoat.

He would come into the Brewery Tap every Saturday morning and put down threepence for a quart of beer in a pewter tankard – the pub had no glasses at that time. After drinking half his beer he would produce a rabbit from one of the many pockets in his old coat

and offer it for sale for sixpence. Mrs Carsnell said that he would produce up to twelve rabbits at one time. Then when he had sold them all he would go to other public houses to sell more.

In August 1913 Lord and Lady Petre, the local aristocracy, returned from their honeymoon. They set about entertaining the cottagers, old people, tradespeople and tenant farmers on different days at Thorndon Hall, which was an old custom of the family. Lord Petre hoped to start reconstructing Thornden Hall and to live there among his tenant farmers.

Lord Petre told the farmers that the position of a great estate landlord was not as firm as it was thirty years before, but he hoped to bring it back to something like its former standing. He went on to say that agriculture was passing through a very troublesome time and he hoped it would survive.”

# Cash prize for schools which love their clothes

School children across Essex, including a school in Brentwood, have raised over £3,700 for their schools by donating over nine tonnes of old clothes to be recycled.

St Thomas of Canterbury Infant School was one of the schools that took part.

The competition, run by Bag2School in partnership with Recycle for Essex, saw 37 schools take part.

Every household in Essex throws away the equivalent of 36 woolly jumpers each year, but recycling old clothes and textiles is becoming easier.

Many districts and boroughs in Essex offer kerbside

collections, all recycling centres accept textiles, along with the many textile banks located all around the county. All clean clothing and textiles can be recycled, even items that are ripped or have holes in.

Councillor Simon Walsh, Essex County Council cabinet member for waste, said: “The schools recycling competition has been a fun new way to encourage pupils and parents to learn about the value of recycling their clothes.

“I would like to congratulate all the schools who took part for encouraging young people in Essex to become a new generation of recyclers.”



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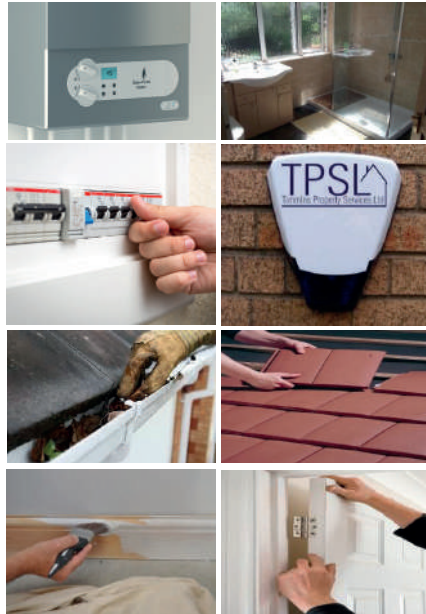
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**ON PATROL WITH... THE PASTORS**



Street Pastors this month have had the opportunity across the county of joining in with events outside of the normal night time economy patrols.

We have been at several public events and have been pray walking some of our towns in an effort to bring peace to our communities. We have also finished our last training cycle for street and school pastors and are looking forward to commissioning our new volunteers at an Essex-wide celebration on July 18.

We enjoyed sharing with the public what we do at Billericay Summerfest where we put up our gazebo and shared all day with people what we do and what we try to achieve when we help people who are vulnerable or become vulnerable at night in some of our communities.

We have also been in receipt of some very helpful funding by different groups across the county who value what we do. We don't need much money but are very grateful when service organisations hold fundraisers to support us.

In reference to that, it was fantastic to join Michelle Ward from Phoenix FM at Hazle's Pottery Barns, Barleylands, Billericay on July 5 to join in the Pot a Thon. They made bowls from clay and will return soon to paint them and then get them fired once dried and cooked. Such great fun and raising money for charity at the same time. Ourselves and Little Havens Hospice are this year's beneficiaries.

If you are interested in becoming a street, school or rail pastor then please follow us on Facebook or Twitter or email [Billericay@streetpastors.org.uk](mailto:Billericay@streetpastors.org.uk)

**Man taken to hospital due to smoke inhalation**

A man was taken to hospital after suffering from severe smoke inhalation recently.

Firefighters attended the incident in Brook Street in Brentwood on July 2 at around 2.40pm and found the man had inhaled a large amount of smoke attempting to extinguish the large fire.

Firefighters reported a pile of manure, measuring 20 metres by 10 metres, was alight.

Crews worked quickly to surround and contain the fire and it was completely extinguished by 4.49pm.

Essex Fire has issued advice following the incident.

Tom Side, crew manager at Brentwood Fire Station, said: "While we understand this gentlemen's intentions were to try to help and do what he could to contain the fire, he actually put himself at huge risk.

"If you see a fire and it can't be put out with a bucket of water, think 'get out, stay out and call the fire service out'. Get out of the building or area, stay out of harm's way and call the fire service out.

"During dry conditions at this time of year, outdoor fires can become serious very quickly - so please don't put yourself in danger."



# War memorial restored for the centenary of the end of WWI

Brentwood Borough's war memorial has undergone a thorough transformation to mark 100 years since the end of the First World War.

A deep clean and repairs saw the significant cross and pedestal, together with the Memorial Wall, brought back to "like-new" condition.

The Mayor of Brentwood cllr Sheila Murphy took a tour around the memorial garden and said: "It is quite incredible to see all the names of all the young men and know that they each made the ultimate sacrifice, giving their lives to protect democracy, the country and the future generations living now.

"In these days of technology, the face of war has changed dramatically, and it is hard to envisage every family, neighbour or colleague losing someone or knowing someone who has lost a loved one – this was the case in the First World War. Entire communities would never be the same again.

"It is a great testament to Brentwood that the borough played such a significant part in the First World War and it is only right that our wonderful war memorial be kept in a manner that befits its status to the fallen."

The British Legion expects the Remembrance Sunday parade on November 11 to see more than 1,000 people take part this year.

Brentwood British Legion president Brian Kitchener and chairman Syd Bryer said: "We are most fortunate here in Brentwood to have such an impressive memorial which is much cherished by residents and the British Legion.

"This is a significant year, marking as it does the end of the First World War in 1918. We have had considerable interest already in this year's parade, so it is excellent to see the memorial is already prepared for the occasion."

## Medals belonging to late international cricketer stolen

Essex Police are appealing for information following a burglary where cricket medals belonging to a late international cricket player were stolen.

The burglary took place in Brentwood between 1pm and 2pm on Tuesday, June 26.

Among the items stolen were three national cricket competition winners' medals, jewellery and cash.

Investigating officer Police Constable Paul Burnett said: "Not only has the victim had to deal with a break-in to their home, but the theft of these medals which have invaluable sentimental worth.

"One medal is gold with the wording 'Gillette Cup Final' and the name of the winner inscribed on one side and 'The County Cricket Competition, The Gillette Cup' with the silhouette of a trophy engraved

on the other.

"The second medal is silver with the wording 'Gillette Cup Final Winners' engraved on one side and 'The County Cricket Competition, The Gillette Cup' with the silhouette of a trophy on the opposite side.

"The third medal is gold with the wording 'Benson & Hedges Cup Final Winners'."

The victim, who wishes to remain anonymous, said: "I have been left totally devastated by what has happened."

Anyone with information is asked to contact PC Paul Burnett at Brentwood CID on 101. You can also contact the independent charity Crimestoppers completely anonymously on 0800 555 111 or online at crimestoppers-uk.org



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# Youth group helps children going through tough times

LOCAL NEWS

A group of volunteers are hoping to change the lives of young people going through tough times.

Youth Matters, which was set up by a group of local people, aims to help people between the ages of 10 and 18 years old to get support during difficult times.

The group, which is held in Brentwood, gives somewhere for the children to go and relax and have fun. They offer activities such as arts and crafts, yoga and mindfulness.

Donna Ager, a helper at Youth Matters, said: "The need for an increase in resources for the mental health area is getting bigger every day and the normal wait to get children of this age help is approximately nine months or more. For some, this is just too long.

"Sadly, we have had a few youngsters take their own lives recently in Billericay and local areas as they can't cope any more.

"The pressures on this age are huge with social media, extra school years, bullying and peer pressure."

Youth Matters has approximately 12 children attend the meetings.

Local companies have donated items such as T-shirts, business cards and some materials for sessions, however the group needs the community's help to keep the sessions running.

Donna continued: "It would be good if we could get some funding from some local companies or charities



to increase the help we can give our youngsters. This will allow us to run activities for them to do or asking other people who we need to pay to come in for activities or to do talks.

"We would also like to be able to fund any child that we feel needs urgent help and we can get private therapy for."

To donate, please visit [www.gofundme.com/youth-matters-brentwood](http://www.gofundme.com/youth-matters-brentwood) or if you'd like to attend, join Youth Matters on Facebook or Instagram.

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# Officer goes above and beyond to protect drivers

A roads policing officer went above and beyond to protect others when he removed a tyre from a motorway on the M25 in Brentwood.

PC Myles Hilbery was on patrol on July 13 when he saw several cars ahead of him swerving in the road. He soon spotted a tyre in the left-hand lane and a car missing a tyre that had stopped on the hard shoulder.

Without hesitation, he pulled over and retrieved the tyre.

A young woman walking back towards the broken down car told him she had reported the emergency and was waiting for a recovery vehicle.

As a qualified vehicle examiner, Myles offered to help the woman change her tyre and had the job done in a matter of minutes.

The woman thanked him before setting off on her journey and Myles continued his patrols along the M25.

Myles said: "It was my pleasure to get the young woman on her way without the need to wait possibly hours for her recovery, but also to stop any possible collisions with the tyre that was in the live lane when I turned up."



Photo Credit: Essex Police

## CONTACT US TO FIND OUT MORE

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## BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



LOCAL NEWS

The recent lengthy spell of hot weather has taken its toll on much of our greenery, and there are many brown lawns and wilting plants visible as I travel around the Brentwood and Ongar area.

The local water companies, Affinity and Essex and Suffolk Water, have made it clear they are doing their bit to ensure we have the water we need but are urging us to do our bit to conserve this precious resource during the dry summer (at the time of writing the driest start to a summer ever). Those brown lawns are deceptive – a couple of days of rain and they will be back to their full emerald glory.

We are fortunate to have many well-cultivated allotment sites across the constituency, and there is a steady stream of plot holders heading out to water their rapidly developing courgettes, tomatoes and beans when the air is cooler and the water will not be burned off by the sun. Hosepipes are not allowed on most allotment sites, so there is plenty of hard work to be done trudging backwards and forwards from the water points with heavy watering cans.

Allotmenters are canny people, and there are multiple water butts and water saving devices to be seen next to the homebuilt sheds and polytunnels. And the watering can/water butt system seems to work well for them...a quick glance across the sites sees an abundance of crops.

I'm impressed by the enthusiasm for homegrown veg across the constituency – there's a real feel of "Dig for Victory" from some people who prefer a back garden full of potatoes and swedes than neatly clipped shrubs and lawns. And it seems to work – one of last year's *Great British Bake Off* competitors used his Brentwood allotment produce for his bakes, and I've noticed while out visiting groups in the constituency there are an abundance of courgette recipes doing the rounds too.

If you have any pictures of your homegrown produce of which you're particularly proud, send them to me at [alex.burghart.mp@parliament.uk](mailto:alex.burghart.mp@parliament.uk) and I'll post them on my Facebook page ([fb.com/alex.burghart.brentwood.ongar](https://www.facebook.com/alex.burghart.brentwood.ongar)) to show off what grows in Brentwood and Ongar.



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# ROBBIE

## IS BACK ON THE BALL

**H**e's had his ups and downs over the years, but after a stirring performance at the World Cup opening ceremony and another typically charismatic display at the seventh Soccer Aid event – not to mention rumours of him landing one of the hottest jobs on British television – it looks like Robbie Williams is back for good.

---

When it was announced that Robbie Williams would be taking centre pitch at the 2018 World Cup opening ceremony in Moscow, there were few raised eyebrows. For while the ex-Take That star is unanimously adored in the UK, it's fair to say that cheeky chappy's antics might not be so well-received abroad – particularly when factoring in his 2016 *Party Like a Russian* single was said to offend many a Russian native who called it “crude stereotyping”.

And yet, the charming 44-year-old rocked the stadium like it was 1998, belting out hits *Let Me Entertain You* and *Feel* before wowing a global audience of over a billion as he crooned hit song *Angels* with Russian operatic singer Aida Garifullina. And when Williams (rather unceremoniously) flipped his middle finger to millions of viewers during his encore of *Rock DJ*, it was swiftly written off as another of his naughty schoolboy pranks, with the general consensus being that it's great to have Robbie back.

Not that the Stoke-on-Trent lad has been out in the pop wilderness per se, more that he hasn't been quite so ubiquitous as he was at the height of his fame when Robbie mania seemed to grip the nation. And quite rightly too, for he was undoubtedly the star that defined a generation, selling millions of records, winning a total of 18 Brit Awards and even landing a spot in the Guinness Book of Records when, on announcing his World Tour for 2006, 1.6 million tickets were sold in one day.

Soon however, the cracks began to show, as the pressure of being so idolised drove him to alcoholism, substance abuse and bouts of depression. And when he moved to Los Angeles just over a decade ago for a fresh start, it looked like it might be the last we saw of our tormented troubadour. But in America, Williams would find not just mental rejuvenation, but also love, with US actress Ayda Field. The couple married in 2010 and share two children, Theodora Rose, five, and Charlton Valentine, three.

In Ayda, Williams appears to have found the perfect match. She seems to share his oddball sense of humour, while also offering enough stability and love to keep his demons at bay. In fact, the pair make such a terrific team that they will be joining *The X Factor* panel as judges when it returns to our screens later this year.

What we can expect from this new era of the larger-than-life superstar remains to be seen, but love him or loathe him, the British celeb circuit is a lot less entertaining without Robbie Williams.

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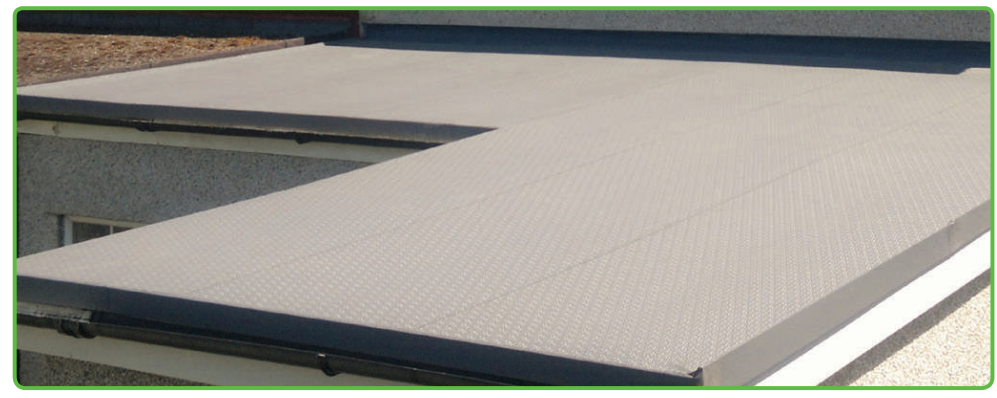
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When choosing which type of containers you would like, first consider your space. If you just have a window box or modest balcony, smaller plastic or tin planters work best. Plastic pots may be cheap, but they can be painted assorted colours and hung from walls, stacked along sills or placed on benches. If you have an entirely concrete space, choose larger vases made of clay, either plain or painted. These will bring

life to the dank corners and transform a brutalist set of stairs into a picturesque path.

It can be tempting to assemble an assortment of different pots and containers, but this can start to look messy, so it's wise to choose a theme. Even a garden which already has an assortment of things growing can be enhanced and pulled together with some strategically-placed vessels.

Similarly, you don't want to throw any old seeds in and hope for the best. Consider which colours work best together and try to pick flowers of equal heights. Poppies and dahlias complement one another magnificently, as do tulips and peonies.

If you want an instant English country garden, you could simply buy pre-planted pots. This may be a more expensive option, but the joy of pots is that if you move to a new house, you can take your portable paradise with you.



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TRAVEL

# 48 hours in COPENHAGEN

Only got time for a flying visit? No problem. Savour all the delights of the Danish capital in just 48 hours...

## FRIDAY 4pm - Shop 'til you drop

Get stuck in to some Danish design on Strøget, one of Europe's longest pedestrian shopping streets. Illums Bolighus is a delectable design emporium, and Royal Copenhagen is the flagship of the Danish brand which has been making porcelain since 1775. Lego, Hay House and Georg Jensen also have flagships here.

## 7pm - Dine like a king

Noma on the Christianshavn flank of Inderhavnen, at Strandgade 93, has regularly been voted the world's best restaurant so make sure you reserve. Adhering to the New Nordic philosophy of seasonal eating, some of the produce is even grown in the back garden.

## SATURDAY 10am - Museum hopping

For those who love the classics, head to the National Gallery or discover the history behind the world famous brewery Carlsberg at Visit Carlsberg. Or for something more cutting edge, head to the city's historical meatpacking district, Kodbyen, which has the industrial V1 Gallery.

## 1pm - Street feast

For lunch try Papirøen (Paper Island) for the city's first and only genuine street food market.

## 3pm - Go for a ride

Spend an afternoon in Tivoli Gardens, the park that inspired Walt Disney, and one of the oldest amusement parks in the world. At night, thousands of coloured lights create a fairy-tale atmosphere that is completely unique. Have your dinner in one of the many restaurants in Tivoli.

## 10pm - Get crafty

Carlsberg may still be the biggest factory in town, but microbreweries are the future. Olsnedkeren is a charming spot in the working-class neighbourhood of Norrebro; or for a swanky pint head to Mikkeller & Friends, which has 40 taps of revolving craft ales.

## SUNDAY 10am - Soak up the culture

Yes, you may be hungover, but let Hans Christian Andersen guide you through the old city centre, or jump on the classic live-guided canal tours through the waterways of Copenhagen to really blow away the cobwebs.

## 12 noon - Eat like a Dane

Finish up with a traditional lunch at Nyhavn, the city's iconic heritage harbour with quaint townhouses and old schooners. Think open-faced sandwiches, cured fish and a local beer. Skål.



Photo credit: irisphoto1, trabantos / Shutterstock.com



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KIDS

# BACK to SCHOOL Checklist

You know your child will be returning to school in September. It's the same every year. But somehow, it's suddenly the week before term starts and you are nowhere near ready.

Make this year stress-free with our handy Back to School checklist.

school most of the below will be supplied for them by their school, however your child will still have homework assignments to complete so the below will still be needed for home use:

- Set of pencils
- Eraser
- Ruler
- Colouring pencils
- Handwriting pen
- Sharpener
- Pencil case

### Uniform

- 3-4 x polo shirts/blouses
- 2 x jumpers/cardigans
- 2 x trousers/shorts/skirts
- 1 x waterproof jacket
- Blazer and tie for secondary school
- 5 x socks
- 1 x school shoes
- 1 x welly boots
- Hat/scarf/gloves

### PE Kit

- 1 x gym bag
- 1 x gym shoes/plimsolls
- Several pairs of socks
- Swimming kit if your child has school swimming lessons
- 2 x T-shirts
- 1 x pair of shorts

Secondary school children may need the below additional items:

- Trainers/football boots
- Items for specific sports such as a leotard, rugby top etc
- Shin pads

### Stationery

Whilst your child is still at nursery, infant and primary

Once your child/children have started secondary school their stationery requirements will increase slightly; the below items will be needed for their new learning environment:

- Calculator
- Geometry set
- Fountain pen
- Correction fluid if permitted by the school
- 30cm ruler
- USB sticks
- Ring binders

### Other Miscellaneous Essentials

- Lunch box
- Snack box
- Drink bottle
- School bag
- Book bag

And above all else **DO NOT** forget to label everything clearly; make no mistake your child will leave their belongings behind on more than one occasion.

For this you will need:

- Name labels
- Fabric pen or Sharpie





# GETTING A HANDLE ON

# Hiccups

Although not life threatening and definitely not a health problem to lose any sleep over, hiccups can be inconvenient, embarrassing and downright annoying.

- > Gargle with ice cold water
- > Try to drink from the far side of the glass
- > Bite down on a lemon

### HOW TO AVOID HICCUPS

- > Do not eat too quickly
- > Avoid chewing gum as this causes you to swallow air
- > Try to limit your alcohol and fizzy drink intake
- > Do not eat or drink something very cold straight after consuming anything hot

If none of the above works, do not worry. Most episodes of the hiccups only last a few minutes and will naturally stop on their own. Although it is worth noting that the longest case of the hiccups lasted an epic 68 years. Charles Osborne of Iowa, USA started hiccupping in 1922 and, unable to find a cure, continued to suffer until 1990. He was estimated to have hiccupped 430 million times.

### WHY DO WE GET HICCUPS?

You may not know this but all mammals hiccup. However, it is most common in humans and babies in particular are more prone to this affliction than adults. Hiccups occur when the air you breathe in hits your voice box too quickly causing your vocal cords to suddenly close. Shock, stress, alcohol, smoking, overeating or feelings of nervousness and excitement can all lead to a case of the dreaded hiccups.

### GETTING RID OF YOUR HICCUPS

Although there are no fool proof ways to cure a bad case of the hiccups there are many tried and tested methods that are known to help:

- > Hold your breath for as long as you can
- > Ask a friend to scare you/make you jump
- > Breathe deeply into a paper bag



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# Cannabliss

Some are calling for its legalisation in the UK, but just how effective is medical marijuana? And do the pros really outweigh the cons?

When Home Secretary Sajid Javid intervened to allow the cannabis oil treatment of a severely epileptic 12-year-old whose medication had been confiscated by Customs officers back in June, it put the argument of whether medical marijuana ought to be legalised back on the table.

Certainly Charlotte Caldwell, the mother of the boy in question, thinks it should be, and her voice is backed by sufferers (or their friends) of conditions that marijuana is known to treat - from helping to control epileptic seizures, slowing

Alzheimer's, easing the pain of multiple sclerosis cells from spreading. Even former Health Secretary Jeremy Hunt has called for cannabis oil to be made freely available on the NHS, but the topic remains contentious, with concerns that legalisation may just usher in a whole new health crisis as patients become addicted to the substance.

So what are the pros? Cannabis is currently classified as a Class B drug in the UK and carries a prison sentence of up to five years for possession. Advocates for legalisation argue that making it legally available would not only benefit the war on drugs, but it would also create a billion-pound industry that is fully taxable.

Also, with concerns that street weed is dangerous in being laced with other substances such as PCP (which can cause psychosis, extreme anxiety and seizures), it would surely be advantageous to know that a safer option was available.

Having said that, there is also the risk that people who have never before tried the drug could become hooked, while also sending out a message that substance experimentation is suddenly okay.

The big question is, will legalisation create a nation of healthy go-getters or an army of stoners?



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# Pearly Whites



BEAUTY

How to get whiter teeth at home (and mostly using ingredients you already have in your cupboard).

If you've always dreamt of having a megawatt smile like Angelina Jolie or perfect gnashers like Tom Cruise but don't have the cash to splash out on an expensive whitening treatment at a private clinic, then you'll be happy to know that there are plenty of tricks and techniques you can try at home.

Let's start with the basics. You may not believe in the power of the humble toothbrush, but a good dental hygiene regime will go a long way towards keeping your teeth their best. Flossing is a great way to minimise the build-up of plaque (which is the white/yellow stuff in between your teeth) so do it every day and consider investing in an electric toothbrush – they are proven to be more effective.

Next up we want to focus on stain removal. Ever wondered why some toothpastes contain baking soda? It's because it creates an alkaline environment in your mouth, which over time will whiten your teeth. You don't need to buy a fancy toothpaste though, just mix a little baking powder with your regular one. Then, follow up with apple cider vinegar diluted in water to kill any remaining bacteria.

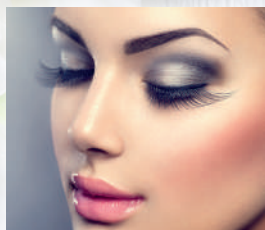
Finally, it's important to stop further staining from building up, so cut down on sugary treats, black coffee and red wine, or even drink them through a paper straw. Load up your diet in foods that are rich in calcium and include lots of crunchy veg like apples and carrots (which remove plaque as you chew). Another way to keep your mouth and breath fresh throughout the day is to try 'oil pulling'. Once a day swish a tablespoon of coconut oil around your mouth for 15-20 minutes. The oil pulls all bacteria out of your mouth, and some people swear it brightens their teeth too.



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BEAUTY



# Eye Creams... ARE THEY REALLY NECESSARY?

The world of beauty and skincare is awash with products for both women and men, all of which are apparently essential for beautiful, youthful looking skin. But are all these must-have, latest scientific developments in skincare really needed or are they simply a way for beauty brands to make more money? Do you really need a separate eye cream to your normal face one? Here is some helpful information to help you make your mind up...

### EYE CREAMS ARE SPECIFICALLY DESIGNED FOR MORE FRAGILE SKIN

The skin around your eyes is thinner and more fragile than the skin on the rest of your face. It is also more prone to showing signs of fatigue, therefore its needs are different to that of your facial skin tissue. Eye creams tend to be thicker than regular face moisturisers and contain more oil to combat dryness without irritating this delicate skin area.

### SQUINTING AND RUBBING CAN LEAD TO PUFFY EYES AND DARK CIRCLES

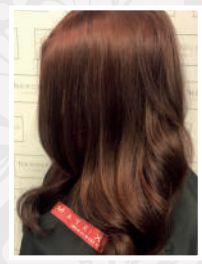
Men are prone to bags around the eyes and dark circles, often due to burning the candle at both ends. The best eye creams for this should contain caffeine and MSM which are known to reduce swelling.

### AVOID THE DREADED CROW'S FEET

Fine lines and wrinkles can often start to appear around your eyes as you get older; a combination of sun damage, lifestyle choices and the fact that you produce less collagen as you age. A good quality eye cream will contain active ingredients such as vitamin C, peptides and retinol to boost collagen production.

### EYE SERUMS?

A recent development in the skincare market, eye serums, like facial serums, are designed to penetrate deeper and contain more nutrients than a cream. Ideally, they should be used for treating dark circles and heavy eye bags rather than fine lines and wrinkles.



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FASHION



THE NINE-MONTH STITCH

Why spend a fortune on maternity clothes that you're only going to wear for a few months, when you can make small adjustments to your current wardrobe? And to make it even easier, we've included both easy stitch and quick fix solutions.

TROUSERS/JEANS

During pregnancy, most women find that their legs stay roughly the same while their hips and tummy grow. For this reason, the only thing that needs to be adjusted on your trousers or jeans is the waistband.

Quick fix: Take a hair elastic, wrap it around the button on your jeans three times before looping the other end through the corresponding hole. Wrap around the button one last time.

Easy stitch: Rip down the seam three to four inches on either side of the waistband. Fold one side in a couple of inches to create a triangle shape. Now pin a piece of thick elastic in the space and sew.

TOPS/T-SHIRTS

After the first few months, your belly is going to peek out of from underneath your top, so you will need to find a little more coverage.

Quick fix: The easiest solution is simply to create a belly band which you can wear underneath your regular tops. You can either buy one or make your own by cutting the top off of an old stretchy vest. This band can then cover the space between your shirt and your jeans.

Easy stitch: Take an oversized T-shirt and ruche the sides with elastic by turning the shirt inside out and using a stretch stitch to sew elastic up the side seam, from near the hem to just below the bustline.

DRESS

Now is the time to embrace your inner bohemian with floaty, oversized dresses.

Quick fix: There's zero stitching required to create your very own voluminous dress. All you need is two yards of stretchy fabric to drape around you. Now cut out arm holes and tie together with a belt above your bump.

# A cut above the rest

Have you ever wanted to be the best dressed person in the room? Ross Carrington Bespoke Tailoring can help.

Director and head tailor Dan Chumley has a wealth of experience, helping to create unique men's pieces.

He completed a seven-year apprenticeship on Savile Row working for the likes of chef Gordon Ramsay, comedian Alan Carr and football pundit Gary Lineker and has had his own business for around six years.



Dan said: "I treat every client as a walking advert for me. I don't let any garment leave without it being perfect."

"I treat everyone the same no matter how much they're spending."

Due to Dan's experience, he can offer the customer more options, helping their ideas to become reality.

He continued: "I offer a unique, personal, one-to-one service. If the customer can't get to me I will go to them."

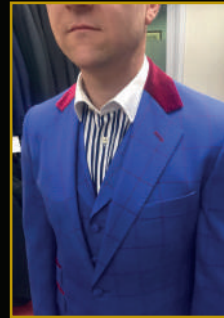
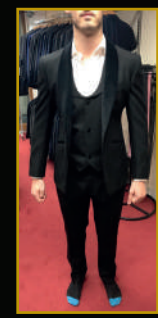
"When people are having things made they should be involved with a tailor who is actually making the garment."

"I can do all the pattern cutting myself. Many others send it away to be done."

Ross Carrington Bespoke Tailoring can help with anything from creating garments to a full fitting service and alterations.

Appealing to all budgets, grab a bargain in this year's summer sale. The company is currently offering a two-piece suit for just £599 and five bespoke shirts for the price of four.

For a bespoke, personal tailoring service, look no further than Ross Carrington Bespoke Tailoring.



## Boys' Suits for Special Occasions

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FOOD & DRINK

# Fruit Cocktails

In a world of experimentation, cross-breeding of fruits and vegetables was inevitable and thankfully it has resulted in some weird and wonderful creations that will brighten up your meal times.

## Blood Limes

If you like blood oranges, then blood limes are definitely for you. A hybrid of an Ellendale mandarin and a red finger lime, they are less bitter and more sweet than their standard counterparts. Best for making marmalades, preserves or sauces, blood limes also work well as a vivid garnish on an otherwise run of the mill salad.



## Plumcots

Plumcots are the innovative creation of nursery owner Luther Burbank and combine the sweet apricot with the tart plum to create a perfectly balanced fruit. Originally 75 per cent plum and 25 per cent apricot, this fabulous hybrid was first produced over a century ago but proved too difficult to grow at the time. Today we enjoy a more advanced hybrid known as the pluot.



## Cucamelons

Possibly our favourite hybrid; the cucamelon is similar in appearance to a tiny watermelon but tastes like a cucumber with a hint of sourness. Also known as the Mexican sour gherkin cucumber, we recommend pickling this fruit with dill and mint leaves or simply adding it to a salad cut in half as you would a tomato.



## Kalettes

Brussels sprouts – you either love them or you hate them. That is why British agricultural experts have spent the last 15 years working on a tastier sprout by cross-breeding it with the ever-popular kale. Both these sprouting vegetables are part of the Brassica family, which makes them ideal for producing a hybrid. The end result is a nuttier, sweeter version of the sprout that also looks more appealing to eat.





# Teas to Treat YOUR TROUBLES



**H**erbal teas have been used for centuries to cure a whole host of ailments and health complaints; but only recently has the British public began to really embrace the tea market and suddenly tea is the trendy beverage du jour.

### GREEN TEA: HELPS ACNE SUFFERERS

This powerful herbal tea is loaded with antioxidants and flavonoids which help fight off free radicals that can damage the healthy cells in your body. Its anti-inflammatory properties help battle against spots as well as protecting against heart disease.

### TURMERIC TEA: RELIEVES JOINT PAIN

Currently hailed as a wonder spice, turmeric tea (also known as 'golden milk') offers a wide range of physical health benefits including easing pain of the joints, lowering cholesterol, boosting immune function and preventing Alzheimer's disease.

### GINGER TEA: EASES NAUSEA

Most popular with pregnant women experiencing morning sickness, ginger tea contains lots of disease-fighting antioxidants as well as being used as a cure for nausea. It can also be used to prevent stomach ulcers and relieve constipation.

### ECHINACEA TEA: HELPS TO FIGHT OFF FLU

Summer colds can be just as troublesome as their winter counterparts and nobody wants to be tucked in bed sneezing when it's sunny outside. A cup of echinacea tea each day can help reduce your chances of developing a cold and shorten the duration of it if you are already inflicted.

The strong, floral taste may take some getting used to though.

### CHAMOMILE TEA: CALMS MIND AND BODY

Most commonly known for its calming effects, chamomile tea contains flavonoids that actively bind to the benzodiazepine receptors in your brain resulting in a mild tranquiliser effect. Ideal for insomniacs and those who find it hard to switch off.

This herb is also known to ease menstrual cramps, target inflammation and reduce the symptoms of migraines.

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# PUZZLES & TRIVIA

PUZZLES

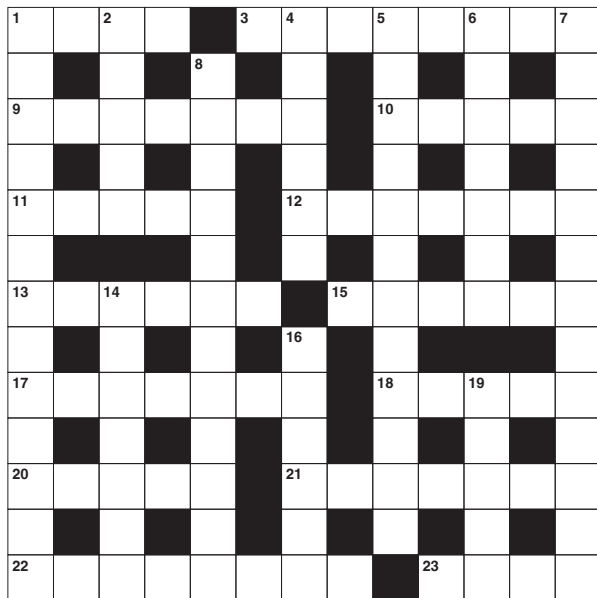
Answers can be found on the Contents Page 4

## ACROSS

- Writing fluids (4)
- Approximate (8)
- Capital of Georgia (US state) (7)
- Factual evidence (5)
- Sends through the mail (5)
- At a greater distance (7)
- Repulsive (6)
- Husky (6)
- Redecorate (7)
- Loft (5)
- With a forward motion (5)
- Eg anger or love (7)
- Commonplace (8)
- \_\_\_\_ verca: cosmetics ingredient (4)

## DOWN

- Not proper (13)
- Ovens (5)
- Large sticks (6)
- Imitator (12)
- One more (7)
- Fizz (13)
- Modestly (12)



- Get better (7)
- Greek goddess (6)

19. Rotate (5)

## DID YOU KNOW

► Tennis was originally played with bare hands. Players would hit a small ball over the net with their hand.

► Netball was included in the Commonwealth Games programme for the first time in 1998. England won the bronze medal.

► The Ryder Cup was played for the first time in 1921 between the men's professionals of Great Britain and the USA. It was won by Great Britain.

► Bowling was first played with nine pins in the USA but it was outlawed due to being associated with drinking and gambling. Somebody added a 10<sup>th</sup> pin to keep the sport going.

► The first basketball game took place in 1892 where the court was half the size of today's NBA court.

## SUDOKU

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### Strawberry Afternoon Tea for Breast Cancer Care Wednesday 15th August 2018 from 2.30pm

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# WHAT'S ON

## in your area



WHAT'S ON

Family Fun Days  
Various locations  
Every Friday in August, 10.30am – 3.30pm



Family Fun Days have grown in huge popularity over the previous years, attracting up to 2,000 at an event.

Families can enjoy bouncy castles, arts and craft activities and come and try sports along with other free family-focussed fun provided by local organisations.

Whilst the majority of activities are free there is a small charge for the bouncy castles, children's rides and face painting.

**August 3:** Blackmore Millennium Park, CM4 0QW  
**August 10:** King George's Playing Fields, CM14 5AE

**August 17:** Bishops Hall Park, CM15 9NP  
**August 24:** Mountnessing Coronation Playing Fields, CM15 0TL

**August 31:** King George's Playing Fields, CM14 5AE

**The Greatest Showman Singalong**  
Brentwood Theatre, 15 Shenfield Road,  
Brentwood, CM15 8AG  
August 4, 7pm – 10pm

Lose yourself in the wondrous imagination of P.T. Barnum with this special singalong screening of the hit musical film *The Greatest Showman*.

*The Greatest Showman* is a bold and original musical that celebrates the birth of show business and the sense of wonder we feel when dreams come to life. Tickets - £5.

**Brentwood Pop Connect Meeting**  
Brentwood Golf Club, Coxtie Green Road,  
South Weald, Brentwood, CM14 5RJ  
August 8, 11am – 1pm

Vibrant, friendly, structured women's networking group with a relaxed buffet-style lunch towards the end. Two interesting presentations and time to hear about everyone's business. Visitor fee - £25, membership available for just £199, with £20 attendance fee.

Come and see how Pop Connect can help support and grow your business. It's a fresh new and vibrant way to build your business through networking.

**Lighthouse Gospel Festival Brentwood 2018**  
Brentwood Leisure Centre, Dodinghurst  
Road, Brentwood, CM15 9NN  
August 10 – August 12, noon – 7pm



This is a three-day family fun event with activities for kids, live gospel music featuring some of the best gospel choirs and gospel groups performing in a festival-type stage.

There'll be loads of food and drinks sold at the event.

This is a free event but you must register online to gain access. Visit [www.lighthousegospelfestival.org](http://www.lighthousegospelfestival.org) for more details.

**Live Country Music**  
Bardswell Social Club, Weald Road,  
Brentwood, CM14 4TJ  
August 25, 7.30pm

The Bardswell Social Club is hosting an evening of live country music.

Performing on stage will be The Crow Valley Band. Doors open at 7.30pm. Admission is £5. Call 01277 214057 or visit [www.thebardswellclub.co.uk](http://www.thebardswellclub.co.uk) for details.

# NEW OPPORTUNITY?

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### PENSIONS JARGON – BUSTED

No one should be deterred from planning for their retirement by the jargon used in the pension industry. Happily, we are well versed in turning complex financial terms into plain English. Here we unravel a couple of terms that you may have come across and be unclear about.

#### ANNUITIES

When you retire, you can choose to take some or all of your pension pot as an annuity, an insurance product that provides a guaranteed income for life. One of the benefits that annuities provide is security. Unlike other retirement income products, and with the exception of investment-linked annuities, you aren't exposed to stock market risk which could erode your income. On the downside, should you die early, the residual value of the annuity dies with you; there is usually no return of capital to your estate.

#### DRAWDOWN

With income drawdown, you take a retirement income direct from your pension pot while leaving the rest of the cash invested, providing an opportunity for future growth. There is no minimum amount for drawdown,

so you could, for instance, take your 25% tax-free lump sum and choose to leave the remaining funds invested. You can also move funds into drawdown in stages, known as partial or phased drawdown. The 25% tax-free amount doesn't have to be taken at once on retirement – smaller amounts can be taken over time, each with 25% tax-free. Once in drawdown you can access funds as you need them. You could, for example, vary the amount you take each year, taking less if you wish to remain in a lower tax band, or more if you have plans to spend. After taking your 25% tax-free cash, your withdrawals will be subject to income tax and your drawdown income is added to any other income you receive in that tax year. It's important to remember that taking large withdrawals may result in you paying tax at a higher rate.

As part of the service at HCR, we take the time to understand our clients' unique planning needs and circumstances, so that we can provide you with the most suitable solutions in the most cost-effective way. For a free review of your current pension plans and financial situation, please contact Andy Costin, Independent Financial Adviser on 01277 654153.

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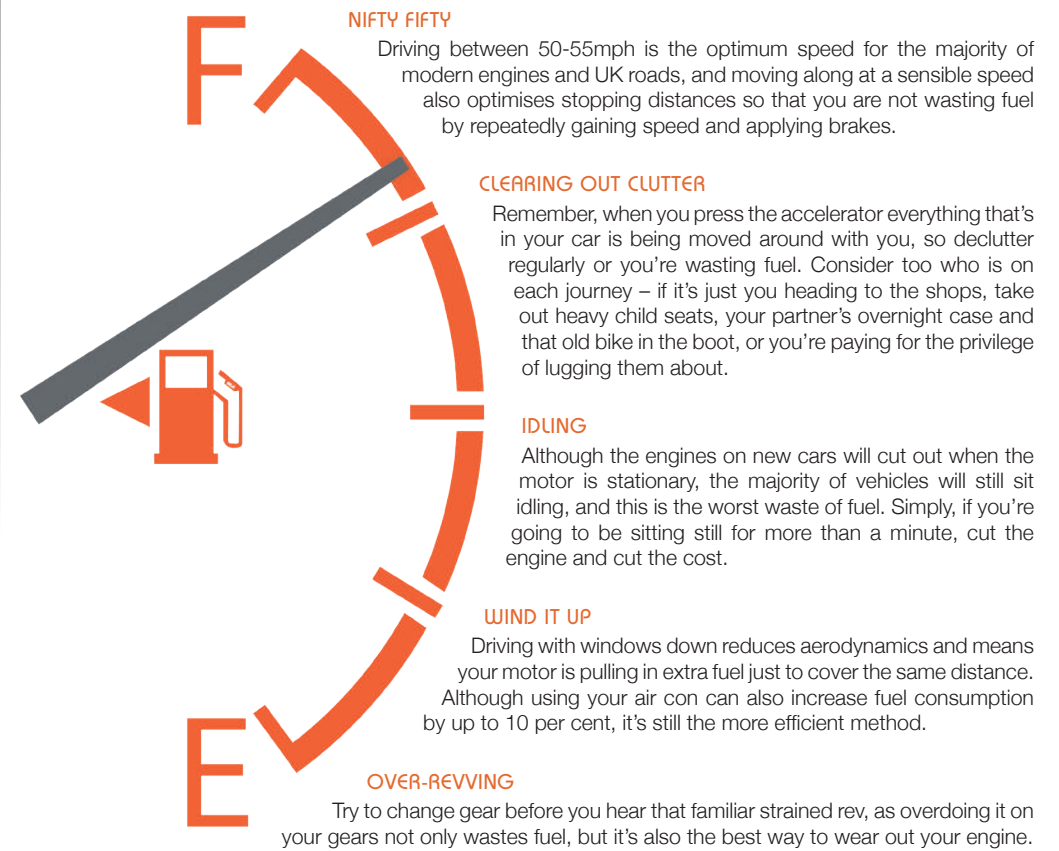
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# DRIVING EFFICIENCY

Five steps to ensure you are driving at maximum efficiency

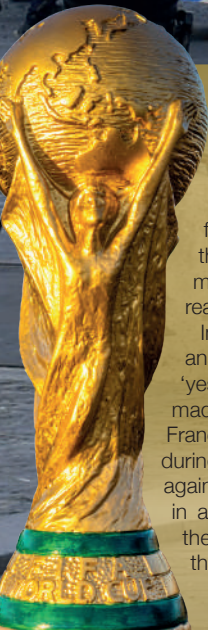
We've all found ourselves at the petrol pump wondering how it is the last tank of fuel evaporated quite so quickly. The truth is, it's not just distance that costs us dear when it comes to the cost of filling up, it's our driving habits too. Here are five steps towards achieving driving efficiency, and with it, a lowering of fuel costs:



# LES CHAMPIONS DU MONDE!



SPORT



Don't worry – it's not just you. Many of us were thinking the same thing when watching the World Cup final, just as we were for the 1998 tournament, and during the Euros in the year 2000 for that matter too... namely: "France – are they really any better than us?"

In the immediate short-term, the answer, of course, is a resounding 'yes', despite the huge advancements made by Gareth Southgate's troops. France coasted through a World Cup during which – barring a funny five minutes against Argentina – they never appeared in any real danger. Over the duration of the tournament, they came from behind, they dominated midfield, they kept

clean sheets and they bombarded teams with the sort of relentless goalscoring prowess that the likes of Platini, Trezeguet, Ginola and Cantona would have endorsed.

By the time the French arrived at the World Cup final on July 15, many felt they already had one hand on the trophy. Croatia were a spent force having already endured three ventures into extra-time en route to Moscow, and Didier Deschamps' goalscorers provided a fitting reflection of how France's dominance has been acquired. There was Kylian Mbappé, the ruthless goalscorer, Antoine Griezmann, the nippy playmaker, and Paul Pogba, the big-money midfield muscle. With a Mario Mandžukić own goal setting Les Bleus on their way, the probable soon became the inevitable, and not even a Hugo Lloris howler to reduce the arrears to 4-2 (adding to Ivan Perišić's

opener for Croatia) could spoil the French party.

As fans danced and cavorted on the Champs-Élysées long into the night, they knew this was actually one of their country's less complicated triumphs in a World Cup where Germany, Spain, Brazil and Argentina faltered badly. Even their dispiriting goalless draw against Denmark didn't matter – they'd already qualified for the group stage having seen off Australia and Peru.

Once past Argentina in the second round, Uruguay's stubbornness proved no match in the quarter-final; and when Belgium were defeated by a solitary Samuel Umtiti goal, we all knew how the ending would come about.

Amid a World Cup of VAR (including a penalty award in the final itself which, while not the most controversial of the tournament, was defining in restoring France's lead), ludicrous Neymar

antics, a favourable side of the draw and a love affair with Russia that no one expected, few can say the eventual winners were undeserving after negotiating a path that was by no means simple... even if they made it look that way.

So while the credit goes to the French, the optimism sits with England. After all, compare the sets of players and there are real similarities – for our glorious Golden Boot winner Harry Kane, look at (an inferior) Olivier Giroud; for Raheem Sterling consider the aforementioned Griezmann; for Raphael Varane compare Harry Maguire. On the whole, we compare with the World Champs – they're just a bit, well, better... for now.

So while the French have matched expectations, we've bettered them – and that all bodes well for our prospects at the Euros in two years' time. Allez les Lions.

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