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Around 70% of homes in the UK incorporate a mineral felt flat roof.

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# Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Billericay. It's November already! Where has the year gone? We are already into our seventh edition of **VISION** Billericay and the last seven months have

been brilliant for the growth of the magazine. We are bringing you current topical stories every month and are thrilled with the emails and positive feedback we receive every month.

Are we all getting ready for the dreaded C word next month? Christmas. Personally, this year I am trying to get myself organised in advance (famous last words). I've already started doing some of my Christmas shopping and this year I will be using Billericay as my shopping destination of choice.

The first weekend of the month is the annual Billericay fireworks night - have a great time if you are attending, and well done to the Billericay Round Table for putting on an organised show.

In local news this month, a new community Forest offering woodland walks has been officially unveiled, the council has organised an event for youngsters to showcase their skills, and residents are being urged to have their say on the mobile libraries consultation.

Local news is important to us so if you have something to share, email [editorial@visionmag.co.uk](mailto:editorial@visionmag.co.uk)

As always please make sure you are quoting **VISION** when calling our advertisers inside the magazine.

Let us know your thoughts on this month's edition.

*Nik*

# Our Christmas Party Nights start from £53.95pp Party in perfect style!



Includes welcome drink, delicious 4-course festive meal, half bottle of wine per guest, live band and DJ in the stunning NEW Garden suite. Private parties catered for and available throughout December.

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holly moley!



Photo credit: Gettyimages

she's got...

**a fab new figure, a bumper pay rise, and has just released her second book. But don't ask Holly Willoughby how she does it, as she isn't sure herself...**

She may have the face and figure of a 1950s pinup, but Holly Willoughby is a feminist in the very best and most modern sense. Having recently secured a rumoured £200,000 pay rise to match the salary of her co-host Phillip Schofield, the beloved *This Morning* presenter is making strides for women everywhere – someone who's keen to speak up, is proud of the way she looks and remains driven for equality in any environment. And while she will not disclose the details of her salary – the redtops were quick enough to do that for her – she made it clear the so-called gender pay gap is unacceptable, and that two equally qualified people should earn the same.

"I think there are so many parts of society today that have equality and where it doesn't exist, the gap is slowly narrowing," she said. "We've come a long way compared to where we were 20, even 10 years ago; but I think there is still a distance to go and women should be encouraged to stand up for themselves and their worth."

Strong words indeed, though the truth is few TV presenters – male or female – match up to Miss Willoughby, nor would feel comfortable arguing their own case for a pay increase by using her as a comparison. With an infectiously warm personality, candid wit and stunning looks, the 36-year-old has won over the hearts of daytime TV aficionados, as well as enchanting the evening audience too as a team captain on *Celebrity Juice*.

When free time allows, modelling work has seen her represent a clutch of high street brands; she's also the author of two parenting books, the second of which, *Truly Scrumptious Baby: My Complete Feeding and Weaning Plan for 6 Months and Beyond*, came out in September.

But despite almost constant success, the blonde beauty admits it was never in her plan to be a career woman. "In my mind, I would stay at home, following in my own mother's footsteps," she says. "That, to me, was a life project and I would have been just as happy to do that." The opportunity was there, too, with Harry, eight, Belle, six, and Chester, three, the products of a decade of marriage to television producer Dan Baldwin. "Yet, for as long as I feel my children have my time and my love, I am happy to continue combining the roles, but if ever my work got in the way, I would change things."

Admitting that she feels "the luckiest person alive" to do a job she loves whilst also having time to spend with her children, Willoughby has become a poster girl for working mothers everywhere. And proving that even celeb mums sometimes struggle, the newly-slimmed star admits that her recent body transformation is simply down to having more time for herself now her kids are older.

Regardless, we say looking that good straight after the school run should always be something to boast about.





# TA-RA VERA

*Liz Dawn and the parting of a soap icon*

In an era of wall-to-wall soaps, anyone who stands out from the crowd is probably at the top of their game. But in the case of Liz Dawn – or Vera Duckworth as we knew and loved her – being at the top table of UK entertainment for more than four decades speaks volumes of how a fictional, backstreet character crystallised the everyday lives of so many millions.

Vera Duckworth left our screens back in 2010 – her emotional passing captured brilliantly by the *Coronation Street* team as she gently slipped away in her favourite armchair – but as real life mirrored fiction and we said goodbye to Liz Dawn, the actress, on September 25 of this year, the sense is that Vera is still with us – the curly-haired, feisty, warring, caring, brazen and yet so delicately emotional character who was perfectly loyal to husband Jack and the cobbles of Weatherfield.

The tributes for the actress – who also appeared in *Open All Hours*, *Z-Cars* and *Emmerdale* – have been unrelenting, and in an era of largely diluted drama, you do now wonder how she will be replaced. Perhaps that's a task too far; perhaps we should be telling the next generation, 'don't try to be Vera... try to be half as good as Vera was, and you'll be doing well'.

What the stars said about Liz Dawn

Simon Gregson (Steve McDonald):

*"She touched the hearts of everyone she met and gave so much back with her charity work."*

Michael Le Vell (Kevin Webster):

*"She took us under her wing and was the mother figure who helped guide us through the show"*

Beverley Callard (Liz McDonald):

*"Liz was a darling of a person and one of the kindest people I have ever met."*

Barbara Knox (Rita Tanner):

*"She was a joy to work with - you always ended up laughing as she had marvellous comic timing."*

Antony Cotton (Sean Tully):

*"A light had gone out in Weatherfield a few years ago, but now Manchester too has lost a little of its sparkle."*

## Elizabeth Dawn

November 8, 1939 - September 25, 2017

Photo credit: GettyImages

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HOME & DIY

# CHUNKY KNITTING

THE TREND THAT IS SWEEPING THE DIY WORLD

It's come to that time of year when staying indoors snuggled up in a blanket with a mug of hot chocolate sounds much more appealing than having to go to work in the cold weather. This is especially true if you have a chunky knitted blanket at home. The chunky knit trend has been huge in the DIY world recently and it's a lot easier to do than people may believe.

There are a couple of ways to create gorgeous big knits including using a basic arm knitting technique or giant circular needles. Whichever way you prefer, making chunky projects is the perfect challenge to set yourself this winter.

## KNITTED BAG

For when you need to leave the house, why not take a knitted bag? This can also be used to store all your knitting patterns and projects.

## SNOOD

Snoods are perfect for keeping warm on cold

winter days. They are also a simple first project for beginner chunky knitters. They are also great to make and give to your friends.

## BLANKET

A blanket is the perfect way to keep warm in your home. They can be made in any colour, shape or size to suit you and your room. They can be a great addition adding a splash of colour to a dull day.

## CHUNKY PUFF

Put your feet up in the evenings with a handmade puff. All you need to do is create the sphere shape, fill it, secure it and relax.

## FINGER-KNITTED WREATH

With the festive season upon us, why not create this finger-knitted wreath? Challenge yourself to learn a new way of knitting and show off your creation over Christmas.







# 5 different ways to use...



...a tension rod

A tension rod, unsurprisingly, uses tension to stay in place – no screws, hooks or other fasteners of any kind are required.

While they are usually used to hold curtains without causing material alterations to the wall, tension rods are highly adaptable and can be used for much more...

The beauty of tension rods is in their durability and versatility: because they are spring-loaded, they can be adjusted to fit any width or height. Rubber tips on either end help to keep the rod from slipping and also serve to protect your wall or trim from damage. Best of all, they're affordable and can be moved around the house as needed. Here are five interesting ways to get the best out of your tension rod...

1. Place one under the sink to create a rail across the cupboard from which cleaning supply sprays can be hung by their triggers. Not only does this mean you can still fill the bottom of the cupboard as you please, but all your sprays are kept in a neat line so you know which ones are nearing the end

of their use.

2. A quick and affordable combination of a tension rod fitted in a window frame and some hanging baskets can create a lush spot for sun-loving greenery that's perfect for the thrifty home horticulturalist.

3. If your kitchen cupboards always seem cluttered, tension rods can be inserted vertically to create separate spaces in which to store your chopping boards, baking trays and even cookery books.

4. Tension rods can also come in handy for fashionistas. In a similar manner to storing cleaning sprays in the kitchen, a horizontal tension pole (or three) can be put into a wardrobe and used to hang high-heeled shoes from the gap between sole and heel.

5. For crafty customers who despair of keeping their materials neat and tidy, a fitted tension rod can provide a bar from which to hang rolls of ribbon, tape, wrapping paper and other useful items.

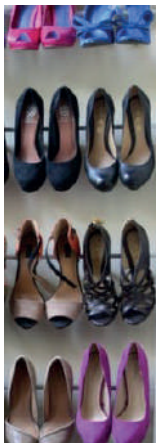


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# MEMPHIS HUES

Bring a dash of colour and playfulness into your home with a little inspiration from the Memphis Group – though chances are, you’ve already got some...

Memphis interior style is a tough one to get your head around. Firstly, it was founded in Milan and secondly, its aesthetic is less Graceland, more Legoland. So what on earth is it?

Founded by the modernist architect Ettore Sottsass, the Memphis Group started as a design collaborative and went on to become an Eighties cult phenomenon.

The group’s name is said to have come from a record that was playing on repeat at their first meeting in 1980: Bob Dylan’s Stuck Inside of Mobile with the Memphis Blues Again. But even that knowledge gives no hint to the aesthetic, which is derivative of both Art Deco and Pop Art.

It comes as no surprise then that Memphis style is

gloriously bright and playful: all acrylic lamps and bold, geometric glass coffee tables, futuristic bookshelves and unabashedly kitsch sofas. That said, not everyone finds it agreeable – it has been referred to in the past as being “bizarre”, “loathed”, and “a shotgun wedding between Bauhaus and Fisher-Price”.

And yet, despite its critics, Memphis style lives on. Go to any high street furniture shop and there is evidence of the group’s influence everywhere. Those aluminium dining room chairs with bright cushions and curved metal arms; that corner sofa, all arcs and soft edges; and almost every modern standing lamp.

So, if you want to brighten up your home with a look that is both playful and sophisticated, why not give Memphis style a go? After all, it was good enough for David Bowie, whose Memphis Group collection was auctioned off posthumously at Sotheby’s for a whopping £1.4million. Not bad for something so ‘bizarre’.



Photo credit: www.dezeen.com



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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS



## New Forest of Life is unveiled for the community

A new community forest offering woodland walks and picturesque views has officially been unveiled.

Crays Hill Recreation Ground in Billericay now has an orchard of fruit trees, a pond and nearly 2,000 native trees and shrubs including oak, hazel and field maple for residents to enjoy. A wildflower meadow has also been planted at the Forest of Life.

The scheme, which cost in the region of £6,000, took two years to plan and was funded by the Veolia Environmental Trust and the Woodland Trust.

It is part of the Living Landscapes project run by the Essex Wildlife Trust (EWT) and aims to restore, reconnect and create wildlife rich sites in rural and urban areas.

The recreation ground land, which is owned by Basildon Council, was given its new name by children attending Crays Hill Primary School. After winning a competition with their Forest of Life suggestion the schoolchildren were invited to help plant five fruit trees in the orchard.

Frank Ferguson, vice chairman of Basildon Council's regeneration and environment committee, said: "This project was inspired by a vision to restore wildlife

habitats for the enjoyment of local communities.

"Residents visiting Crays Hill Recreation Ground can now enjoy a stroll through the pleasant new woodland of native trees before taking a rest on the bench next to the newly dug pond. With an orchard of fruit trees located next to the car park and a meadow of wildflowers on its way, this community forest really does offer something for everyone.

"Thanks to Veolia Environmental Trust and the Woodland Trust for making this possible and creating the largest new woodland in Billericay since the 1980s."

Nathan Hume, EWT volunteer and ecologist, added: "This is just one of many successful environmental improvements carried out by EWT volunteers over the past five years, and I am delighted that we have been able to play a major part in attracting wildlife to the area. The thousands of new trees at Crays Hill Recreation Ground will also provide oxygen, improve air quality and conserve water and soil.

"The wildflower seeds are just starting to germinate and I am looking forward to the orchard growing in time for next summer so we can all enjoy the Forest of Life in its full glory."





# Youth Town Council music night

Talented young people in Billericay are being given the chance to showcase their skills.

Billericay Youth Town Council has organised the special event which will be held on January 26, 2018.

They would love to hear from singers, musicians, magicians, dancers, actors, comedians or any other talented people.

If you have a talent and love performing, please complete the application form on Billericay Town Council's website.

Entry to performers is free of charge and all performers must be aged under 18.

The venue and time of the event is due to be confirmed following indication of entry demand.

Spectator tickers will be available for purchase.

## ON PATROL WITH... THE PASTORS



October has been a busy month so far for Essex Street Pastors.

It started off in Colchester where we trained eight people in roles and responsibilities. It is very important to us that when we recruit new volunteers they understand the ethos and history of what the project is all about. For nearly 15 years Street Pastors have been patrolling various towns throughout the UK looking to help, listen and care for anyone who is or becomes vulnerable in our night time economies. We currently patrol 12 towns and are looking to launch new projects in Rayleigh and Maldon.

Street Pastors are all over 18 years of age, are regular church attenders, have a Christian faith, ready for training and a challenge to help people when they can.

We had the privilege of being invited to visit our local MP John Baron at the Houses of Parliament and it was a great morning spent on a tour of the historic houses and then a meeting in private chambers where MP John Baron explained how supportive he was of our efforts and thanked us for taking part in the Billericay Fun Walk at Barleylands.

We have also trained and recruited 24 response pastors. These are experienced trained Street Pastors who now have the ability and passion to be able to deploy at short notice into the community after any significant major local trauma, e.g. bomb, air crash or terrorist incident. We have previously been deployed to Westminster, Manchester and Grenfell Tower where we spent eight days caring for the displaced people.

This month we have had very exciting meetings about launching a new project in Essex called Schools Pastors. We hope to be able to deploy small teams into Billericay and Brentwood to help with some of the pastoral needs of our young people whilst supporting the schools' ethos of caring for all in their respective communities.

Next month I will update on how rail pastors is coming to Essex to support Samaritans and our rail networks in relation to suicide.

If you want more information then please look at our Facebook page at Billericay Street Pastors or email [Billericay@streetpastors.org.uk](mailto:Billericay@streetpastors.org.uk) if you would like to come out on patrol with us to see what exactly it is we do.

## Heritage Lottery grant for society



The Mill Meadows Society has received a National Lottery grant for an exciting project.

The £62,000 grant from the Heritage Lottery Fund (HLF) will be used to create new trails within Mill Meadows Local Nature Reserve in Billericay.

The project will help people to enjoy the wildlife and history of the reserve. Many of the footpaths and bridges will be improved or replaced. There will be signposted walks with information displayed on the reserve and more information will be obtainable from a new website.

Information about the site's history will be added to the geocaches and there will be a short and colourful *History of Mill Meadows* published.

Commenting on the award, Neil Sumner, chairman of the Mill Meadows Society, said: "We are absolutely delighted to have received this generous financial support, which is thanks to National Lottery players. It will help people of all generations to enjoy walking on Mill Meadows and to learn about its importance to wildlife, its interesting history and why and how it is managed."

Records show that the fields and boundaries of the 90-acre site have changed very little in over 400 years and the Meadows have been in constant use by residents of Billericay during this time.

## #Noplace2hide for drugs and gangs

Essex Police want there to be #noplace2hide for those involved in gang, drug-related and violent crime.

In the first six months of this year, nearly 300 suspected drug dealers and street gang members were arrested by Essex Police's Operation Raptor teams for offences including possession with intent to supply, being concerned in the supply of drugs, possessing a variety of offensive weapons, allowing a premises to be used for drug supply and a host of other offences.

During the same period, Operation Raptor teams have charged 130 people and put them before the

courts and seized more than £100,000 of cash, believed to be the proceeds of their criminal activity.

Essex Police are now stepping up their action against those involved in gang crime and the illegal drugs trade even further with the launch of Operation Essex.

Chief Supt Paul Wells, Essex Police's lead for Operation Raptor, said: "Operation Essex will see us putting even more resources from a number of our specialist teams on to the streets to target those involved in the most serious of crimes...there will be no place for them to hide in Essex."

## Officers return from helping after Hurricane Irma

Seven officers from Essex Police have returned from the Caribbean having helped with the recovery following Hurricane Irma.

They were among 53 officers from 14 forces providing support after the hurricane.

The team, led by Superintendent Andy Mariner and made up of six officers from the Operational Support Group (OSG), flew out from RAF Brize Norton on Sunday, September 10.

They spent nearly three weeks supporting local forces in Anguilla, Tortola and Virgin Gorda, arriving back in the UK on Friday, September 29.

The team were split up and sent to different islands and carried out a range of tasks supporting the local forces. They engaged with the local community, carried out patrols, helped maintain order and even helped some people repair their roofs.

Supt Andy Mariner said: "Our time out in the British Virgin Islands was incredibly tough, both physically and mentally. We'd seen the reports about Irma and the destruction it had caused on TV and in the newspapers but nothing quite prepares you for seeing it yourself."

"We met people who had literally lost everything."

Assistant Chief Constable Pippa Mills said: "Policing is all about helping people who are most in need and this situation is no different. They put the needs of others first and that attitude just highlights what is great about this force. They made a real difference out there and I think the reaction they had from local people emphasises that."





# KEEP YOUR £ LOCAL

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## Heritage Tree unveiled by local business



From coppicing hazel in Norsey Wood and growing watercress to tanning hides, brickmaking and weaving, Billericay's diverse history has been captured for posterity in an eye-catching, metal art installation in Billericay High Street.

Commissioned by Bennetts Funerals, the Heritage Tree has been installed on the outside wall of the company's office, The Old School House, near the High Street and Stock Road crossroads, where it will act as a focal gateway to the town.

The tree has been dedicated to St Luke's Hospice with the aim of encouraging continued support for the charity which itself supports the local community.

Eileen Marshall, chief executive of St Luke's Hospice, said: "We're really proud to be associated with the Billericay Heritage Tree. Someone said that the Heritage Tree places us in the fabric of the Billericay community, which I think is a lovely thought. The community is so good to us."

About two years ago, Jane Bennett, managing director of Bennetts Funerals, came up with the idea of a heritage tree to depict the town's history. With support from planning consultant Jane Keane from Gidea Park and working with Billericay, Basildon and Essex county councils to obtain the correct permissions, Jane was able to see her idea flourish and finally reach fruition.

## Have your say in mobile library consultation

Residents are being urged to have their say in Essex County Council's mobile libraries consultation as the deadline nears.

There are just a few days left before the seven-week consultation closes on November 6.

Last month, Essex County Council asked residents for their views on how library services to locations

outside of town centres should be delivered.

With the number of people using mobile libraries falling by almost 50 per cent in the past seven years and seven of the fleet of nine vehicles coming to the end of their working lives, it was decided to look again at how these services are delivered.

The council is investigating ways to reach more people in isolated places, including mobile libraries, and encouraging more people to get involved through volunteering.

Adults, organisations and children can find all the information they need to respond online at [libraries.essex.gov.uk/news/mobile-library-service-consultation](http://libraries.essex.gov.uk/news/mobile-library-service-consultation)

There is a separate survey for children and young people. Paper surveys are available to pick up at any mobile library.

## Police take on firefighters in football match



More than £550 was raised for charity following a thrilling football match between Essex police officers and firefighters.

The 10th Silent Witness match at Canvey Island Football Club's ground in Park Lane saw Essex Fire and Rescue Service beat Essex Police 9-3.

Funds raised went to Changing Pathways, a domestic abuse charity working across the areas of Basildon, Brentwood, Castle Point, Rochford and Thurrock.

Castle Point Council Mayor, councillor Brian Wood, presented the Silent Witness trophy following the game before a raffle was held.

The event, which supports Domestic Violence Awareness Week, was first launched by local domestic abuse specialist officers, PC Caroline Cudby and PC Nicola Pain, with partner agencies in 2008.

PC Pain said: "I would like to thank all the players, supporters and organisers involved for their commitment throughout this event, members of Canvey Island Football Club for their hospitality and Cllr Wood for supporting the event."

To donate, visit [www.justgiving.com/fundraising/policevsfirefootballmatch](http://www.justgiving.com/fundraising/policevsfirefootballmatch)



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# BILLERICAY TOWN FC

LOCAL NEWS



Non-league day was on Saturday, October 7 and VISION spent the day watching the top of the table clash between Billericay Town FC and Hendon. What a cracker it was.

The carnival atmosphere around the ground was clear for all to see with some fans choosing to wear fancy dress as everyone celebrated non-league day.

The food huts were fast and efficient with a lot of cuisines to choose from, your typical match day favourites were on offer but also different cuisines such as jerk chicken with rice which we must say was very impressive compared to the normal expectation of food served at football stadiums around the country.

With nearly 2,000 fans in attendance the bar and staff

were brilliant. Although the bar was always extremely busy, they were friendly and always ready to serve.

The game itself lived up to the expectation of a top of the table clash from what you would hope to expect in any league.

Ricay showed their resilience again after falling behind twice in the game, leading 4-2 at half time with the final score finishing 4-3 to Billericay. It really was a thrilling encounter.

With the club excelling in both the league and cups so far this season, it really is the perfect family day out.

Billericay are also offering their facilities and auction room for hire for parties. Contact their events team for enquiries on 01277 652188 or email lauren.webster@billericaytownfc.co.uk



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# JAMIE'S 'MEALS ON WHEELS'

From geezer to nutrition guru, Jamie Oliver has always loved a big adventure, and his latest one is the wildest of them all.

When 'the naked chef' was first dished up back in 1999, this new brand of TV cook was a revelation. A cheeky, charismatic chappy who reinvigorated the nation's passion for home cooking by making it accessible and affordable, his first cookbook became an instant bestseller, and 'pukka' was everyone's favourite culinary catchphrase.

Now, almost two decades later, Jamie Oliver's vim and vigour has diminished none. And while he has perhaps lost some of the charming naivety that made him so instantly likeable, the second helpings of experience and wisdom has set him on a lifelong path towards improving eating habits everywhere.

His mission started in earnest with Fifteen,

the Shoreditch restaurant where disadvantaged young people received the ultimate culinary leg-up. Then, in 2005, Oliver launched his first campaign to improve school lunches, a project that formed Channel 4 four-part documentary, *Jamie's School Dinners*. But while the assault on our loved ones' lunchboxes was arguably successful – with the British government pledging to address the issue in parliament – Oliver was left frustrated by the wider public's reluctance to change habits. "It seems that in many cases eating well is still viewed as an indulgence of the middle-classes," he said, "and I don't believe that should be the case... it baffles me; it makes me sad."

Undeterred, the 42-year-old has ploughed on, even earning a Masters degree in nutrition as a way of furthering his knowledge of the intricacies of food. And under the umbrella

of the Jamie Oliver Food Foundation, he has sparked another food revolution which calls on us all to provoke, debate and inspire real, meaningful, positive change in the way our children access, consume and understand food.

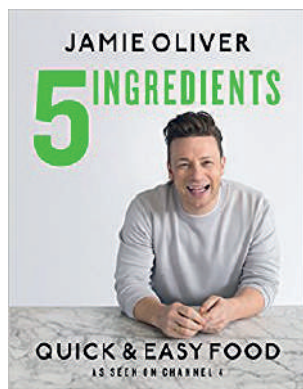
His latest cookbook, *5 Ingredients: Quick & Easy Food* – his 20th since *The Naked Chef* – focuses on delivering tasty, nutritious food without breaking the bank. And when it comes to feeding a brood, Oliver ought to know, as last year he and wife Jools welcomed their fifth child, a son called River Rocket, to join Poppy, 15, Daisy, 14, Petal, eight, and Buddy, seven.

With such responsibility on his recently slimmed-down shoulders, one might expect Oliver to have given up on some of his more freewheeling, laddish endeavours, but when he recently appeared in a video showing off his

new mobile kitchen Land Rover, it was evidence enough that the naked chef inside Oliver was alive and well.

The impressive off-road vehicle bundles a bevy of impressive kit, the like of which you wouldn't find in your average kitchen. In the minute-and-a-half long clip, we see Oliver spit-roast entire chickens on a front-mounted rotisserie, churn butter using a device hidden in one of the car's wheels, and produce baked beans from a slow cooker hidden under the hood. Best of all is the toaster built into the centre console; perfect for peckish passengers.

"I dreamt big and asked for a lot," Oliver admitted. And yes, it's fine to be inspired by the stylish chef – but while healthier school lunches were within our collective grasp, you can't but help wonder if this 'meals on wheels' creation is a journey too far.







A SUMMER GARDEN IS MADE IN

# Winter

Whilst it may look as though everything in the garden is at rest, winter is the perfect time to begin making that summer garden you've had your eye on.

With gardening being one of the few forms of exercise you can take part in throughout all stages of your life, why stop when the winter weather comes creeping in? It's time to put the gardening gloves back on and make changes that you will benefit from all year round.

## MAINTENANCE

Grass does not grow in cold conditions, but following a mild start to winter, mowing the lawn is a good way to keep it at bay until spring. Be sure to mow when the grass is dry and soil has thawed out to avoid damage.

Removing any fallen branches and debris will save underlying plants and grass. Tender plants such as dahlias will benefit from a layer of mulch which helps to protect their roots from frost, while a potassium-rich fertiliser will give apple trees the nutrients they need to flourish.

## PLANTING

There is no need for your garden to be bare throughout winter. Evergreens provide colour all year round, and come in a variety of colours. Not only will evergreens bring a fresh appearance to your winter garden, they will also add colour throughout the year.

Winter is the perfect time to begin growing your own vegetables, as many thrive in cooler temperatures, including carrots, garlic and broccoli. Vegetables can concentrate their sugars in the cold, resulting in improved flavour.

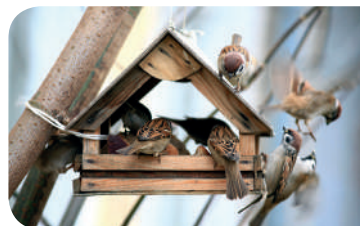
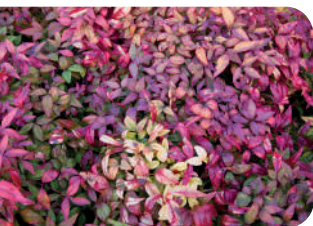
## WILDLIFE

As winter sets in and we all appreciate the warmth of our own homes, birds would love to do the same. Why not build a bird house to help combat the cold?

While planting evergreen trees and bushes is an easy way to provide shelter; brush piles, roost boxes and bird houses can be an inexpensive project, providing secure, comfortable protection from the elements.

## TOP TIPS:

- Putting a ball in any water source will allow airflow when it freezes over, keeping water oxygenated for pond life, and making a natural drinking fountain for birds when the ball is removed.
- A 2 to 3 inch layer of mulch is the most effective in winter.
- Elevating flower beds and adding a sloped edge aids drainage as rainfall increases.



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FASHION

From big bums to short legs, here's how to pick jeans that compliment every body shape.

### A LARGER MIDDLE

If you've got a little extra weight on your tummy, go for a high-waisted cut. Not only is this look naturally slimming as it pulls everything in, it's also very on-trend. In terms of colour, darker shades like indigo are always going to be a little more slimming than, say, white, but if you feel comfortable and body-confident in a lighter shade, that's all that matters.

### SHORT LEGS

If you want to elongate your pins then channel your inner Jane Birkin and dare to flare. This is another style that has come back into fashion in recent times, and thank goodness it has, as the silhouette that flared jeans create is super-flattering. Also, you can wear them with towering heels and no one will know.

### BIG BUMS

Large pocket details are great for taking the attention away from generous bottoms. However,

if you love to show off your booty, there is no need to fear a high-waisted skinny fit.

### PERFECTLY PETITE

If you're small in stature, go for the crop. Cropped boyfriend jeans are ideal for a laid-back sexy look, or if you're lucky enough to be petite and slender, skinny cropped denims with heels look killer. Perfect for that hot date.

### CURVY

If you'd rather hide your bumpy bits, jeans with a cigarette leg is perfect for balancing out curves. This basically applies to all straight-legged trousers; not skinny, not flared, just right.

### THE LONG STRETCH

If you're still confused about what pair of jeans to buy, why not invest in some elastic? Stretch denim basically flatters every single body type and best of all is super-comfy. Perfect for when you're going for a big Sunday lunch.





BEAUTY

# Nailed It



There was a time when nail salons offered two kinds of manicures: French, where they were painted pale pink with a white tip; or a block colour with gloss finish. But thanks to nail art pioneers like Sharmadean Reid, who founded London's WAH Nails, it's now more common – and much cooler – to have emojis, gems and even 'galaxies' adorning the tips of your fingers.

But you don't need to go to an expensive salon to bling up your tips, as there are many looks you can master at home. Nail glitter, for example, comes in an array of dazzling colours, sizes and shapes, like hearts or stars. There is also glitter dust, which can be applied with stencils to create a shimmering pattern, chrome powder to create a flawless metallic sheen, and stick-on jewels to create a snazzy 3D effect. If nails are long enough, you can even pierce the tip and attach a charm.

When it comes to nail art, not even the sky's the limit – as the 'galaxy' trend proves, where varnish is layered with glitter and swirled until the nails twinkle like the Milky Way. Another fantastical phenomenon is the rise of the 'unicorn' nail, where digits are magically transformed to resemble the horn of the mythical creature.

To recreate these looks at home, it's wise to enlist the aid of the many YouTube tutorials on the subject, or simply go to a dedicated salon and let the pros work their magic, leaving you with the arduous task of choosing what design you want.

Chevron and Ombre are both impressive, but somewhat subtle designs. Or if you really want your tips to do the talking, it's got to be the emoji mani.



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HEALTH & FITNESS

# Stay healthy AS WINTER SETS IN



As the days become shorter and the cold sets in, it can be extremely tempting to come home from work and put on your comfy clothes, put your feet up and enjoy a hot chocolate. But instead of hibernating this winter, keep fit and healthy whatever the weather.

### BANISH WINTER TIREDNESS

It's no doubt that many people feel tired and sluggish during the winter months. This is due to lack of sunlight which can make it seem like you are waking up in the dead of the night, which disrupts sleep and waking cycles.

To tackle this, the NHS is encouraging people to get outdoors in as much natural daylight as possible, get into a good sleeping pattern by going to bed and waking up at the same time every day and destress with exercise or meditation.

### GET YOUR FIVE-A-DAY

Unhealthy comfort food is often a go-to option during the winter. However, it's important to continue to eat fruit and veg to keep healthy. If your body is healthy, it will also help you to fight off any winter bugs.

### DRINK MORE MILK

You are more likely to become ill during the winter so it's important to look after your immune system. Milk and dairy products are good sources of protein, vitamins A and B12 and calcium.

### TRY SOMETHING NEW

Get out with the family and try out a new activity. Winter is the perfect time to go ice skating or on a winter walk. Regular exercise helps to control weight and boost the immune system.





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# Making sense of BREAD

**W**holewheat, wholegrain, rye, gluten-free – the world of bread is becoming a confusing place indeed. Here's the lowdown on which breads are which, and what you should be feeding your family.

**WHITE BREAD** offers a soft slice with less flavour to compete with fillings. It doesn't have the fibre of wholegrain, but it's a good source of protein and carbs. It's fortified with thiamin, iodine and folic acid too. But the additives that make the dough rise rapidly also make the glycaemic index (GI) go up, so the energy you get from white bread won't last.

**WHOLEMEAL BREAD** has a similar nutritional value to wholegrain bread. However, most packaged wholemeal is made by recombining white flour with the bran and wheatgerm removed during milling. This creates a longer-lasting flour, but doesn't provide the same nutritional balance. Wholemeal bread has more fibre, vitamins and minerals than white, plus it's fortified with iodine and folic acid.

**WHOLEGRAIN BREAD** has grains (and often seeds) added to wholemeal flour for extra nutritional value. Wholegrain breads (including rye and sourdough varieties) have up to four times the fibre of white breads, making them one of the healthiest options.

**RYE BREAD** has a heavier texture than other breads due to the lower gluten content. Light rye, made from rye and wheat flours, comes in half way between white and wholemeal for health, but wholegrain rye, with added grains, comes top for its fibre and vitamin content. People with coeliac disease, however, must avoid all rye bread.

**SOUDOUGH** rises for up to 18 hours, giving it more flavour and a lower GI. Vitamins, minerals and fibre levels vary depending on the flour, but one thing's for sure: wholegrain sourdough wins across the board for nutritional value.



FOOD & DRINK





# Anyone for CRICKET?



**G**round-up crickets might sound like something you eat for a dare, but the reality is that products made with cricket flour are quickly gaining popularity and could be the eventual solution to global hunger. But if you're on the squeamish side, you may be wondering why on earth we would want to eat insects.

For starters, crickets are super-nutritious and have an incredibly high protein-to-weight ratio. They are 69 per cent protein by dry weight while chicken breast (31 per cent) and sirloin steak (29 per cent) are significantly lower. This makes them 20 times more efficient as a source of protein than cattle, while also providing 80 times less methane – good news for global warming! They are also uniquely sustainable as they require a fraction of land, water and feed to livestock.

If the thought of eating bugs has you squirming

like a mealworm, the good news is that manufacturers have strived to make them taste delicious. If you didn't know better, you might mistake one for an ordinary protein bar. London-based company Eat Grub offers bars in two flavours: Coconut and Cacao, and Cranberry and Orange, and for those seeking an alternative beer snack, it even sells salt and vinegar roasted crickets. The firm also offers a cook book and a range of unseasoned, freeze-dried critters so you can whip up buffalo worm macaroni cheese at home.

The downside of these creepy crawly treats is that they don't come cheap – a taster pack of four bars from Eat Grub will set you back six quid – but it is hoped that as our perceptions towards eating insects in the UK change, they will become a dietary staple. So altogether now, 'I don't like cricket. I love it...'

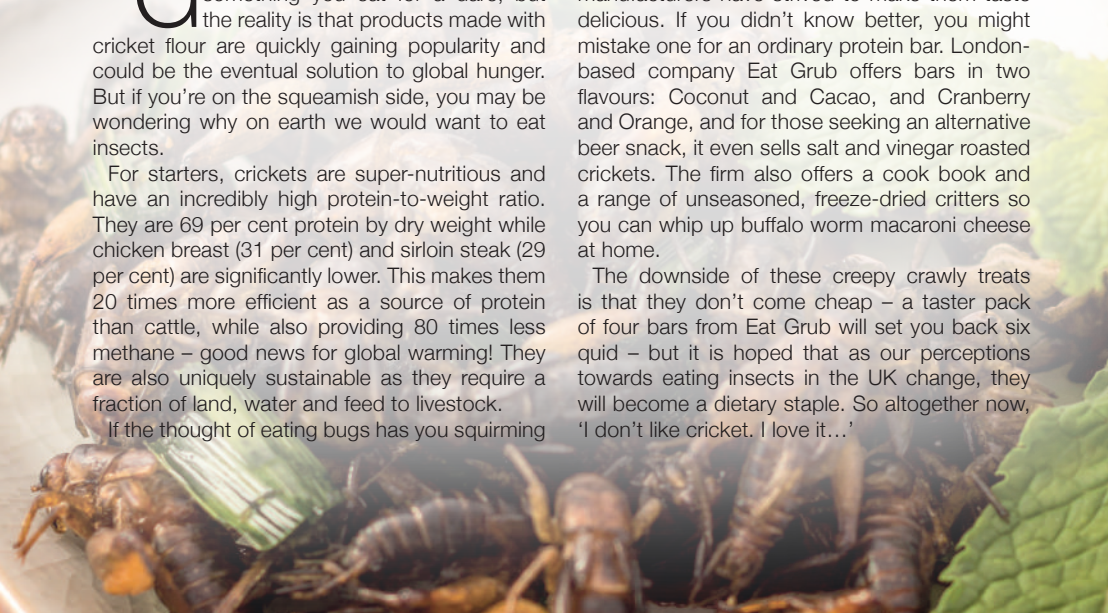


Photo credit [www.eatgrub.co.uk](http://www.eatgrub.co.uk)



# Potato Stamp Wrapping paper

**C**hristmas is one of the best times of year to get crafty. This year, instead of buying wrapping paper, why not create your own? All you will need is some brown paper for the base, some good-sized potatoes (yes, potatoes), paint, a paint brush and a knife.

**Step one:** Cut your potato in half ensuring you get a clean cut.

**Step two:** Using a knife, slice in the shape for your stamp making sure you only go part of the way down. Roll the knife around the edge of the potato where the slices end and lift out the pieces you don't want.

**Step three:** Paint your potato stamp.

**Step four:** Stamp your potato onto the paper.

Leave for a few hours to dry to ensure that it doesn't smudge when you wrap your presents.

For Christmas...our favourite Christmas stamps include Christmas trees, stars, stockings, candy canes, snowflakes and holly. You could also create snowmen and baubles and once dried, decorate them with felt tip pens.





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# PUZZLES & TRIVIA

PUZZLES

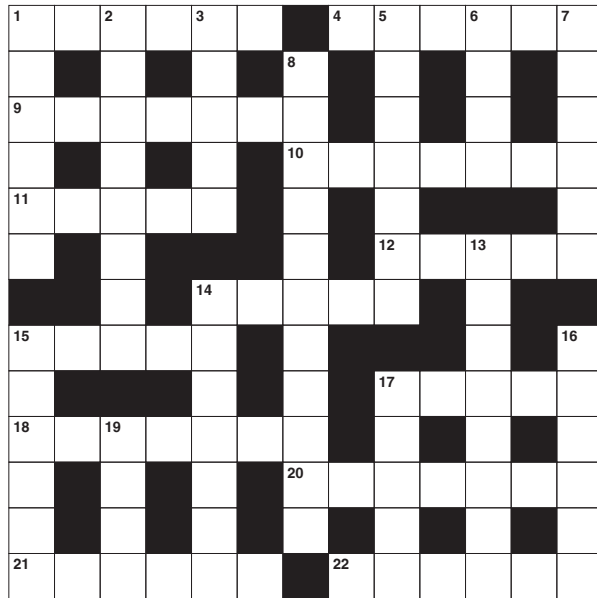
Answers can be found on the Contents Page 4

## ACROSS

1. Covered in flowers (6)
4. Remain (anag) (6)
9. Eg use a towel after showering (3-4)
10. Salt lake in the Jordan valley (4,3)
11. Lucid (5)
12. City in Bolivia (2,3)
14. Unsuitable (5)
15. Device that splits light (5)
17. Destroy (3,2)
18. \_\_\_\_ Day: Shrove Tuesday (7)
20. Open-meshed material (7)
21. A husband or wife (6)
22. Stick to a surface (6)

## DOWN

1. Continent (6)
2. Opera texts (8)
3. Smell (5)
5. Attack (7)
6. Pubs (4)
7. Not real or genuine (6)
8. Unconcerned (11)
13. Type of employment (4-4)
14. Diacritical marks (7)



15. Small songbirds (6)
16. Climax or culmination (6)
17. Quoted (5)
19. Emperor of Rome 54-68 (4)

## DID YOU KNOW

- At birth, Dalmatians are always pure white - their black spots come later.
- Fish and insects do not have eye lids - their eyes are protected by a hardened lens.
- If you lift a kangaroo's tail off the ground it can't hop - they use their tails for balance.
- At a rate of eight to 10 beats per minute, the blue whale's heartbeat can be heard from over two miles away.
- Horses have 16 muscles in each ear, allowing them to rotate their ears 180 degrees.
- The only animals to undergo menopause are elephants, humpback whales and human females.

## SUDOKU

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

## Giving you a helping hand



At Any Little Thing Ltd we are very proud of ourselves for being passionate about offering reliable and trustworthy assistance to those in need. No matter what your state of mind or abilities, EVERYONE appreciates a helping hand!

We cover a whole multitude of services and our team approach is to help where we can, for as long as you need us to.

Our company offer help and assistance with a variety of jobs for anyone, including older people needing an extra pair of hands, new mums struggling to juggle home life, those with mental health challenges, for carers or for those that just simply struggle to manage their time.

We can carry out basic gardening, basic cleaning, check on your home whilst you are on holiday. We can stay in for packages too if you know you will not be available for your delivery slot. Other services also include, ironing, day trips, accompaniment to appointments, picking up prescriptions as well as shopping and odd jobs around the house. We can also offer dog walking services & can check on any other furry friends you may have throughout your working day or whilst you are on holiday.

Our staff are fully qualified and caring individuals, who are thorough in what they do. This is to ensure both the security & the happiness for our clients.

Pick up the phone today if there are any little things you may need help with at home. We would be more than happy to offer a free assessment, if necessary, as well as our ongoing services once needs are confirmed.

We look forward to hearing from you.



Lucy & Lisa  
Directors of Any Little Thing Ltd



Providing reliable and trustworthy support

## Home Help Service

Dog Walking 🐕 Cleaning 🧹 Shopping  
Heating Meals 🍲 Doctors/Hospital Appointments

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# WHAT'S ON

*in your area*



WHAT'S ON

### Autumn Bazaar

**Mayflower Hall, Chapel Street, Billericay, CM12 9LR**

**Saturday, November 11, 10am – 1pm**

Billericay United Reformed Church is holding its Autumn Bazaar. The hall is used by the church and the community, and can be hired for events the hall letting steward can be contacted on dandalough@gmail.com. Please come along and celebrate this special day with us.

There will be items for sale including Christmas gifts, toiletries, books, DVDs, bric a brac, tombola, handicrafts, cakes, preserves, traidcraft, jewellery, toys and cards.

There will be refreshments for those who would like to have a cup of tea or coffee with a nice homemade cake.

Please come along with your friends and enjoy yourself at our Autumn Bazaar.

### Charity Lunch

**Billericay Methodist Church, Western Road, Billericay, CM12 9DT**

**Saturday, November 11, 12.30pm – 1.30pm**

A snack lunch and drink for £4. The proceeds are going to the Remus Memorial Horse Sanctuary this month. There is no need to book. For more information call 01277 622297.

### Open Afternoon – Step by Step Pre-School Billericay

**Billericay Baptist Church, 140 Perry Street, CM12 0NS**

**Monday, November 13, 1.30pm – 3pm**

Come and visit us for a tour and play visit. Free government-funded places available or £15 per 3-hour session. Offering all day sessions for

children, 2-5 years. Charity-run pre-school, Ofsted-rated: Good.

Contact 01277 654473 or admin@step-by-step.org.uk. For more information visit www.step-by-step.org.uk

### Gone Too Soon Bereavement Support Group Reids, 66-68 Laindon Road, Billericay, CM12 9LD

**Monday, November 20, 7pm – 9pm**

Gone Too Soon is a monthly bereavement support group for parents who have lost a son or daughter. During these meetings there will be at least one counsellor to facilitate and support the sessions.

### Billericay Christmas Market

**Billericay High Street, CM12 9AS**

**Saturday, December 3, 11am – 5pm**



Photo credit: Rotary Club

Starting with Santa's Parade at 11am, the market in Billericay High Street has attractions and events to appeal to the whole family. From a market, fairground, music, parades and much more, the Christmas Market has something for everyone.

This is a free community and charity fundraising event.

### Christmas Craft Fair

**St Mary Magdalen Church, High Street Billericay**

**December 9, 10am – 4pm**

The Guild Of Essex Craftsmen are holding a Christmas Craft Fair supporting Essex Air Ambulance.

Seventeen talented craftsmen and artists will be displaying and selling their handcrafted works.

Come along and see their original works, chat to the artist/craftsman and buy directly from the makers.

Free admission. Call 07817 049432 for details.





# Festive FINANCE

## HOW TO NOT MAX OUT OVER THE HOLIDAYS

The worst thing about Black Friday is that it inevitably leads to Blue Monday. That dreaded day of the new year where you've already given up on your diet, it feels like forever since you were last paid and you're acutely aware of both your overdraft and credit card bill. But while mince pie binges and payday impatience are inevitable, debt isn't, and with a bit of planning you could have your most financially-sound Christmas yet.

The first rule of a frugal festive period is to start planning early. Scout out the good deals as shops just start ramping up their festive promotions and are eager for a promising early sales boost, particularly on non-perishable items like alcohol, wrapping paper and gifts. Set a budget for presents and purchase everything as early as possible to avoid the Christmas Eve panic-shop. If you're feeling crafty,

you could even gift homemade items like jam and cookies.

It's obvious to say you should only spend what you have saved, but this isn't always possible. So, if you must borrow, then at least find a credit card that has a good rate, and perhaps even a cashback offer, rather than signing up impulsively to a high-interest store card. You should also do everything in your power to stop 'post-Christmas party' 1am spending - £100 on a novelty jumper is not a smart investment.

Lastly, remember the point of Christmas is not just about drinking too much mulled wine, show-off gifts and looking cute in your Christmas Day onesie. Although these things are important, it's primarily about spending time with those you love and who love you...honestly.

As street photographers unite over their photos being used without permission, it raises once again the question of who owns content on social media.

At major fashion events, it is not uncommon to see a well-heeled woman or nattily dressed man being followed by a herd of street photographers yelling for their attention. The payoff? If one nabs the perfect shot of one of these so-called style influencers, they will have the honour of featuring on said blogger's Instagram, hopefully garnering the attention of a major brand. But the increase in influencers, editorial sources and even brands using these images for free – often crediting the person in the pictures and the clothes they are wearing, but not the photographer – has led to a call for change.

Since Milan  
Fashion  
Week

in September, when a group of around 40 photographers came together to publicly protest against the unauthorised use of their street style photography, members of the group – an “unofficial union” named The Photographers – have begun adding the hashtag #NoFreePhotos to images uploaded on their Instagram accounts.

But while images printed in magazines are often copyrighted and protected by laws, the rules governing social media and online content are blurred. It goes right back to the issue of how the internet has altered the value of media, which has affected everything from music to pornography.

Another argument of course is that it is nothing new to work for very little money when starting out in the fashion industry, with the emphasis being more on building a relationship and association with a brand bigger than your own in the hope of attracting paid work in the future. And with so many photographers and influencers all jostling for space in an overcrowded scene, it seems that for the time being at least, there will always be someone willing to work for free.

# #NOFREEPHOTOS





# ROAD TO RUSSIA: ACCESS GRANTED

World Cup qualifying has been secured, and as a nation, we have never been less excited. **VISION** looks at the teams England will be battling with for global glory.

After another untroubled qualifying campaign, England secured their berth at next year's World Cup in Russia, yet uninspiring performances mean the Three Lions' chances of emerging as top dogs in July 2018 matches every bit the 25/1 odds most bookies are offering.

Of course, we have many to raise our game, but just as Rome wasn't built in a day, nor will Moscow be conquered in a month of the world's biggest sports tournament; that is, unless drastic improvements can be made in all areas of the England team.

And manager Gareth Southgate's formation headaches will be made all the worse when he looks at the sides we might face. Consider World champions Germany, Euros winners Portugal, the might of Spain, the technical wizardry of France. Mull over Belgium's golden generation, and while Brazil and Argentina had very different qualifying campaigns, both will be there and both always perform on the biggest stage.

Of the others – England included – who consider themselves in with an outside chance, Colombia, Poland, Mexico, Nigeria and Uruguay can give anyone a good game, and let's not talk about Iceland... let's just not do that.

At the time of going to print, the play-offs and remaining African fixtures left the fortune of some sides still in the laps of the football Gods, and divine intervention is certainly something England will be hoping for if next year is to blow the full-time whistle on more than five decades of hurt.

**QUALIFIED:** Russia (as hosts), Belgium, Germany, England, Spain, Poland, Serbia, Iceland, France, Portugal, Brazil, Uruguay, Argentina, Colombia, Mexico, Costa Rica, Panama, Iran, Japan, South Korea, Saudi Arabia, Nigeria and Egypt.

**PLAY-OFFS:** Switzerland, Italy, Croatia, Denmark, Northern Ireland, Sweden, Republic of Ireland, Greece, Peru, Honduras, Australia and New Zealand (with three African groups yet to be decided).



Photo credit: Gettyimages

# Good Little RUNNER

Forget the Ferrari and let go of your Lamborghini dream – sometimes you just need a nice little motor that can clock the miles without causing a car crash in your wallet. And when it comes to affordable automobiles in the UK, you can't go wrong with any of these new and bank account-friendly vehicles.

The **VAUXHALL VIVA** places the same emphasis on value for money as its predecessors. With every model costing less than £10,500, you get important features like modern safety systems and an economical engine with even the cheapest model, yet not superficial things like alloy wheels.



Even if the **KIA PICANTO** isn't the cheapest model on the list – air-con, Bluetooth and an upgraded engine will all add to the bill – it does have some advantages over its contemporaries: alongside being cheap to run, it has space for four adults and decent boot room left over, making it the ideal city car.



If you can manage without air-con, electric windows and other niceties, a **HYUNDAI i10** could be yours for less than £9,000, and for that amount of cash

you'd be securing a five-door, five-seater vehicle that's perfectly sized for the city dweller.



The cheapest car on this list, the entry-level **DACIA SANDERO ACCESS** costs a shade less than £6,000, but it's by no means skimping. Bigger than a Ford Fiesta, but costing less than a Ford Ka+, the Sandero may not be extravagantly equipped – with even a stereo reserved for the options list – but it does offer robust construction and modern engines with decent fuel economy and impressive reliability.



The **DACIA DUSTER**, meanwhile, comes in at less than half the price of similar-sized SUVs. There are precious few luxuries on board – you won't find air-conditioning or a DAB radio – but with up-to-date safety and security features the Duster may well be the best-rounded and most affordable car currently on Britain's lots.



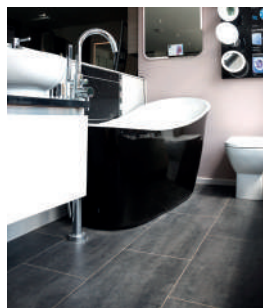


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