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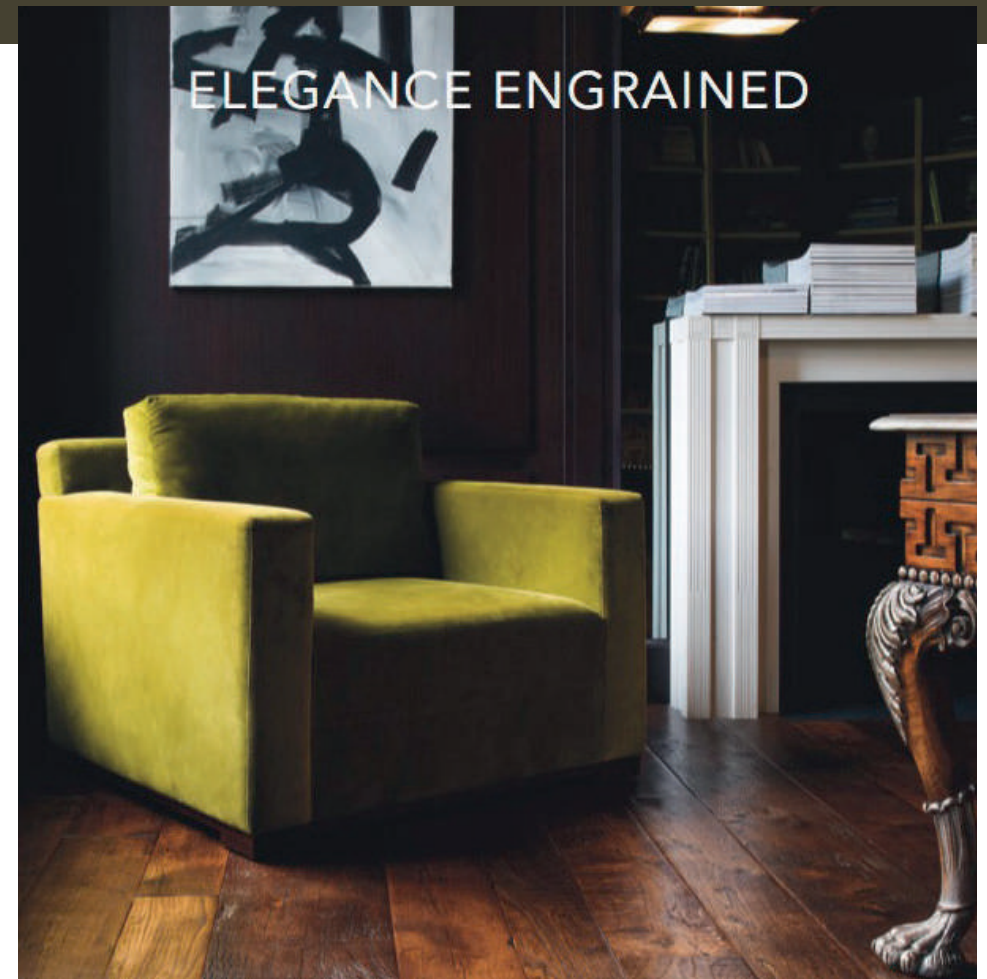


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Editor's notes...



Nik Allen, Editor

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

This month we celebrate the life of Bruce Forsyth who sadly died recently.

We look at some of the strangest 999 emergency calls. In Home and DIY we hear from Tom Dixon

and in Fashion we look at the must have items for autumn.

We have Halloween treats in Food and Drink and show you how to put on some scary Halloween make-up for the Halloween parties this month.

In local news, a community centre in Billericay gets an FA standard football pitch as part of a £190k refurbishment, a local resident sets up a Go Fund Me page to train a life-saving companion for her husband who suffers with a serious and complex combination of illnesses that can become life threatening within hours, and a much-loved High Street store is being closed.

What's On events happening include half-term camps and a special charity lunch.

Local news and stories are important to us so if you have something you want to share, email editorial@visionmag.co.uk

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

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

Nik

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“WITH enviable ABS
AND flawless SKIN,
DAVINA IS
defying age
AS SHE TURNS 50”



DAVINA McCALL

fabulous

AT 50

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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MOVING ON

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

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

SPRING

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

SUMMER

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

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

AUTUMN

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

WINTER

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

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STYLING IT OUT.

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

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

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

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

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

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



HOME & DIY

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



Table Toppers

CREATIVE DESIGNS TO SPRUCE UP ANY TABLE

Flower Power

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

Outdoors In

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

Light the Way

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

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

Get Crafty

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

Eat the Art

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



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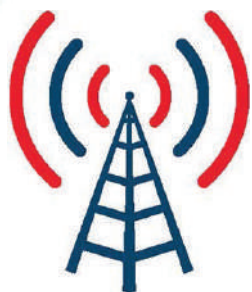
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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Chigwell Window Centre opens new showroom

Chigwell Window Centre (CWC)'s new showroom in Billericay opened at the end of August and is already proving to be a huge success.

The Billericay branch is in addition to the company's Collier Row premises and is in the perfect location to give CWC a firm foothold in Essex with easy access to areas such as Chelmsford, Basildon, Colchester and Southend.

Set over two floors the showroom is packed full of products such as bifold doors, windows, front doors, roof lanterns and windows.

The Mayor of Basildon Cllr David Harrison cut the ribbon to officially open the new showroom with CWC directors Dean Floyd and Sunny Singh.

Staff and specially invited guests, including everybody's favourite celebrity builder Tommy Walsh, were there during the day, together with a number of customers who all commented on how nice the showroom looked.

For more information, telephone 020 8500 4900 or visit www.chigwellwindowcentre.co.uk



BILLERICAY TOWN FC



VISION recently caught up with recently instated CEO Paul Webster at Billericay FC.

Paul discussed the plans for the club over the coming weeks and months and spoke about the club growing in stature both on and off the pitch.

With the exploits on the pitch getting plenty of media attention over the last few weeks, large numbers of supporters have flocked to the club and some fans have travelled from various parts of the UK to watch football at the AGP Arena.

This has meant problems with queuing on match days to get into the ground, however the club is solving this problem.

Paul told **VISION**: "The large numbers of fans for the home games has meant we have had large queues on match days and because of this we have launched a way for supporters to print their tickets online and scan them at the turnstile



#TogetherWeSailAsOne

on match days. This will mean no more long queues."

The exposure the club is receiving online has, nearly blown up the internet recently with the clubs website recently hitting 7.4 million people a month from all over the world wanting to keep up to date on the happenings with Billericay FC.

Due to this, Paul is launching an online directory 'The Blue Book', aimed to give businesses the opportunity to showcase their business on the website with added benefits of business networking and hospitality on match days.

There will be various packages to suit every business budget with three, packages available initially for exposure on the clubs website.

October Fixtures League

- ⚽ Oct 7 - Hendon (Home)
- ⚽ Oct 14 - Kingstonian (Away)
- ⚽ Oct 21 - Enfield Town (Home)



Father receives life-changing companion



A mother from Billericay has created a Go Fund Me page to get her puppy the correct training needed to help and support her husband, who suffers with a serious and complex combination of illnesses.

Jonathan, 39, who is father to two children, suffers from Addison's secondary disease and has separately been diagnosed with ME.

Jonathan's Addison's condition means the pituitary gland in his brain is damaged which means his body doesn't produce cortisol.

Cortisol plays a complex role in regulating body functions and is essential for survival, meaning his condition can become life threatening within hours.

Jonathan's wife, Nicola, set up a Go Fund Me page to provide him with a medical assistance dog to detect if his cortisol levels are low, alert someone if he goes into a coma and to act as a disabled assistance dog, giving him support during collapses.

Jonathan and Nicola now have Teddy, a black Russian Terrier, but as he is only nine months old he cannot begin his training yet. He is however showing signs of a great medical dog. Teddy has been a lifeline for the family.

At the time of going to print, Nicola's page had raised £10,900 of the £16k target. To donate, visit www.gofundme.com/medicalassistance-dog-for-jonathan

High street store closed to make way for flats

Customers and staff were left disappointed last month following the decision to close a popular

high street store.

Carphone Warehouse, on 76-78 High Street, Billericay, closed its doors for the final time on September 23. It was closed due to an application to renovate the building and create five flats.

The refurbishment would see shops remain on the ground floor with three flats above. The outbuilding will also be demolished and replaced with a further two flats with parking and gardens.

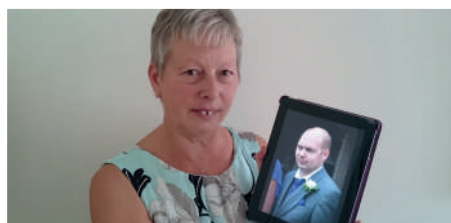
Suzanne Small, general manager of Carphone Warehouse, is extremely disappointed the decision was made to close the store.

She said: "The landlord owns both units, Costa and Carphone Warehouse and also the upstairs unit. They would like to make it into one big unit and just make the building look better from the outside.

The nearest stores for customers will now be Brentwood, Basildon or Chelmsford.

To view the application for the site, visit Basildon Council's website and enter 16/00005/FULL in the planning application search.

Bereavement support group formed to help parents



A local support group has been formed to support parents who have lost a child.

Gone Too Soon is a bereavement support group for parents who have lost a son or daughter.

The monthly meetings are held on the third Monday of each month from 7pm to 9pm at Reids, 66-68 Laindon Road, Billericay, CM12 9LD.

During the meetings, there is at least one counsellor to facilitate and support the sessions.

This group was started by Linda Wilson three months ago to give parents the opportunity to come together, to talk to people who can relate and understand how it feels to lose a child and offer counselling through this grief journey.

Linda is very keen and passionate about this group as she lost her son Tony, just over two years ago. He had a brain tumour and was 35 years old.

She can therefore understand how isolating it feels and how hard it is for families to come to terms with such devastating news, as you shouldn't have to bury your child.

Save the date in your diary

With the summer coming to an end, Christmas is fast approaching.
 Put Sunday, November 19 in your diaries and bring your friends and family to the Billericay Christmas Lights Switch On.
 Located in the high street, local schools, clubs and musicians will perform before the big switch on at 4.30pm.
 The High Street will be closed from the traffic lights at Western Road to just past St Mary Magdalen Church.

ON PATROL WITH... THE PASTORS



Street Pastors continued to patrol in Billericay Sand and Brentwood High Streets over the summer periods on Friday and Saturday nights. We only have one agenda and that is to help anyone that is vulnerable without judging them for their circumstance. On our patrols, we carry water for hydration for people, lollipops and flip flops for people that can't walk in their shoes anymore.
 We also attend different community events to show everyone what we do. On July 19, a number of us joined Basildon Street Pastors who had their first birthday and it was good to welcome the local mayor and his deputy and the police chief superintendent. It is important for us to operate with the continued support of the police, council and local church.

In Billericay, our local football team is now run by millionaire Glenn Tamplin and we are building a relationship with the club to see how we might help on match days or offer some chaplaincy during the week to all the staff and volunteers at the club.
 In Brentwood, we continue to meet the night time community in the high street area. We hope to be commissioning new street pastors soon at Sawyers Church and also launch a new project called Schools Pastors in conjunction with Becket Keys School.
 We continue to recruit and have two important training sessions coming up so why not contact us on Billericay@streetpastors.org.uk or via Twitter or Facebook.

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CREATE YOUR OWN *Zen Garden*

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

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

HOW TO CREATE AN OUTDOOR ZEN GARDEN

THE SAND

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

THE PEBBLES

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

THE ROCKS

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

WATER

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

THE PLANTS OR TREES

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



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THE BRIDGE TO NOWHERE

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

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

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

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

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

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

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



GARDENING

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



Strictly *Didn't he do well?*

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

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

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

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

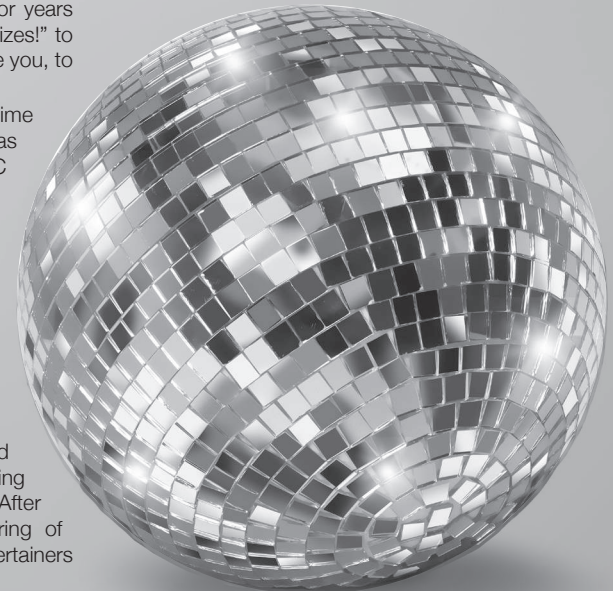
Following a short stint away from primetime telly, Forsyth found his second wind as presenter of the new glitz-and-glamour BBC ballroom bonanza, *Strictly Come Dancing*. For nine years, the twinkle-eyed and twinkle-toed TV veteran presided over the staple of BBC programming, before retiring in 2014 to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

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

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

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

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





KIDS

SPOOK IT UP



Transform your haunted house this Halloween with these cheap and simple craft ideas. You'll be sure to impress the neighbours...if they dare to enter.

Ghostly surprise

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



Pumpkin paper lanterns

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



Jar lanterns

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



Halloween banners

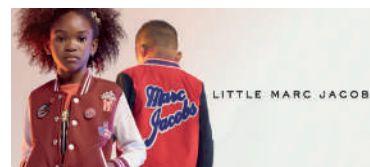
These Halloween banners are quick and simple to make – perfect for a party. You will need black and orange cardboard, a piece of string and craft pegs. Cut out letters from the cardboard, ensuring they are all a similar size. Hang them up using the craft pegs. These are great for any occasion and can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

Be careful
using your
scissors!

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BEAUTY



IS IT A
cosmetic
OR
FUNCTION
ISSUE?

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

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

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

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

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

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

If you would like to know about dental implants then speak to Dr. Saleh Aria at Harrow Dental Clinic



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Frightful Face Paint

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

Pumpkin

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

Purrfect Feisty Cat

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

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

Spooky Spider Web

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

Puppet

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



Magic Mind

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

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

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

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

That's 10 minutes of your day in exchange for improved concentration, reduced stress, better self-awareness and general increase in overall wellbeing. There are physiological benefits as well: scientific studies suggest meditation can reduce blood pressure, boost immunity and lessen heart and brain problems. No wonder those monks are always smiling.

How to meditate:

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

SPOOKTACULAR HALLOWEEN Treats

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

MUMMY ON TOAST

☞ Two slices of bread

☞ Cheddar cheese

☞ Tomato sauce

☞ Two black olives

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

GHOSTLY MERINGUE

☞ Four large eggs

☞ 115g icing sugar

☞ A small bar of chocolate

☞ 115g caster sugar

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

add the caster sugar a spoonful at a time

4. Sift one third of the icing sugar into the mixture and gently fold using a metal spoon or rubber spatula. Continue to sift the icing sugar a third at a time

5. Scoop a heaped spoon of the mixture and put it on the baking sheet. Use the spoon to make a peak

6. Bake for 90 to 105 minutes until the meringues sound crisp when tapped underneath. Leave to cool

7. Once cool, melt the chocolate and using a skewer, make the eyes and mouth on your ghost meringues

DRACULA COOKIES

☞ Chocolate chip cookies

☞ White marshmallows

☞ White large chocolate buttons

☞ Red piping icing

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



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SHAKEN & STIRRED *cocktail for Autumn*






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

APPLE MANHATTAN

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

INGREDIENTS

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

INSTRUCTIONS

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



FOOD & DRINK

AUTUMN Essentials



FASHION

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

For Ladies

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

If you're a fan of country music, dust off your tassel boots as Americana is going to be huge.

Another blast from the past is fur coats, with the likes of Miu sending models out in faux furs that positively swamped their tiny frames. And finally, if you just want to invest in one simple look this season, it's got to be fishnets.

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



Faux fur coats - Autumn/Winter '17



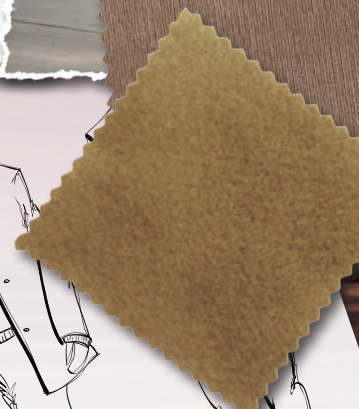
For Gentlemen

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

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



Classic Roll Neck





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PUZZLES & TRIVIA



PUZZLES

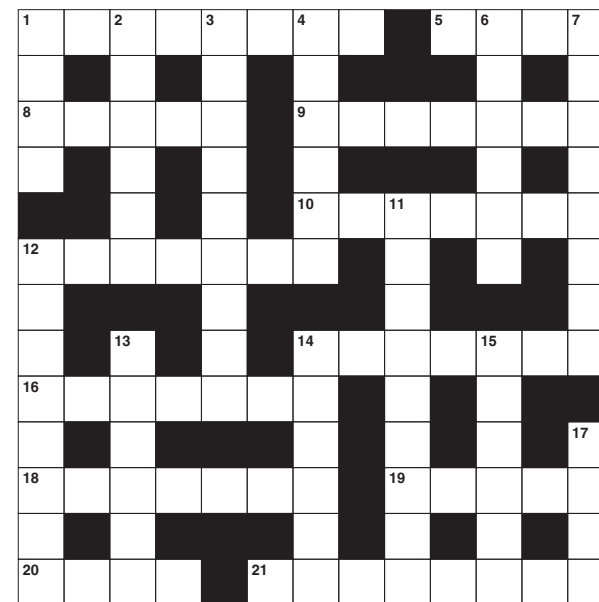
Answers can be found on the Contents Page 4

ACROSS

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

DOWN

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



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

17. Sink (anag) (4)

DID YOU KNOW

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

SUDOKU

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

WHAT'S ON

in your area

Rich Clifford and the Young Once
Witham Public Hall, Witham, CM8 2DY
Saturday, October 7



Re-creating the sound of Cliff Richard and The Shadows, as well as many other hit songs of the 60s.

Doors open at 7pm with the performance beginning at 7.30pm.

Tickets cost £12.50 and can be purchased by calling 0345 0178717 or online at www.withampubhall.co.uk

The Billericay Ladies Probus Club
The Mount Avenue Banqueting Suite, Mount Avenue, Brentwood, CM13 2NS
Monday, October 9

Join the Billericay Ladies Probus club, who meet on the second Monday of the month for lunch at The Mount Avenue Banqueting Suite, Hutton.

They have speakers, a quiz, day trips, holidays, coffee mornings and garden parties (weather permitting). If you are interested please call Jenny on 01277 633115.

Charity lunch
Billericay Methodist Church, Western Road, Billericay, CM12 9DT
Saturday, October 14

A charity lunch will be held at Billericay Methodist Church between 12.30 and 1.30pm.

A snack lunch and a drink will be £4. The proceeds this month will be split between Cancer Research and Chantry District Senior Guides.

There is no need to book this event. All are welcome.

Kung Fu Panda
Billericay Community Cinema, 143 High Street, Billericay, CM12 9AB
Sunday, October 15



Enjoy an afternoon watching *Kung Fu Panda* at Billericay Community Cinema.

Doors open at 2.30pm and the film will start at 3pm. Refreshments will be available to purchase.

Tickets are £2.50 per person and can be purchased online at www.billericaycinema.com/

Gone Too Soon Bereavement Support Group
Reids, 66-68 Laindon Road, Billericay, CM12 9LD
Monday, October 16, 7pm to 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.

This group was started by Linda Wilson to give parents the opportunity to come together, to talk to people who can relate and understand how it feels to lose a child, and offer counselling through this grief journey.

Linda is passionate about this group as she lost her son Tony just over two years ago. He had a brain tumour and was 35 years old.

My Gym Half Term Camps
My Gym Billericay, 30 Radford Way, Billericay, CM12 0DA
Monday, October 23

My Gym Billericay are holding half term camps, which means two and a half hours of fun. Join in with games, gymnastics, swings, puppets and more.

If you're feeling spooky with Halloween looming, they want to see all of your costumes.

For more information about times and prices, visit www.mygym.com/billericay/camp

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CAN'T PAY?

IVA

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

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

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

have to abide by its terms.

If you decide to get an IVA, you will work out a repayment plan with the insolvency practitioner.

A meeting of creditors will be arranged where they will decide whether or not to approve your IVA. At least 75per cent of the value of creditors who vote at the meeting of creditors need to vote in favour of your IVA proposal for it to be approved.

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

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

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

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

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

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

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

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

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



Rooney retires from international football

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

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

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

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

Rooney will no doubt be remembered for the records he set during his international career, but he will always regret not being able to carry England to a successful tournament win. He was sent off in a quarter-final defeat to Portugal at the 2006 World Cup for stamping on a player, which he insists was accidental. Rooney then got the full wrath of frustration from England fans after being knocked out in the round of 16 after Germany won 4-1 at the 2010 World Cup. England then failed to progress past the group stages in Brazil 2014.

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

2003 - England's Youngest Player

2015 - England's all-time record goalscorer with 53 goals in 119 appearances

2016 - England's most-capped outfield player

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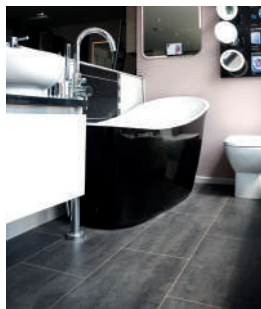


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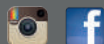
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