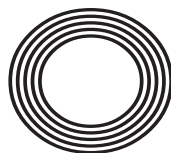


LIFE
AFTER
LOVE
ISLAND

USAIN BOLT'S
dramatic career end

MO FARAH

Officially signing off the tracks



FREE

Photo Credit: Gettyimages



Manufacturing • Installation • Restoration

- West One Wood Flooring Company Ltd is a specialist in the manufacturing, installation and restoration of antique reclaimed and new timber flooring
- We can supply and fit a variety of stunning timber floors for domestic properties and commercial projects
- Installation is by a skilled friendly professional team who offer high quality service and aftercare
- Our flooring is competitively priced with innovative solutions to suit your needs

Stockists of

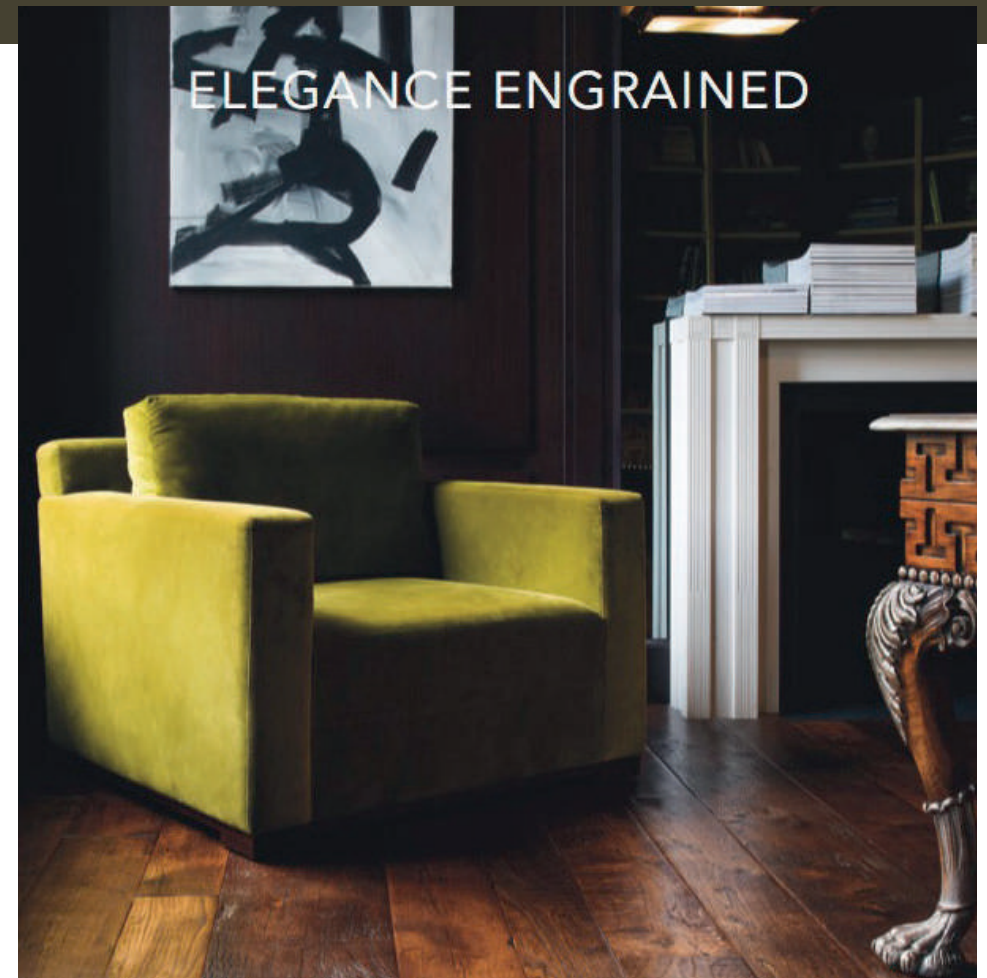


TED TODD
FINE WOOD FLOORS



WOODWORKS
BY TED TODD

Call us on
01375 892233
01277 630837



ELEGANCE ENGRAINED

W.1

WEST ONE WOOD
FLOORING COMPANY LTD

- 6 HISTORY
- 8 RYAN GOSLING
- 9 HOME & DIY
- 15 LOCAL NEWS
- 22 GARDENING
- 26 MO FARAH
- 28 FOOD & DRINK
- 31 HEALTH & FITNESS
- 35 BEAUTY
- 36 FASHION
- 38 KIDS
- 41 PUZZLES
- 42 NEW BRITISH £10 NOTE
- 43 LIFE AFTER LOVE ISLAND
- 44 WHAT'S ON
- 46 SPORTS
- 48 MOTORING
- 51 LOCAL TRADES & SERVICES

CONTACT US

www.visionmag.co.uk/billericay
billericay@visionmag.co.uk | 01277 554045

 @visionmagessex  @visionmagessex

EDITOR | Nik Allen DESIGN EDITOR | Misha Mistry
CO-ORDINATORS | Rebecka Fryer, Kim Plater
CONTRIBUTORS | Charles Rae, Tim Green, Amy Pollard

Editor's notes...



Nik Allen, Editor

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

Last month saw us say farewell to two sporting icons.

Sir Mo Farah and Usain Bolt both hung up their golden spikes at the World Athletic

Championships in London.

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

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

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

In local news, Billericay FC unveil a new stand which has been named after a young fan, Adam Eckley is named as the next Chief Fire Officer for Essex County Fire and Rescue Service and we report on Operation Sceptre, where nearly 20 weapons were seized during a week of action to tackle knife crime. Also, thanks to Isabel Kershaw who shared a gorgeous image of a sunset. We'd love to see your pictures too, so please send them in.

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

Let us know your thoughts and enjoy reading.

Nik

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.

Bookings now being taken for Greenwoods' popular Christmas Fayre lunches, Christmas Day lunch with a NEW Christmas Carvery option available, and show-stopping NYE Gala dinner and ball.



GREENWOODS

★★★★
Hotel & Spa

For more information
and to book, call
the Events team on
01277 829990

www.greenwoodshotel.co.uk

Greenwoods Hotel & Spa,
Stock Road, Stock, Essex, CM4 9BE



ACROSS
1. ALUMINI, 7. SHOELACE, 8. OWL, 9. INSERT, 10. DRUB, 11. LUTON, 13. AFFABLE, 15. CONSUME, 17. ASTER, 21. FAIR, 22. EGOISM, 23. ICE, 24. LONESOME, 25. LUNGES
DOWN
1. AVOWAL, 2. UPLIFT, 3. ISLET, 4. PONTIFF, 5. GLAD RAGS, 6. ACTUAL, 12. OBSERVED, 14. EMPEROR, 16. ORATOR, 18. TAMING, 19. RIPS, 20. NOVEL

THE GREATEST ESCAPE

THE MAN-MADE MIRACLE OF DUNKIRK

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

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

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

The evacuation – codenamed Operation Dynamo

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

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

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

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

hills. We shall never surrender."

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

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

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

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

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

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

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

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



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

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

Troops evacuated from on a destroyer to berth at Dover, May 31, 1940

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

Dunkirk evacuation shipping routes



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

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

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

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

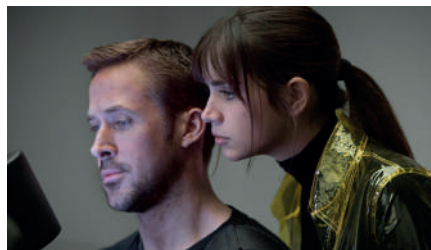
"The original film had a lasting effect on me. It was probably one of the first films that made me ponder the meaning, the implication. Nothing was stand-out clear. The hero wasn't obvious, the villain wasn't obvious... there were more questions than answers."

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

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

More exciting than starring alongside Harrison Ford?

"No comment...!"



Saving space

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

RECLAIM YOUR ROOM

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

EASY ATTRACTION

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

OPEN ENTRY

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

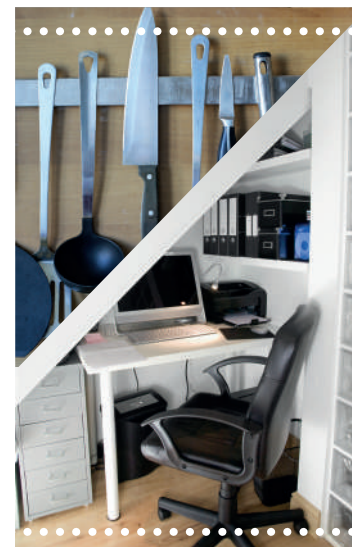
space, add a small bench for shoes to be placed under and bags to be placed on top. If you can't fit in a bench, make sure to mount plenty of wall hooks to keep any stray items off the floor and out the way.

WHAT'S UNDER THE BED?

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

CREATIVE CORNERS

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





Over 30 years of selling quality brands and unrivalled service illustrates why our customers keep coming back!!



Bodywash Bathrooms
A12 Eastern Avenue,
Romford,
Essex
RM5 3AL

Bodywash Bathrooms

01708 736700
sales@bodywash.uk
www.bodywash.uk

OFFERING ONLY
PREMIER BRANDS & PREMIER SERVICE

AT THE READY



HOME & DIY

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

DON'T SCREW UP

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

HAMMER TIME

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

THE DRILL TO WIN

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

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

KEEPING THINGS LEVEL

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

HACKED OFF

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





HOME & DIY

Photo Credit: www.jeffandrews-design.com

STAR QUALITY

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

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

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

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

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

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



SHUTTERTEC

SHUTTERTEC's specialists offer complete bespoke shutter installation. We cover all across Essex, London, Herts & Kent

We can offer you shutters in as little as three weeks!

Choose from one of the most complete range of shutters available to any customer

Hardwood Shutters | MDF Shutters
Solid Panel Shutters | Shaped Shutters
Tracked Shutters

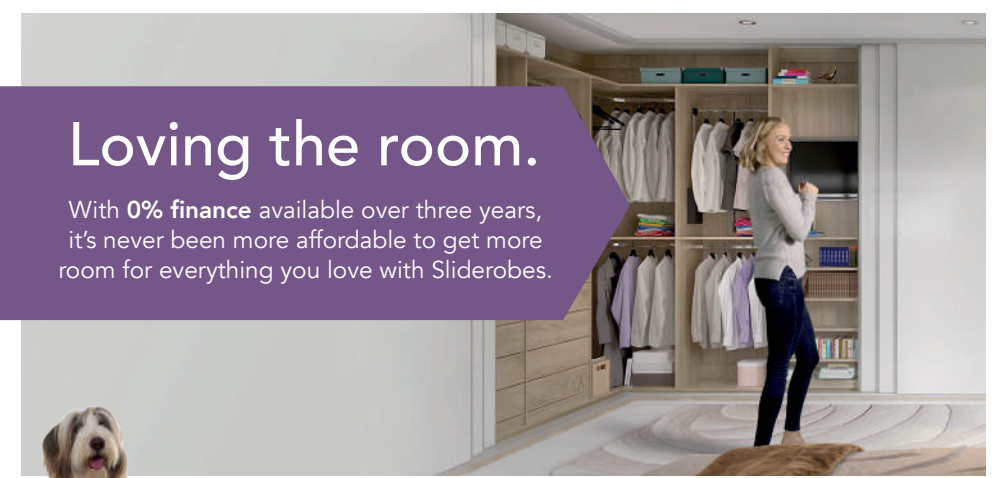
0800 023 5754
www.shuttertec.uk
info@shuttertec.uk

Checkatrade.com
Where reputation matters



Loving the room.

With **0% finance** available over three years, it's never been more affordable to get more room for everything you love with Sliderobes.



Call **0800 454 465** or go online now to arrange your **FREE AT HOME CONSULTATION**



VISIT OUR SHOWROOM
BASILDON 01268 531144
Unit 3, Cranes Farm Rd, Basildon SS14 3JD

SLIDEROBES®
SLIDEROBES.CO.UK



Ceiling the deal WITH BOLD COLOURS

Despite the ceiling being one of the largest spaces in a room, it too often gets nothing more than a coat of white paint. It is seen as the obvious colour to paint a ceiling – it's simple and traditional.

But, adding a colour to the ceiling can add drama and excitement. Your walls can also be a more neutral colour without having to compromise the overall look of the room. Having a pop of colour on the ceiling can seem scary, but it can give a room a completely different look.

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

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

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



LOCAL NEWS

from your neighbourhood



Photo Credit: Billericay Town Council

Billericay in Bloom prize-giving

Billericay Town Council held the prize-giving ceremony for the Billericay in Bloom competition on Friday, July 21.

There were 14 winners awarded on the evening for a number of different categories.

On their website, Billericay Town Council said: "It was great to see so many people there and especially all the children from local schools who

collected prizes for best school garden, best school vegetable plot, best wildlife garden and plant in a container competition. Congratulations to all our winners."

The Bees calling for new players

Billericay Rugby Football Club are calling for new members to sign up at their upcoming registration day.

The registration day will be held on Sunday, September 3 from 10am.

Boys and girls of all abilities between the ages of three and 18 are being asked to join.

The day will be held at Willowbrook Sports and

Social Club, Stock Road, Billericay, CM4 9PQ.

Billericay RFC is a warm, friendly, family club. The 1st XV currently compete in Essex 1. They also have other Senior and Women's teams and a thriving Junior and Youth section.

For more information, email billericaybees@gmail.com

£50 OFF With This Voucher

Terms & Conditions Apply

Composite Doors From

£799

10 Year Guarantee

High Security Locks

Burglar Proof Guaranteed

Anti Drill - Anti Snap - Anti Tamper Cylinders

**WE ALSO
SPECIALISE IN**

**Bi Folding Doors &
Electronic Roller Garage Doors**

**01621 782189
01277 800074**

sales@doors-4-you.co.uk

**A Rated UPVC
Windows & Doors**

doors4you.

Try Out Our Online Door Designer

doors-4-you.co.uk



**Fully
Installed
Inc VAT**



**SPECIAL OFFER
5 FULLY FITTED
WINDOWS
FOR ONLY £2000**



Terms & Conditions Apply

FENSA
Registered Company



Several weapons seized in week of action



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

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

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

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

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

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

Forty people were arrested, 74 retail premises were visited and officers visited 50 schools.

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

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

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

Billericay Town FC unveil Harry Parker stand

Billericay Town have unveiled a new stand at the AGP Arena that is named after young fan Harry Parker.

Prior to kick-off against West Ham United on Tuesday, August 8, Harry, who suffers from cerebral palsy, led the teams out alongside his favourite player, ex-England international Paul Konchesky.

During last season, Harry's parents were raising funds at the club for a life-changing operation that would hopefully allow Harry to walk and play football.

Glenn Tamplin, Billericay Town FC manager, donated £5,000 towards the £75,000 costs. However, after the family raised £30,000 Tamplin was so inspired he told the family to book the operation and covered the remaining bill.

As the weeks passed after the operation, Harry has been able to walk for longer distances and periods of time that were not previously possible.

Ferraris celebrated in town parade



Photo Credit: Billericay Town Council

Billericay recently celebrated the Ferrari 70th Anniversary with a parade of Ferraris along the High Street.

The event took place on Saturday, July 22 and was organised by Lancaster Ferrari Colchester.

The parade started in Billericay High Street and moved on to Chelmsford, Maldon and Colchester.

Billericay Town Council thanked all the clubs and organisations that provided for the marshals, including Billericay Rotary, Mayflower Rotary, Billericay Round Table, 41 Club, Billericay Street Pastors and 8th Billericay Cubs and Scouts.



LOCAL NEWS

Red sky at night



Photo Credit: Isabel Kershaw

This gorgeous image was captured of the dramatic sunset on Friday, August 11 from Waitrose car park in Billericay.

Photographer Isabel Kershaw posted the image on Facebook's Billericay Discussion Group and members were quick to comment on the stunning picture.

Elaine Fletcher commented: "Stunning photos."
Diane Wood added: "Wow, they are gorgeous."

Get ready for the best Christmas - ever!

Are you thinking about booking your Christmas party or lunch event? After the successful launch of Greenwoods Hotel and Spa's new Garden suite with the help of *Loose Women* presenter Andrea McLean officially opening it, there has now been 13 weddings and eight large corporate events, including Ascots Ladies Day event hosted by local charity Kids Inspire and a Twilight Networking event with Essex Chambers of Commerce.

Traditionally held in the Marquee suite, Greenwoods popular Party Nights will now take place in the Garden suite for groups of 100 and more and dates are filling up fast. The cost for a mid-week party starts from £53.95 and includes welcome drink, four-course festive meal, half bottle of wine per guest and live entertainment and exclusive corporate nights are available.

Christmas Fayre lunches are also available in the main hotel and the Garden suite that have been popular with many businesses over the years including Ford Europe and prices start from £39.95. To kick off Christmas in style, Greenwoods Hotel and Spa would like to extend the offer of a bottle of prosecco for every table of 10 who book before end of October 31. For further information and to book, call the Events team on 01277 829990.

Herbert Protocol launched

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

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

Essex Police are working with Essex County Council, Thurrock and Southend unitary authorities and the Alzheimer's Society to encourage the completion of the form which can then be passed to the police if someone with dementia cannot be found.

The form records include all the vital details including medication required, mobile numbers, places previously located or attended, a photo and details of the daily routine.

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

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

Superheroes take on the 5k



Hundreds of superheroes made their way to Billericay for St Luke's Hospice's annual 5k run. The runners helped to raise vital funds for the charity. This year, entrants were asked to dress up as their favourite superheroes as they made their way through Lake Meadows, in Billericay, on Sunday, August 13.

The day also included complementary sports massages, hospice games, ice creams and hot and cold food. Running chips were also available so the superheroes could track their times.

Posting on Facebook, St Luke's Hospice wrote: "What a day. Thank you to all who came and we hope you enjoyed the day."

The hospice aims to provide the highest standards of care for people who have specialist palliative care needs and live in the Basildon and Thurrock districts.

EXCLUSIVE WORLD-CLASS KITCHENS AT MANUFACTURER'S PRICES



BROADWAY

LUXURY BESPOKE KITCHENS



Traditional & Modern Kitchens
Made in Britain in our own Workshops

A Family Business established in 1974

We design, manufacture and install
beautiful world-class bespoke
kitchens you'll absolutely love

Call us for a friendly chat on
01277 212221

www.bespokekitchensbybroadway.co.uk

Showroom at 98 High Street, Brentwood, Essex CM14 4AP





Chigwell
WINDOW CENTRE
PART OF THE CHIGWELL GROUP

**New Billericay
Showroom
Now Open**



FOR ONE WEEK FROM THE DAY OF OPENING*
CWC AMAZING OFFER
We'll pay the VAT
BI-FOLD & SLIDING DOORS, WINDOWS, ROOF LANTERNS

Express House, Radford Way, Billericay CM12 0BN | 020 8500 4900

2 FLOORS OF BI-FOLD DOORS, WINDOWS, FRONT DOORS, ROOF LANTERNS & SKYLIGHTS.

Email sales@chigwellgroup.co.uk - Web chigwellwindowcentre.co.uk



**APPLIANCE REPAIRS
AND SALES**

**Tel: 0800 9 239 239
or 01277 785013**

www.spindotoruk.co.uk

Need a repair today?

**Local Friendly
Professional Service**

We repair all makes and models

**Washing Machines • Tumble Dryers
Dishwashers • Ovens • Hobs • Cookers
Fridge/Freezers • Extractor Hoods**



Fixed labour charges and full safety tests on all repairs

NEW APPLIANCES IN STOCK AT COMPETITIVE PRICES

BILLERICAY TOWN FC



LOCAL NEWS



Recently, **VISION** went behind the scenes at Billericay Town Football Club to see the players' dressing rooms and manager Glenn Tamplin's office.

The stadium has recently been transformed inside and out by graffiti artist Temper, who is prolific in the advancement of spray paint photorealism.

He has spray painted inside the dressing rooms to inspire players before the games. Tamplin told **VISION** the designs are based on metaphors and journeys he has had in his life that inspired him and he hopes that they will inspire the players before

a game.

British actor Nick Nevern also helped to create the mural outside the ground which celebrates the history of Billericay FC and the start of the new era under Tamplin.

On the pitch, Billericay FC have been busy in the transfer market, signing ex-pros such as Jermaine Pennant, Kevin Foley and Leo Chambers.

Tamplin said: "There has never been a squad this strong at this level before. This squad would not look out of place in the National League."

Upcoming Fixtures

Get down to the club this month to support the team on the pitch. Here are a list of the upcoming league fixtures.

⚽ Saturday, September 9 vs Leatherhead

⚽ Tuesday, September 12 vs Brightlingsea Regent

⚽ Saturday, September 23 vs Tooting and Mitcham United

⚽ Tuesday, October 3 vs Lowestoft Town



#TogetherWeSailAsOne



SOCIAL CLIMBERS

Brighten up your garden while maintaining privacy with wooden trellis panels that can support climbing plants and vines. Make sure they're sturdy, because these types of plants thrive and will quickly become a verdant feature of your outdoor space.

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

SCREEN SCENE

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

GO GREEN

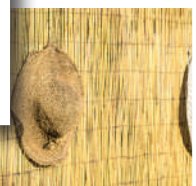
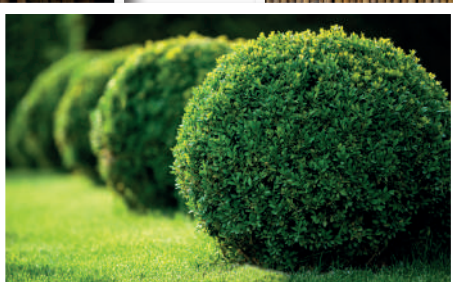
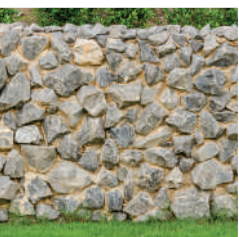
Channel your inner Edward Scissorhands and invest in a hedge. Whether you want to cultivate your own hedging plants or buy pre-groomed

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

ROCK SOLID

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

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



Flowers ❁ Gifts ❁ Homeware



Wedding and
Funeral specialists

www.bloominjacks.co.uk

For a free consultation contact us on 01277 202727 or email us at info@bloominjacks.co.uk
24 Crown Street, Brentwood, Essex CM14 4BA



& *Hearty* HARDY

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

Root vegetables

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

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



Winter greens

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



Blooming beauties

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

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




bringing lawns to life

20%
OFF YOUR FIRST
TREATMENT**

Our wonderful customers like our service so much, that over 40% of new customers joined us through their recommendation which, if you think about it, is a recommendation in itself.

So, if you've been thinking about enjoying a great lawn this year – green, lush and weed-free, why not contact us today and let us bring your lawn to life.

We provide four seasonal treatments, as well as beneficial treatments to keep your lawn in tip-top condition - prices start from just £15*.

Ask us about our annual plans, which allow you to both spread the cost and save up to 25%.

Simply call: 01277 352 236 or
visit: greenthumb.co.uk



PRICES FROM
£15*
PER TREATMENT

GreenThumb

LAWN TREATMENT SERVICE

*Based on a lawn size up to 40m² **New Customers Only

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

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

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

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

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

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

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

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

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

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

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

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



MO-VING ON TO NEW CHALLENGES

Health Cheques

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



Crisps for roasted chickpeas

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

Cocktails for cordials

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



Traditional fry-up for huevos rancheros

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

Knickerbocker glory for yoghurt sundae

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



LAWSON'S PIE & MASH

Traditional Hand Made Pies
Cooked to order & hot ready to eat



FREE HOME DELIVERY

01277 286141 www.lawsonspieandmash.co.uk

Minimum order £10 • Payment must be made by debit/credit card when placing the order

Thurs, Fri & Sat from 5.00pm-8.00pm for takeaway

18 Ardley Works, London Road, Billericay CM12 9HP



/lawsonspieandmash



@LawsonPIEnMASH



/lawsonspiemash

Manuel's

Portuguese Restaurant

To book: 01277 202 738

www.manuelsportugueserestaurant.co.uk
bookings@manuelsportugueserestaurant.co.uk

13, Chelmsford Road, Shenfield, Essex CM15 8RG





The Lunch Bunch

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

Go bento

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

Make it fun

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

Sneak in veg

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

Mix it up

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

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



COUCH POTATO TO EXPERT RUNNER

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

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

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

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

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

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

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

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

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

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

RUN 3: 20 minutes running with no walking.

Week 6:

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

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

RUN 3: 25 minutes running with no walking.

Week 7: 25 minutes running.

Week 8: 28 minutes running.

Week 9: 30 minutes running.

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



FINISHER



HARROW DENTAL PRACTICE

DENTAL IMPLANTS & FACIAL AESTHETICS CENTRE

01708 479717

www.harrowdentalpractice.co.uk



Facial Aesthetics In Hornchurch, Essex

Wrinkle Reduction ☼ Dermal Fillers ☼ Restylane ☼ Juvederm



FREE Implant, Invisalign & Facial Aesthetic
CONSULTATION Available
Start Your Journey with our Trusted Team

Hygienist • Dental Implants • Invisalign • 6 Month Smile Braces • Whitening • Cosmetic Makeover
• Veneers • Crowns • Bridges • Wrinkle Reduction • Dermal Fillers • I.V. Sedation • Dentures

Opening Hours: Monday -Thursday 8.00am - 8:00pm • Friday 8.00am - 5:00pm • Saturday 9.00am - 3:00pm

23-27 High Street, Hornchurch Essex RM11 1TP



THE PRESSURE IS N

HEALTH & FITNESS

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

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

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

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

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

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

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





**SIGN UP ON OUR WEBSITE TO BE NOTIFIED WHEN OUR BRAND
NEW WEBSITE IS LAUNCHED AND WIN A FAMILY PORTRAIT PRIZE**

WEDDINGS AND PORTRAITS

Gavin Woollard Photography

Call 01245 421224

gavinwoollard@gmail.com • www.reportagephotography.com

The Granary, No 1 Rumsey Row, The Green, Writtle, Chelmsford, Essex CM1 3YA



**SPECIAL DISCOUNTS
ON ANY REMAINING
MIDWEEK DATES FOR
2017 WEDDINGS**



LOOKS TO *fall for*



BEAUTY



If you've been keeping your make-up low-key and au naturel over the summer months, you may want to switch it up to something a little more glamorous as we head towards what is traditionally regarded as the more rustic part of the year.

heavy metal

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



all brows allowed

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



very berry

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



flash the lash

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

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

The September Issue

THE HISTORY OF FASHION'S MOST INFAMOUS ISSUE

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

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

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

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

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

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





WHITES CHAUFFEUR

Member of
British Chauffeurs Guild

CHAUFFEUR HIRE SERVICES
Licence number : 08227/01/01

Wedding Car Specialist

" Travel in complete luxury and comfort whatever your occasion "








1930's Beauford DeVille

www.whiteschauffeurltd.co.uk
info@whiteschauffeurltd.co.uk
07904 578249
 WhitesChauffeur  WhitesChauffeur
PHOTOGRAPHY SERVICES AVAILABLE
PLEASE SEE WEBSITE FOR DETAILS

FUN

MAGIC MIRROR

WWW.FUNMAGICMIRROR.CO.UK

PHOTOBOOTH SERVICES



PHOTOBOOTH'S



CLASSIC MINI BOOTH

UNLIMITED PRINTS
 USE OF CHEEKY PROPS
 BACKDROP (OPTIONAL)
 SINGLE OR MULTI SHOTS
 3 OR 4 HOURS HIRE
 UP TO 2 ATTENDANTS

PRICES FROM **£300**

MAGIC SELFIE MIRROR HIRE

WEDDINGS | BIRTHDAYS | PARTIES | FUNCTIONS | ANNIVERSARIES | CORPORATE

WWW.FUNMAGICMIRROR.CO.UK INFO@FUNMAGICMIRROR.CO.UK **07956 357506**



KIDS

WHEN LIFE GIVES YOU

Lemons

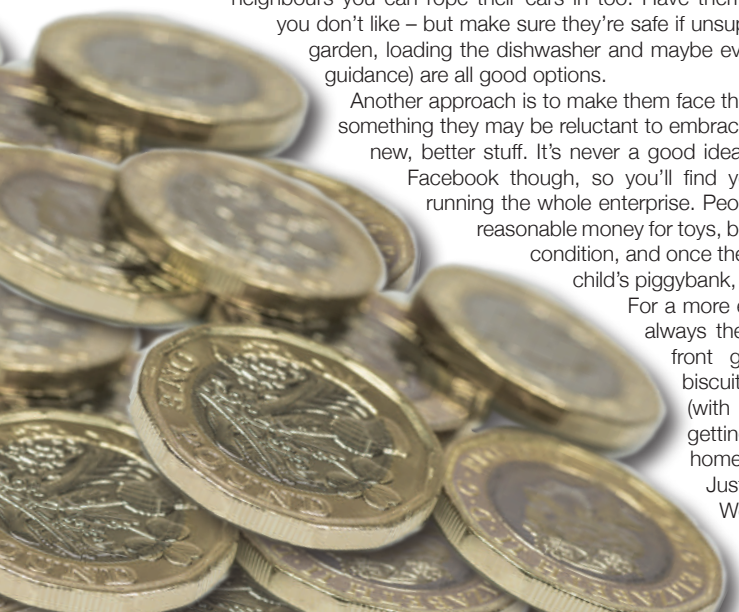
Money, sadly, really does not grow on trees, although by the attitudes of some children they clearly believe it does. Mummy and daddy disappearing off for the day and then the food fairy putting dinner on the table is one thing, but with the endless demands of children wanting new shoes, sparkly fidget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

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

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

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

Just don't let them fall foul of the Working Time Regulations...



Reign

childrenswear

Designer Childrenswear Store

0-16 years, stocking a range of exclusive luxury designer brands for your children



MINNA
PARIKKA

Tartine et Chocolat
PARIS



Our vision is to excel at helping our clients dress & style their children. It's not about brand, it's about style.

Established in 2016, here at Reign Childrenswear we offer our customers the very best service. We have over 20 of the very best children's designer brands in store & online, each one has been carefully chosen by our team, allowing us to offer our customers a great choice of the world's finest designer childrenswear.

Call: 01277 514 065

Mobile: 07522 618 653

WhatsApp available for any enquiries

www.reignchildrenswear.com
sales@reignchildrenswear.com

6 The Walk, Billericay, Essex CM12 9YB
(Next to Waitrose)

f Reign Childrenswear i Reign Childrenswear

shop Reign ReignChildren





MEDIATION – ALTERNATIVE TO LITIGATION

Family Mediation • Workplace Mediation • Civil & Commercial Mediation

Sandy Brown is an experienced professional mediator who works with individuals and organisations across Essex to fairly and effectively resolve family matters (financial or child related), workplace issues and or business disputes. Mediation is a cost effective way of resolving disputes saving considerable time, money and stress for all parties concerned.



Call Sandy or visit her website to find out how she can help resolve a family, workplace or business dispute.



01277 554046 • 07947 534 756 •

www.legalmediation.co.uk • sandy.brown@legalmediation.co.uk



Providing reliable and trustworthy support

Home Help Service

Dog Walking Cleaning Shopping

Heating Meals Doctors/Hospital Appointments

WE ARE A LOCAL FRIENDLY SERVICE PROVIDING RELIABLE AND TRUSTWORTHY SUPPORT
PLEASE CONTACT US FOR "ANY LITTLE THING" THAT YOU MAY NEED

Call us: 01268 928878 01277 554068

PUZZLES & TRIVIA



PUZZLES

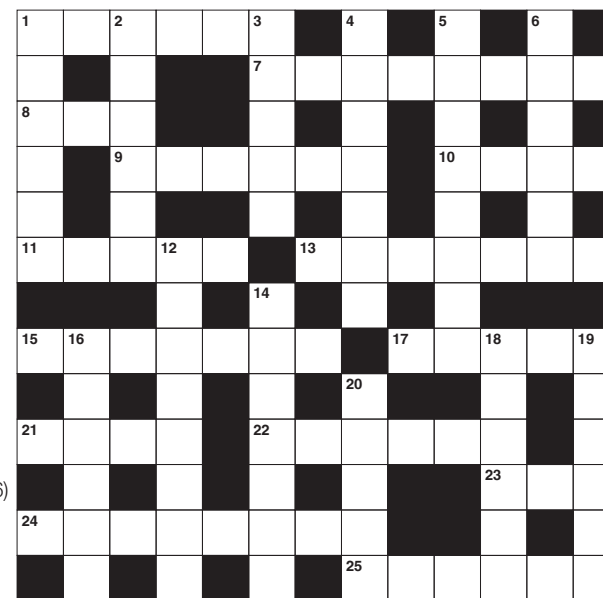
Answers can be found on the Contents Page 4

ACROSS

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

DOWN

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



16. Public speaker (6)

18. Domesticating (6)

19. Matures (of fruit) (6)

20. Original (5)

DID YOU KNOW

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

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

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

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

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

SUDOKU

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

THE NEW £10 NOTE

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

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

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

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

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



Photo Credit: GettyImages



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



Kem & Amber

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



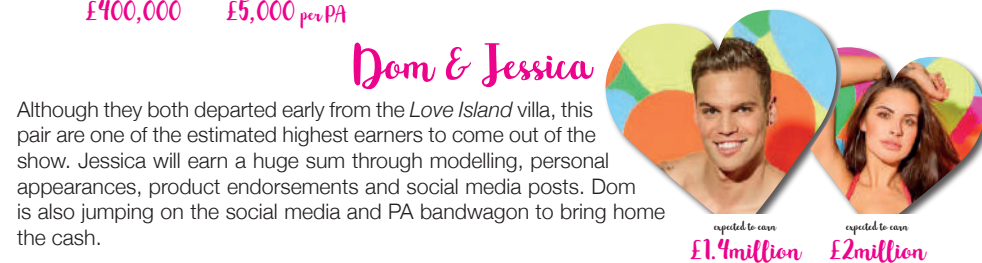
Alex & Montana

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



Marcel & Gabby

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



Dom & Jessica

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



WHAT'S ON *in your area*

Charity Lunch

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

Come and enjoy a snack lunch and a drink for £4 between 12.30pm and 1.30pm.

The proceeds this month are going to the Pelvic Radiation Disease Association, giving support and information to pelvic cancer survivors. There is no need to book.

Basildon Mayor's Summer Tea and Cake Party 204 Noak Hill Road, Billericay, Cm12 9UX Sunday, September 10

Meet and mingle with Mayor David Harrison between 1pm and 4pm at this event hosted by Be Child Cancer Aware – one of the Mayor's chosen charities of the year.

Entry is £1 or free for Beads of Courage members who bring their beads. There will be an afternoon tea and cake party as well as a raffle, refreshments, face painting, String of Strength bead making and Beads of Courage bag making.

The event will raise awareness and funds for the Beads of Courage programme that is provided free to all UK children being treated for cancer.

Kids' I-Spy- Art Trail

**Billericay High Street, Billericay
September 11 – September 23**



Aimed at infant school children, they can take part in their own art trail by looking at pictures in selected High Street venues and answering 10 I-Spy questions.

Some may do this with their schools, others with their families, but everyone can take part. Every child

that completes the I-Spy sheets will earn an 'I did the Art Trail' badge.

The Hopkirks

**The Billericay Constitutional Club, 1A High Street, Billericay, CM12 9BE
Sunday, September 17**



The Hopkirks will be coming to The Billericay Constitutional Club between 2pm and 4pm to play their mix of 60s, 70s, 80s, 90s and 00s song. They will play a wide range of classic popular music all with three or four part harmonies.

Question sheets will be available from Billericay Library from Monday, September 11. Completed forms can be handed in at a Kid's Art and Craft Session in exchange for the badge.

Reflexology Open Morning

**Billericay Reading Rooms, 73 High Street, Billericay, CM12 9AS
Saturday, September 23**

The Billericay Reflexology Support Group is delighted to be opening its doors as part of the Association of Reflexologists World Reflexology Week.

Therapists have offered to be on hand for visitors to come and chat about anything reflexology related. There will also be 20 minute taster sessions in facial, foot and hand reflexology. There will also be a prize raffle and refreshments with all proceeds going to St Luke's Hospice.

Entry is free and open to all ages. However, visitors are asked to make a £10 donation to St Luke's Hospice for any treatments received.

FREDERICK ANDREWS LTD AUCTIONEERS & VALUERS

**NEXT
AUCTION
15 SEPT**

HERE ARE SOME OF THE REASONS TO USE OUR SERVICES...

- ➡ Local Billericay salesroom, plus two in Kent
- ➡ Over 30 years experience
- ➡ Online bidding platform via easylive.com
- ➡ Account settled 15 working days after auction
- ➡ Competitive trade commission rates
- ➡ Free catalogue available via our website

OUR SALES ARE EVERY
FOUR WEEKS ON A FRIDAY
Entries any day (excl. sales day)

OPENING TIMES
Mon - Fri 8.30am - 4.30pm

**FROM A SINGLE ITEM TO A WHOLE HOUSE CLEARANCE
WHY NOT GIVE US A TRY?**

We hold monthly free valuations days, please ring the office to make an appointment

www.frederickandrews.uk

01277 224599 ➡ auctions@frederickandrews.co.uk
Unit 1, Maltings Road, Battlesbridge, Essex SS11 7RF

theatre groups

Children's sports youth clubs trampolining
comedy bowls

KARATE tennis floristry VOLUNTEERING

dance

FILM judo

football

tai chi

choirs

SEWING

swimming

RUGBY

creative writing

weight loss

50+

mindfulness

PAINTING

Personal training

poetry

pottery

SHOWS

EXHIBITIONS

under 5s

art classes

badminton

fitness

activities

music

yoga

sub aqua

BOOK CLUBS

walks

cooking

drama

JAZZ

SCULPTURE

table tennis

pilates

tennis

tennis

tennis

tennis

FOR PEATY'S SAKE

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

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

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

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

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

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

UNBOLTED

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

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

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

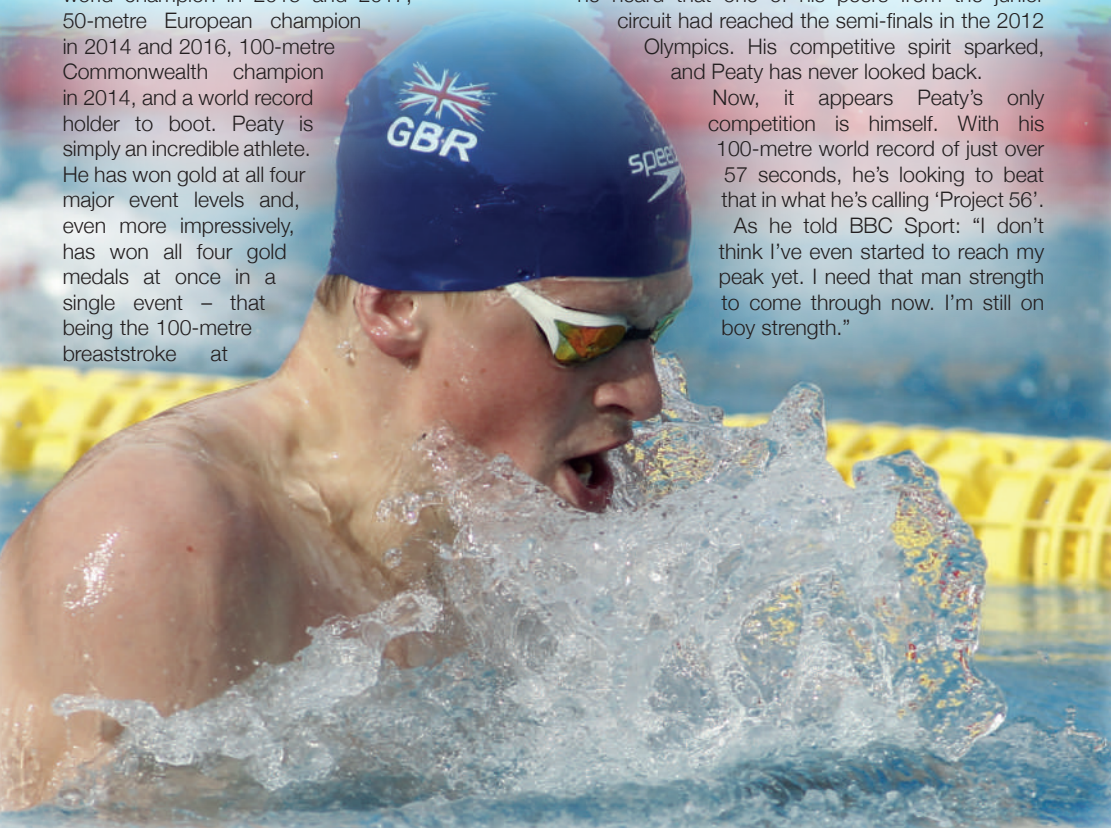
Bolt is a man whose influence stretches well outside the world of sport – a modern hero who has talent, charisma, confidence and humility in abundance.

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

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

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

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





MOTORING

CLEAN AIR, Do Care

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

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

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

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

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

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

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



BILLERICAY SERVICES

M: 07980 547727 T: 01277 621672
E: chris@billericayservices.co.uk
WWW.BILLERICAYSERVICES.CO.UK

HOUSE MOVES
OFFICE MOVES
GENERAL D.I.Y
MAINTENANCE
DECORATING
DELIVERIES
COLLECTIONS
CLEARANCES
GARDENING



MAN WITH A VAN
no job too big or small

 /BILLERICAYSERVICES **FULLY INSURED
5-STAR RATING FREE QUOTATION**

TIME

SCAFFOLDING SOLUTIONS LTD



We are a family run business offering a competitive and comprehensive scaffolding service for all domestic and commercial projects.

WE COVER ESSEX & LONDON

**Think ahead, think
TIME SCAFFOLDING**
www.timescaffolding.co.uk  

01277 554056 | 07935 432 543
info@timescaffolding.co.uk



**First
Call
Gas Services**

**CALL US 24 HRS A DAY
FOR ANY EMERGENCY CALL OUT**

- ✓ Boiler Breakdown Service ✓ Boiler Repair & Installation
- ✓ Heating Maintenance ✓ All Plumbing Requirements
- ✓ Powerflushing ✓ All Work Guaranteed
- ✓ Gas Safe Engineers

www.firstcallgasservices.co.uk
For a FREE No Obligation Quotation
CALL 01277 562075   

YOUR LOCAL Trades and Services

**YOUR LOCAL MOBILE
LOCKSMITHS**



**FREE
CALL OUT
OAP
DISCOUNT**

ATCL LOCKSMITHS

CALL US ON 01277 554 043
01708 453 168 | 07968 940 678







ADVERTISE your company here

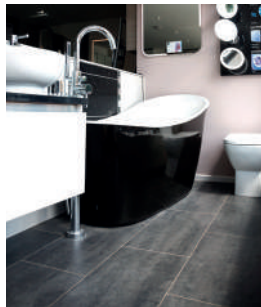
**call
01277
554045**
ask for Nik



Ring me



VISIT OUR SHOWROOM



**WANT YOUR BUSINESS
TO GET MORE BUSINESS?**

...just ask us how



*We have a readership of over 50,000 every month
across Brentwood, Billericay & Hornchurch*

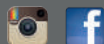
we also do...leaflet distribution & designing artwork



01277 653656

info@acebathrooms.co.uk
www.acebathrooms.co.uk

3 Alma Link, Billericay, Essex CM12 9GF



BRENTWOOD & BILLERICAY

t: 01277 554045
e: brentwood@visionmag.co.uk
e: billericay@visionmag.co.uk

HORNCHURCH

t: 01708 578049
e: hornchurch@visionmag.co.uk
follow all 3 magazines @



J. OAKLEY'S

LIGHTING & INTERIORS



Home ● **Furnishing** ● **Lighting**
Interiors ● **Mirrors** ● **Candles**

Tel: 01277 653100

148 High Street, Billericay, Essex CM12 9DF

Email: admin@joakleylightingandinteriors.co.uk

Web: www.joakleylightingandinteriors.co.uk

Open Monday - Saturday 10.00am - 5.00pm. Closed Sundays.



Follow us on

