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# Editor's notes...



Nik Allen, Editor

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

Have you ever been guarding a secret, but it's something you desperately want to share with the world?

The past few months I've been experiencing exactly that, but I can now proudly announce that my wife, Kathleen, and I are expecting our first child in November.

I'm a mixture of delight, excitement, some anxiety and a heck of a lot of pride. We've already spent hours looking for everything we need to prepare for our new arrival.

A friend of mine shared his own nugget of advice about preparing for the patter of tiny feet. "Get in plenty of sleep, because you'll need it."

If any of you have any pre-baby advice feel free to contact me. I'd love to hear from you.

We also have some more big news (unless Mrs A tells me we're expecting twins).

This time around it's to do with the magazine. From our August editions, **VISION** will be delivered to homes in Shenfield and Hutton due to the success of our **VISION** titles.

In this month's local news, free weekend parking is set to be reinstated, a local author releases her debut novel and parents are appealing for the public to get involved in a charity fundraiser.

I hope you enjoy this month's edition.

*Nik*



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# Kylie Minogue

## REINVENTING THE ICON

As princess of pop Kylie Minogue celebrates her 50<sup>th</sup> birthday, we look at the Aussie's phenomenal career, and her recent reinvention as a bejewelled country star.

There are few popstars who could boast a three-decade long career, record sales of over 80 million and enough awards and triple platinum discs to fill a warehouse. And yet, when it comes to Kylie Minogue, the media seems to fixate on one thing: her relationship status.

Part of this is down to the fact that she recently celebrated her 50th birthday, looking as fabulous as ever in a series of photoshoots to mark the impressive milestone, with polaroid snaps of her birthday bash revealing her dancing the night away at London's exclusive Chiltern Firehouse with new beau Paul Solomons, the creative director of GQ. Meanwhile, her many fans and admirers ask how could someone so beautiful, talented and successful, not have settled down with the man of her dreams before now.

But then the mono-monikered popette has always danced to the beat of her own drum, and after winning our hearts as sparky mechanic Charlene in *Neighbours*, Kylie knew instinctively that her future lay in music. Her pop career began in earnest in the UK under the tutelage of 'hit factory' producers Stock, Aitken & Waterman, who steered the young singer towards a slew of number one hits and albums, with tracks like *I Should Be So Lucky*, *The Locomotion* and *Especially for You* (a duet with former *Neighbours* co-star and real-life lover Jason Donovan) becoming iconic hits of the Eighties.

By the early Nineties however, Kylie was growing

bored of her saccharine image. At the time she was dating fellow Aussie and INXS frontman Michael Hutchence, who seemed to fuel her desire to make darker, more complex music. Her fans weren't so sure, and although her 1995 collaboration with Australian artist Nick Cave for the song *Where the Wild Roses Grow* was a surprising highlight of this period, it seemed as if this might be the end of the road for the perky popstar.

But Kylie had other ideas, and when she returned in the new millennium wearing gold hot pants for the video of sublime disco hit *Spinning Around*, the world fell in love once more. Since then, Kylie's career has maintained a steady pace, though her personal life has had its turbulent moments. Aged 36, she was diagnosed with breast cancer (which she subsequently beat), then just last year she admitted to suffering a nervous breakdown following her split from fiancé Joshua Sasse.

Proving that she is as buoyant as her famous curls, Kylie always bounces back, making a triumphant return earlier this year with country-inspired record *Golden*, which zoomed straight to the top of both the UK and Australian charts.

Arguably, such impressive success deserves praise, not consternation at her decision not to bear children, because as generational music icons, few can ever hit the heights reached by Kylie Minogue.







# Nelson Mandela

## A MAN OF THE PEOPLE

ON THE CENTENARY OF HIS BIRTH, ROYAL CORRESPONDENT CHARLES RAE LOOKS BACK AT NELSON MANDELA AND HIS RELATIONSHIP WITH BRITAIN.

Nelson Mandela walked into a room with the Queen in Durban, South Africa. He briefly left her side as she talked to another guest. I suddenly found myself standing next to the great man and he turned to me and said: "Isn't Elizabeth wonderful?"

Slightly taken aback and wondering who he was taking about, I asked, "Who is Elizabeth?"

Mr Mandela, who had retired as South Africa's first Black president a few months earlier in 1999 looked astonished and pointed at the Queen and said: "Elizabeth of course, your Queen."

I was shocked as I had never heard anyone be so familiar with Her Majesty. I knew her family name was Lilibet and that the Duke of Edinburgh sometimes affectionately called her "Cabbage".

If that left me surprised, I was more shocked when I spoke to his daughter Zindzi who told me that when Mr Mandela and the Queen were alone together in private he called her "Lizzie".

If anyone could pull it off, it's the late South African president. He and "Lizzie" were quite close—she signed letters to him with "Your sincere friend, Elizabeth R."

She referred to him as Nelson.

The couple had become great friends ever since his release in 1990. Eighteen of those years were spent on Robben Island, off the coast of Cape Town. He had been jailed in 1963 after being found guilty of trying to overthrow the government.

The Queen had shown a remarkable piece of judgment. After all, Mrs Thatcher had called Mandela a terrorist in Vancouver in 1987.

The world mourned when he died in 2013, aged 95.

This month (July 18) marks the centenary of his birth.

Although he spent his life fighting Britain's colonial legacy in South Africa, Nelson Mandela was an Anglophile. The roots of his close and contradictory relationship with Britain were in his childhood.

Born into a tribal aristocracy in the Transkei, the seven-year-old Rolihlahla Mandela was sent to a Christian mission school.

It was the custom then for all the African boys to be given English names, so on his first day his teacher renamed him Nelson Mandela and a man of the people was born.

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# ARTIX

## THE BISCUIT

In an aesthetic sense, the humble ceiling regularly fails to get the credit it deserves. Done properly, it can really enhance the sensation of space and light, leading to happier, uplifted homes. And we've all felt the claustrophobic, limiting and oppressive sensation that low, dark ceilings can bring.

Yet in an era where we're being told that intuitive interior design should embrace technique, texture and originality, have our ceilings found themselves stuck in an era of mass-market monotony, with sweeping, flat, (usually) white spaces giving the impression that huge expanses of the Arctic Circle have taken up residence in kitchens, living rooms, bedrooms and bathrooms?

It wasn't always like this, either. Readers of a certain age will remember the Artex trend of the 1970s. Artex is a surface coating that can be moulded and manipulated to receive a textured finish, usually with a striped or swirled pattern. It gave rise to a number of creative 3D designs that had home DIYers dancing on the ceiling with creative abandon.

But all good DIY trends have their day, and Artex's came up against a number of potential problems as tastes changed. Firstly, the random nature of the effect made repairs almost impossible. Consumers also switched on to the idea of spotlights and the need for false ceilings, while even a simple cover-up of these bumpy, bobbly designs proved a mammoth task (either in sanding or plastering over) that many ventured never to Artex again.

Oh, and the final nail in the coffin was the small matter of asbestos – until the mid-1980s, white asbestos was added to Artex to strengthen it – and we all know the dangers associated with inhaling the mineral's microscopic fibres.

While Artex certainly defined a generation of amateur interior designers, it's commonly accepting now that plain designs are best for eliminating shadow, whilst also allowing light to move across a space, and this peculiar trend has probably had its day.







# Ice Cream COLOURS

Indulge in this delectable home décor trend which is good enough to eat

Ice cream is officially in. But if you're on a diet, don't worry, for this home décor trend is calorie free. You see, we're talking about knitted throws and cushions in sumptuous strawberry sorbet shades, rugs that are the colour of vanilla and mint choc chip cones, and vases which look like they've been dipped in rich raspberry ripple.

Basically, it's the perfect style for summer, and is a great way to brighten up your home without splashing out on a full redecoration. Though if you do have a room in your home that needs a lick of paint, Dulux has released some delectable ice cream-themed shades within their Easycare range, including Vanilla Sundae, Soft Peach and Pretty Pink.

For just a hint of mint (or cherry or violet), consider hunting out some soft serve furnishings. A cheery green vase perhaps filled with blush pink roses, a lemon lampshade, or even an art print with delicate splashes of colour. Table cloths and throws are another way to brighten up dull or dreary furniture, while a candy floss-scented candle both looks and smells delicious.

You could even have a go at making something yourself. For example, there is a popular marbling craft trend at the moment which can help you create wonderful pots or vases. Start by spraying your piece with white enamel paint, then once dry, fill a larger pot with warm water and pour in up to three different shades of nail varnish. Swirl using a toothpick, then dip in your vase. Before you know it, you'll have your own cherry or blueberry swirl design. Yummy.





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## THE RISE OF THE Super Pantry

As a nation we are falling in love with our larders all over again but now they have evolved; enter the rise of the super pantry.

Whether you want to give your existing pantry a makeover or create one from scratch, we can help you be the envy of all your neighbours with the below top tips.

### THINK FUNCTIONALITY

Remember above all else a pantry should be an effective storage solution for any items that you do not want on show in your kitchen. Accessibility is vital; place heavy equipment at an easily reachable level, light items such as herbs and spices on the top shelves and any items you want your children to be able to help themselves to at the very bottom.

### STYLE IT UP

Think of this space as an additional room in your house, it needs to have its own personality. Colour co-ordinated storage containers are a must; we

love pastel colours and mint in particular will make your pantry look fresh and clean. Feature wallpaper can be used to effectively inject some fun into this practical space, while well-placed lighting will brighten up any dark corners and help you keep track of all your kitchen supplies.

### PLAN AHEAD

It is vital that you think about what you want from your new pantry before you storm ahead putting up shelves and picking colour schemes. You need to account for every cabinet, container and drawer to ensure you maximise the use of this amazing storage space.

### ORGANISATION IS KEY

Labelling is essential, and we love chalk paint and pens for a homely yet stylish look that is easily changeable to adapt to your pantry. Glass jars offer visibility and stock rotation helps avoid food going out of date.



HOME & DIY

Photo credit: [www.fromgreatbeginnings.com](http://www.fromgreatbeginnings.com), Pinterest: [www.containerstore.com](http://www.containerstore.com)





# MAKEOVER MAGIC

FIVE SECRET, COST-EFFECTIVE TIPS TO GET YOUR FURNITURE GLEAMING AGAIN

## Revive with coconut oil

If your wooden surfaces or leather upholstery are looking a little lacklustre, they probably just need rehydration and nourishment. But you don't need to splash out on fancy furniture polish or beeswax, as a little coconut oil will do the trick just as well. Start by giving the surface a wipe down with warm water and soap, and when dry, apply coconut oil to an old rag before thoroughly rubbing into furniture.

## Use vinegar to naturally stain wood

If you have a wooden table that's looking patchy, or you just prefer a new finish, you can stain naturally with vinegar. Simply combine one cup of vinegar (balsamic for a dark effect, apple cider for a lighter colour) with one cup of water and leave in a bucket for 24 hours with a steel wool pad. Then paint this solution onto your wood – note: it will look significantly lighter when wet (not darker, as you may expect).

## Remove stains and marks with everyday products

Forget the harsh chemicals, by mixing up a solution that's three quarters vegetable oil and a quarter vinegar, you can get rid of most superficial wood marks – just rub on and leave. For leather, try using lemon juice, or for tough stains, rub in alcohol.

## Shine up glass and mirror surfaces

Got smears that just won't budge? Start with a microfibre cloth to remove dust, then mix a solution that's half white vinegar and half water in a spray bottle. Apply and then buff with microfibre. Finish with a rub of scrunched-up newspaper.

## Fill nail holes with wood

What's the best material to fill a hole in wood with? Wood, of course. Depending on the size, use a toothpick, or wooden skewer to fill the space, cut it to the right size and fix with a little wood glue. Sand to finish.



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# LOCAL NEWS

from your neighbourhood

## Author releases debut novel

A Billericay author has released a book inspired by her family history.

*The Coal Boat* by Sam Kirk is a daring novel exploring the frustrations of the time with wit and sensitivity.

Sam is a granddaughter of coal miners and grew up in Morpeth, Northumberland.

It was whilst living there that she became fascinated by the colliery rows and was deeply affected by family tales of personal frustration and hardship, told with customary Geordie humour and a noticeable absence of self-pity.

Find yourself becoming fascinated by the coal miners from the North and the glamour of bohemia in the south as our leading lady Nancy fights for her freedom from family, tradition and her past.

Frustrated by the suffocating cultural apathy of her 1930s northern pit community, teenager Nancy dreams of pursuing an emancipated life in London.

When her escape strategy derails, Nancy is forced to carve an alternative path to freedom. Swept into a heady bohemian London lifestyle, Nancy soon learns that a life lived without restraint comes at a price.



As the consequences of her actions mount, she faces a future defined by her past and by life choices made that will reverberate through time.

*The Coal Boat* is a stunning debut novel that will make you question your own moral values and beliefs. It is available from Amazon.

## Free weekend parking to be reinstated

Free weekend parking will be reinstated in car parks owned by the council.

The leisure, culture and environment committee agreed to revoke fixed charges of 50p for up to an hour and £1 for all day parking when it met on Wednesday, June 13.

The changes will come into effect from Saturday, July 7 with free parking available in Billericay High Street and Radford Crescent in Billericay.

Three car parks in Wickford will also benefit.

A historical £7 charge for Billericay High Street car

park before 9.30am will remain in place to deter all day parking and free up spaces for short-term use by shoppers.

Cllr Kevin Blake, chairman of the leisure, culture and environment committee, said: "This is great news for shoppers and traders alike and is a simple way of encouraging residents to use local businesses instead of travelling elsewhere.

"We are committed to supporting our town centres and our growing economy, which is why we have decided to reinstate free Saturday parking."

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# ON PATROL WITH... THE PASTORS



Street Pastors have had a good month since our last report. We are pleased to get affirmation from different aspects of the community who understand what we are trying to do.

We patrol our night time economy in many towns across Essex and the UK and in fact have projects overseas. To see our total coverage, visit the Ascension Trust website.



It is exciting to see the development as a sub project of school pastors. We are currently training 17 volunteers who will be helping out in two senior schools later on this year with some of the pastoral issues that arise. We are very keen to support schools across our community and we may set up more projects next year if these ones are well received.

We continue to build relationship with other

organisations including the Samaritans, police, SOS Bus and council.

We have nearly reached the end of this season's training but if you are interested in becoming involved, are over 18, available for training and are embedded in a local Christian church, then why not come out and shadow a patrol to see if it's for you?

Contact us via Facebook or Twitter or email [Billericay@streetpastors.org.uk](mailto:Billericay@streetpastors.org.uk)

## Parents back fundraising campaign



The parents of a little girl who was born at just 27 weeks are encouraging the community to join in with The Sick Children's Trust's Big Chocolate Tea fundraising campaign.

Charlie and Ross Ferrington, from Billericay, are asking for people to help the charity support more families like theirs when their child is seriously ill in hospital by raising money.

When Eva was born she weighed just 830g and required specialist treatment at The Royal London Children's Hospital – more than 30 miles from home.

Whilst Eva fought for her life on the hospital's neonatal intensive care unit (NICU), Charlie and Ross were given free 'Home from Home' accommodation run by The Sick Children's Trust.

Eva's mum Charlie said: "Eva became very distressed during labour, so much so that she'd actually inhaled meconium, which is extremely toxic.

"A day later, I finally set eyes on Eva."

The doctos at Basildon Hospital had problems regulating Eva's blood pressure so she was transferred to The Royal London Children's Hospital.

Charlie continued: "We were introduced to The Sick Children's Trust, a charity which runs free 'Home from Home' accommodation. When we were told there was a room for us at Stevenson House I burst into tears because I felt so relieved that we would be so close to Eva."

Charlie and Ross are encouraging people to take part in The Sick Children's Trust's national fundraising campaign, Big Chocolate Tea, to raise at least £30 per event so that the charity can support another family for one night in a 'Home from Home'.

Photo credit: Charlie and Ross Ferrington



# BILLERICAY TOWN FC

Photo credit: Nicky Hayes Photography



## Positive signings as BTFC get fit for National South campaign

Fans have had several exciting new signings recently.

On June 18, the Blues announced the capture of striker Moses Emmanuel. On June 14, Town signed young goalkeeper Josh Strizovic. On June 13, the Blues announced the arrival of midfielder Simon Walton from National League side Sutton United. On June 7, the arrival at the AGP of centre-back Rickie Hayles, from Dulwich Hamlet, was confirmed. Just 24 hours earlier, former AFC Wimbledon left-back Callum Kennedy signed a two-year contract.

Other new arrivals include centre-back Joe Ellul and pacy, right-sided wide-man Connor Hunte who signs from Greenwich Borough via Kingstonian.

Moses Emmanuel has some league experience picked up during his two-season stay at Brentford. He also spent time with Bromley where he scored 35 goals in 82 appearances.

Josh Strizovic came through the ranks at Braintree Town and spent time at Waltham Forest on loan before joining Burnham Ramblers.

Simon Walton is a former England U16, U17 and U19 international. He began his career at home-town club, Leeds United, where he featured in the

Championship.

Rickie Hayles is a very familiar name to most BTFC fans since he played at the heart of the Dulwich Hamlet defence last season. Rickie offers strong leadership, aerial presence and enhances defensive solidity.

Callum Kennedy comes in to BTFC as a specialist left-back. With League One experience, Callum is an experienced performer, impressive passer and good free-kick taker. He offers options within a back four or as a wing-back. Starting his career at Swindon Town, after one season at Scunthorpe United, he spent four years over two spells at AFC Wimbledon split by a season at Leyton Orient.

News of Joe Ellul's return gave everybody a lift at Billericay Town. Joe represents a link between the past, present and future of the club. He offers strength, physical power, and strong aerial threat in both boxes.

Connor Hunte, an ex-England U16 and U17 international, is a product of the Chelsea FC academy. He moved to Wolves in the summer of 2014 and made several substitute appearances. At Kingstonian, from November 2017, Connor featured regularly on the right-wing for the Bostik Premier outfit.

This article is taken from the Billericay Town website.



## #TogetherWeSailAsOne



## Citizen and Young Citizen of the Year announced



Photo credit: Billericay Town Council

The town council announced its Citizen and Young Citizen of the Year recently.

The Citizen of the Year for 2018 was awarded to Kay Baker for her work with the Scouting movement.

In the past few years Kay has been running Scouts, Cubs and Beavers due to the lack of long-term volunteers. Kay has also supported young leaders gaining experience and working towards the Duke of Edinburgh Awards.

In addition, she has been an active supporter of the British Legion, contributing to the Poppy campaign and Remembrance Service.

Young Citizen of the Year was awarded to Jasmine Regan. As part of 2393 (Billericay) Air Cadets Jasmine has attended almost all of the community activities that the Air Cadets have been involved in, including litter picks, the Round Table fireworks display, church services, community gardening projects and the Christmas lights switch-on.

Cllr Jim Devlin presented Kay with her award at the Scouts' annual AGM on June 13 and Jasmine received her award at the 2393 (Billericay) Air Cadets presentation evening on June 16.

## News from the local policing team

Basildon Community Policing Team have had a busy month dealing with issues raised by Billericay residents.

Inspector Steve Parry said: "Following a meeting with local councillors earlier in the month and building on from last month's activity, 'Operation Quiet' has been launched. This operation has been set up to tackle youth related anti-social behaviour, with efforts focussing on the town centre and Lake Meadows in particular.

"Working alongside the safer roads partnership, the community policing team have commenced operations to address driving standards and behaviour.

"An ANPR (automatic number plate recognition) operation and a schools-based initiative have started off the campaign and are already seeing success (and provided a fantastic opportunity for school children to meet us). A number of initiatives are planned for coming months.

"The town centre has seen an increased visible presence by officers, focussing on the night time economy, a presence we look to maintain through the warmer months."

## Group of dads prepare for 100-mile challenge

The father of a boy who suffers from Duchenne Muscular Dystrophy (DMD) will be taking part in the Prudential RideLondon with a group of local dads.

John Shippey, from Billericay, will take on the 100-mile bike ride alongside John Barnes, Johnny Ryan, Craig Perrin, James Dowlen, Phil Dean, Lee Fisher, Ian Dickinson, David Dadds, David Beever and Roy Stevens.

They will be raising money for Harrison's Fund, seeking to find a cure for DMD which is a life-limiting muscle wasting disease which has no cure.

The team hope to raise £5,500 for the challenge.

Kerry Shippey, John's wife, said: "The team are hugely motivated and excited, and very much looking forward to the huge challenge.

"They have been training hard in recent months. It's truly amazing to see everyone's commitment, dedication and passion to collectively come together for the cause."

Kerry is asking for the local community to get behind the team.

She continued: "The team need the whole community behind them to help raise more money and reach the target, as well as raise crucial awareness of Duchenne Muscular Dystrophy."

To donate, please visit [uk.virginmoneygiving.com/Team/Cure4GeorgeRideLondon](http://uk.virginmoneygiving.com/Team/Cure4GeorgeRideLondon)



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Advertorial

Flood your home with natural light – many of our clients are creating a stylish new living space flooded with natural light. Imagine an inspiring contemporary design feature not only enhancing your lifestyle but also adding value to your home.

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We are continually upgrading extension roofs into beautiful orangery style extensions. Another option, also very popular, is to totally revamp an existing conservatory into a stunning and thermally efficient structure allowing all year-round use.

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Before



After





# Crazy 'BOUT CORDEN



After upping sticks for the US three years ago, James Corden has become one of the biggest names in world entertainment, yet it's refreshing to find Uxbridge's most famous export hasn't lost any of his tenderness, humility or down-to-earth charm.

He presents one of the biggest talk shows in the world, stars in Hollywood blockbusters and calls Harry Styles his best mate. In December, he welcomed his third bundle of joy, Charlotte, and despite a burgeoning family life, remains hopelessly in demand for shows and events on both sides of the Atlantic.

With all the showmanship and perfect appearances that are required for TV work, it follows then, that if an opportunity arises to get a job done by putting in a little less effort, James Corden grabs it with both hands. Like his recent turn voicing the imitable Peter Rabbit in Sony's adaptation of the Beatrix Potter classic. 'Voicing' being the operative word. For to play the woodland scamp, the 39-year-old simply had to turn up in a recording booth... naked, if he wanted. "Any job where I don't have to make any effort with my appearance... where I can turn up looking like a hot mess, is fine by me," he laughs.

Cheeky, charming and affable as ever, it isn't hard to wonder why the star has enjoyed stellar success, though no one could have predicted he would crack America with such ease. But since taking over from Craig Ferguson as host of CBS's *The Late Late Show*, Corden's fanbase has swelled, as has his bank balance. His popularity is mostly down to a perfectly delivered, self-deprecating sense of humour, though is helped along by an impeccable contacts book, which has seen the likes of Justin Bieber, Mariah Carey and Adele booked for his brilliant *Carpool Karaoke* skit.

But away from the glaring spotlights, Corden likes to keep his life simple. Yes, he is mates with some of the biggest stars going, but outside of work the Brit loves nothing more than relaxing at his home in LA with wife Julia Carey, children Max, seven, Carey, three, and their recent new-born. Family life provides a necessary anchor in the sea of celebdom, as he jokes that his kids don't give a fig about his illustrious career. "They've got bigger fish to fry - I'm just dad. I do the dishes and make funny faces; that's all I'm good for," he jokes.

Having made his name in the late 1990s with the BBC Three sitcom *Gavin & Stacey* - which he co-wrote and starred in with his *Fat Friends* co-star Ruth Jones - Corden is living proof that anything is possible. For here is a man who started out with no connections to Hollywood, and who certainly doesn't boast the looks of your average film star. Yet his last role was opposite some of cinema's hottest and most celebrated stars, in the *Ocean's 8* all-female reboot starring Sandra Bullock, Cate Blanchett and Rihanna.

"*Ocean's 8* was really fun," he says with a grin. "I mean, with a cast like that, you know it's going to be incredible.

"I still count myself as lucky every day. To be successful is all I wanted, but as time goes on, you come to realise that to be happy and to feel loved is much more important."



Photo credit: Coco Van Oppens, Adrian Rogers, Bret Hartman





BECOME AN

# Eco Warrior

WITH YOUR VERY OWN ALLOTMENT SHED

**D**o you have a love for all things homegrown and fancy dipping your toes in sustainable living but don't have a lot of outdoor space? Building or converting an allotment shed could be the perfect solution for you.

### Utilise recycled materials

In keeping with the sustainable vibe, try to source as many recycled materials as possible; old pallets are perfect for building a shed from scratch, used tyres are ideal to create raised vegetable beds and recycled water bottles make great hanging planters.

### Create space to escape

It is just as important to create a place to relax in your shed as well a place to store your garden appliances and grow produce. Don't shy away from interior design; injecting your personality into your shed will make you want to spend more time in it, as will a comfy, upcycled chair.

### Be environmentally friendly

Lighting can transform a shed from dank and damp to warm and inviting; invest in solar panels to create

ambience and to allow you to enjoy the space late into the night without any detrimental effects to the environment. For the winter months a wood burning stove is a must-have; logs are considered a carbon neutral fuel and therefore much greener than gas or electric heaters.

### Know your limits

Building a green space on your shed roof is a brilliant way to create an allotment with limited space, but this type of project is not for beginners. Drainage, weight distribution, possible planning permission and choosing suitable plants are all important factors. If you are not an experienced gardener then it might be best to start small with a selection of veg you can grow in your shed such as tomato plants, lettuces, potatoes and a selection of herbs.



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# Day to day fun!

Even the phrase 'summer holidays' can leave most parents feeling anxious at best, terrified at worst. Six whole weeks with your darling offspring to entertain day in and day out can be an overwhelming task to prepare for.

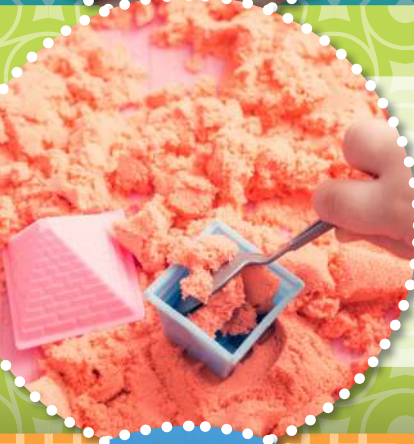
Fear not. We have put together a full week's worth of hands-on activities that you can do at home without breaking the bank. We just hope you don't mind getting your hands dirty.

## Monday




Start the week off strong with a super easy **two ingredient slime** recipe. All you need is PVA glue and Aldi's Almat Bio Gel. Pour roughly 250ml of glue into a bowl and add one teaspoon of gel at a time, mixing as you go until the slime no longer sticks to your fingers. Get creative and add food colouring and glitter to your slime.

## Tuesday




Build a fortress with DIY **kinetic sand**; so much cheaper than the shop bought product and the kids will never know the difference. Simply bake 2lbs of sand at 120 degrees for 5 hours. Then, mix one bottle (5oz) of clear glue with one cup of liquid starch until you have a runny slime consistency. Gradually add a spoonful of the slime to the sand until you get the desired effect.

## Wednesday




Create their favourite animals or insects with **salt dough figures**; hours of endless interactive and imaginative play, and that's after the fun of building the figures. To make the salt dough mix  $\frac{1}{2}$  cup of salt with 1 cup of flour, then slowly add  $\frac{1}{2}$  cup of water and knead the dough until the texture is ready to use. Acrylic paints work best on this type of dough.

## Thursday




Experiment in the kitchen but with no burnt fingers in sight with our **no bake peanut butter oat square**. Simply melt 1 cup of peanut butter and  $\frac{1}{2}$  cup of honey until smooth and then mix with 3 cups of rolled oats. Add the mixture to a greased pan and place in fridge to set. For a healthier treat try homemade fruit kebabs.

## Friday



Strengthen their little fingers (great for handwriting) and have them in fits of laughter with **cornstarch goo**; it's basically homemade quicksand. Just gradually mix cornstarch with water and you are off.

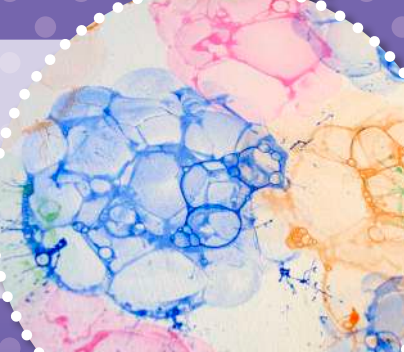
## Saturday



Create their very own ice cream parlour with **cloud dough**, super-easy to make and with minimal mess; a win-win situation for all. Simply mix 1 cup of baby oil with 8 cups of flour and you are ready to go. Set out some ice cream scoops, spoons and tubs, and let their imagination do the rest.

Photo credit: FrogsandSnailsandPuppyDogTail.com

## Sunday



**Bubble painting** is the ideal way to end the week; this activity can be altered to suit children of all ages and abilities and creates beautiful, colourful artwork that your kids can proudly show off. All you need is bubble mixture, food colouring, bubble wands and lots of painting paper.



KIDS





# Summer Shades

On the catwalk this year we saw an exciting combination of contemporary design mixed with retro influences in men's sunglasses. Make sure you are bang on trend with our pick of top five styles that showcase some of this summer's hottest looks in eyewear.

## METAL FRAMES

Say goodbye to acetate frames and hello to striking gold and silver ones. Perfect for men that like a lightweight frame which screams sophistication.

## THE CHARLESTON FRAME

A nod to the charmingly stylish era of the 1920s, the Charleston frame is guaranteed to update your look in an instant. With a round frame and a distinct retro feel, this frame is ideal for those wanting to look effortlessly cool this summer.

## ROUND VINTAGE GLASSES

If you only buy one pair of sunglasses this year, make sure they are round and small framed; think back to the '90s when sunglasses were simply shaped. Embrace this decade full throttle and look for a pair with tinted lenses; another top trend for 2018.

## D-SHAPED FRAMES

Fancy looking super sexy on the beach as well as on the morning commute? D-framed sunglasses are instantly noticeable by the sharp straight line across the rim and are a perfect balance of futuristic cool and nostalgia. If you have a square-shaped face this is definitely the sunglass style for you.

## MODERN OVERSIZED AVIATOR

This classic style takes on a contemporary twist by going super-size this season; a combination of deep lenses and squared brow means this style suits nearly all face shapes. And who doesn't want to look a bit like Tom Cruise in *Top Gun* this summer?



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## THE POWER OF

# Primer

**D**id you know that by simply applying a tinted primer before your foundation you can mask a multitude of skin complaints? Start using colour correction for a perfect complexion today.

### PURPLE FOR SALLOW SKIN

If you are fair-skinned and prone to unwanted yellow undertones, purple and lavender shaded correctors are what you need to achieve brighter, glowing skin.

### GREEN FOR ACNE-PRONE SKIN

Skin that is prone to acne, rosacea or even blushing can benefit from a green primer as it can help to mask any redness on your face. If using a green primer, always apply foundation afterwards as it can make you appear ill when used on its own.

### PINK FOR TIRED-LOOKING SKIN

Had a few too many late nights? Too little sleep combined with sugary foods that you have most likely consumed for a much-needed energy boost can leave your skin looking dull and exasperate any early signs of ageing. Pink primers add luminosity to all skin tones which will help disguise any fine lines and leave you looking fresh even if you are not feeling it.

### YELLOW FOR VISIBLE BLOOD VESSELS

Those with light skin can struggle to hide unsightly blue-purple blood vessels that are sitting beneath the skin. Yellow primer can help minimise the appearance of dark blue tones without the need for excessive concealer. Darker skin tones can also take advantage of this shade of primer by using it to enhance their naturally darker complexion beneath foundation.

### PEACH FOR SUN-DAMAGED SKIN

Sun worshippers can use peach primer to hide the detrimental effects of the sun on their skin such as age spots, dark circles and any unwanted pigmentation. However, this only masks sun damage, so always protect your skin from the sun with a suitable sunscreen.



# Travel BUG

**I**f travel sickness means you dread long journeys, these helpful dos and don'ts may serve you well on your next vacation.

✓ **DO** choose the best seat. The front of the car, the middle of the aeroplane over the wing, or the lower levels of a ship are where you should be.

✓ **DO** have a steady flow of fresh air.

✓ **DO** be prepared. If you are prone to sickness, take antihistamines the night before, then on the morning of your trip. If you only think you might be sick, pack hyoscine tablets such as Kwells, which can work within 15 minutes.

✓ **DO** dose up on ginger. Studies have shown that this warming spice can really help travel sickness. So, take ginger capsules half an hour before travelling, have ginger candies in your bag (from health food stores) and if you are sick, drink plenty of water to overcome the effects.

✓ **DO** trust in acupressure. Travel bands around your wrist work by stimulating a specific pressure point; but if you don't have these, try holding your thumb firmly on the middle of the underside of your wrist.

✗ **DON'T** sit backwards. These conflicting motion cues can discombobulate the hardest of travellers.

✗ **DON'T** have constant air con on. The cold air will dehydrate you and the warm air will increase your sense of nausea.

✗ **DON'T** suffer in silence. Strike up conversations, play games and do whatever you can to stop your mind fixating on the sickness.

✗ **DON'T** eat too much pre-travel. If you know you are prone to sickness, eating a huge greasy meal before you start, or travelling hungover, will make your life hell.

✗ **DON'T** be ashamed. Worrying will only make your sickness worse, so take precautions and carry sick bags just in case... but mostly, relax.





TRAVEL



# MASTERING THE BASIC Languages

Travelling to a new country can be a daunting experience, especially if you have a family to look after or are travelling alone. However, simply learning a few basic words and phrases before you go can make the world of difference when you first arrive in an unknown environment.

1. Let's start with an obvious one, **Hello**. It is common courtesy at the very least to know how to greet people when visiting their country. It will instantly put a smile on yours and their faces if you can say hello in their language.

- Spanish:** Hola (oh-Lah)
- French:** Bonjour (boh-n -zhoor)
- German:** Hallo (ha-Loh)
- Italian:** Ciao (chow)
- Turkish:** Merhaba (mare-ha-ba)

2. **Goodbye** – In many cultures it is considered rude to not say farewell to someone when leaving them so make sure this is one of the phrases that you learn and remember before travelling abroad.

- Spanish:** Adiós (ah-dee-ohs)
- French:** Au Revoir (ohr-vwahr)
- German:** Auf Wiedersehen (ouf vee-der-zey-en)
- Italian:** Arrivederci (ahr-ree-veh-dehr-chee)
- Turkish:** Hoşçakal (hosh-cha-kal)

3. **How much is this?** – What is a holiday without a little bit of shopping? Learning how to ask how much something costs is a key phrase when trying out the art of haggling.

- Spanish:** ¿Cuánto es? (koo-ahn-toh es)
- French:** Combien ça coûte? (kohn-byan sa kooht)
- German:** Wie Viel kostet . . . ? (vee feel kos-tet . . .)
- Italian:** Quanto costa? (kwahn-toh koh-stah)
- Turkish:** Ne kadar? (nay-kad-ar)

4. **I am sorry** - Always a good phrase to know where ever you are in the world.

- Spanish:** Lo siento (Loh syehn-toh)
- French:** Je suis désolé (zhuh swee day-zoh-lay)
- German:** Es tut mir leid (es toot meer lied)
- Italian:** Mi scusi (mee skoooh-zee)
- Turkish:** Özür dilerim (ouz-ur dill-ear-im)

Other useful phrases you may want to look up include;

- Where is the bathroom?
- I need help
- Where is the nearest hospital?
- I don't understand



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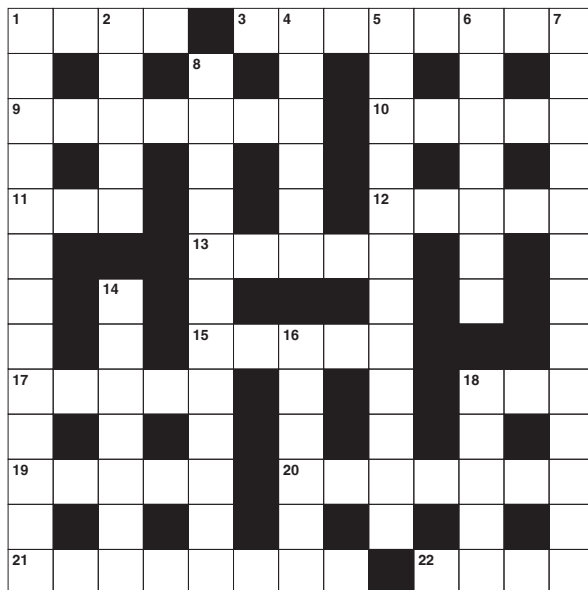
# PUZZLES & TRIVIA

## ACROSS

1. Moved through water (4)
3. Fighters (8)
9. Annoying (7)
10. Spring flower (5)
11. Definite article (3)
12. Possessor (5)
13. Recommended strongly (5)
15. Silk fabric (5)
17. Data entered into a system (5)
18. 23rd Greek letter (3)
19. Prize (5)
20. Break a rule (7)
21. Outer (8)
22. Pottery material (4)

## DOWN

1. Perfect likeness or double (8,5)
2. Foot joint (5)
4. Getting older (6)
5. Evergreen shrub (12)
6. Elongated rectangles (7)
7. Magnificently (13)
8. Spanish adventurer (12)
14. Insert in a person's body (7)
16. Jewel from an oyster shell (5)



## DID YOU KNOW

- ▶ Indonesia has around 120 active volcanoes.
- ▶ The Maldives will one day disappear as it will be swallowed up by the sea.
- ▶ Almost all of the electricity produced in Norway is clean and renewable.
- ▶ The Great Wall of China is over 13,000 miles long.
- ▶ Spain produces nearly half of the world's olive oil.
- ▶ Dubai has several of the tallest buildings in the world, including the tallest structure and tallest hotel.
- ▶ There are more than 300 languages spoken in London.
- ▶ The water of geysers in Iceland are around 100 degrees Celsius.

## SUDOKU

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

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# WHAT'S ON

*in your area*

## Charity Lunch

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

**July 7, 12.30pm – 1.30pm**

A tasty two-course snack lunch and drink for only £4.50.

This month we are supporting the Whitechapel Mission who serve the homeless and marginalized by providing a day centre, skills training and career advice, making a positive and lasting difference to vulnerable men and women.

There is no need to book. Call 01277 622297 for more information.

## Together for Safer Communities

**Langham Hall, Langham Crescent, Billericay, CM12 9RD**

**July 9, 7pm – 9pm**

Basildon Council has launched a second series of Together for Safer Communities meetings to promote crime prevention and provide reassurance to residents.

The Housing and Community Committee agreed on February 27 to extend the initiative following the success of its first nine meetings, which took place between September and November 2017. As a result of the sessions, three new Neighbourhood Watch schemes were established and more than 11,000 crime prevention materials were handed out including personal alarms, purse bells, card defenders and property marking kits.

The new meetings will take place between June and October 2018, giving residents the opportunity to discuss their community safety concerns. Essex Police representatives and local ward, county and parish councillors will be invited to attend.

The meeting will be chaired by either cllr Barnes or cllr Henry.

## Badminton in Billericay

**Billericay School Sports Centre, School Road, Billericay, CM12 9LH**

**Every Wednesday, 8pm – 10pm**

The New Billericay Badminton Club is a friendly mixed group of about 20 people who play every Wednesday from 8pm - 10pm at Billericay School Sports Centre.

We are of mixed ability and background, looking to expand our numbers particularly in mixed doubles and invite anyone along, whatever their level, for a taster for a charge of £6 a night.

The group gets together socially periodically and plays tennis on a Tuesday in summer. Please come and join us.

## Billericay Fire Station Open Day

**Billericay Fire Station, Laindon Road, Billericay, CM12 9LL**

**July 15, 10am – 5pm**



Come along to Billericay Fire Station on Sunday, July 15 for our summer fire station open day.

We will have lots of fun things to do and see. Take a close up look at our fire engines and see what we do everyday in our job.

It'll be a fun-filled family day out.

## MinimaGig 2018

**The Chequers, 44 High Street, Billericay, CM12 9BQ**

**July 21, 3pm – 11pm**



This year's MinimaGig will be held at The Chequers, Billericay on July 21.

Acts confirmed so far are: Sans Wilfred, The Lemoncurd Kids, More Tea Vicar and Carver. More acts to be confirmed.

Free entry. Hog Roast. Kids welcome. Bring your bouncing shoes.





# It's PIMM'S O'Clock



The thought of a cool glass of Pimm's on a hot summer's day is enough to send anyone running to their nearest supermarket. And although we love a classic Pimm's, we have three fabulous alternatives using summer fruits and herbs that are perfect for impressing your friends.



## Pimm's Ginger & Peach Punch

### YOU WILL NEED:

260ml Pimm's | 750ml ginger beer | 500ml lemonade | Mint leaves | 2 peaches, halved, stoned and cut into thin wedges | Ice cubes to serve

### HOW TO MAKE:

Put peach wedges into a cocktail pitcher | Add a generous handful of ice cubes | Pour in Pimm's, ginger beer and lemonade | Top with mint leaves

## Pimm's Tropical Fruit Fusion

### YOU WILL NEED:

400ml Pimm's | 800ml pineapple juice | 200ml sparkling grapefruit juice drink | Half a chopped mango | 1 sliced kiwi fruit | Quarter of lime | Mint leaves | Ice to serve

### HOW TO MAKE:

Pour the Pimm's and pineapple juice into a cocktail pitcher | Add the mango, kiwi and ice cubes | Squeeze in lime juice and then throw in the wedges with the mint leaves | Top up with the sparkling grapefruit drink, stir and enjoy



## Pimm's-icles or Pimm's Ice Lollies

### YOU WILL NEED:

500g of halved strawberries | 10 mint leaves | 75ml Pimm's | 100g caster sugar | 20 thinly sliced cucumber pieces

### HOW TO MAKE:

Blend the strawberries and mint until smooth | Pour the mixture through a sieve to remove any seeds | Stir in the Pimm's, lemonade and sugar until dissolved | Add the cucumber pieces to 10 individual ice lolly moulds and pour over the mixture | Freeze for 45 minutes and then insert lolly sticks | Continue to freeze until solid | To serve, dip the mould in hot water, then slowly remove the lollies



Photo credit: urbanbuzz / Shutterstock.com

## ON THE MONEY

Financial advice from our financial adviser Andy Costin  
Contact 01277 654153



## DIVIDEND ALLOWANCE REDUCTION FROM APRIL 2018

In the Summer Budget 2015, the government announced that dividend taxation would be reformed from April 2016 by replacing the Dividend Tax Credit with a £5,000 dividend allowance and increasing the rates of tax payable on dividends in excess of the new allowance by 7.5 percentage points in each band, to 7.5% for basic rate, 32.5% for higher rate, and 38.1% for additional rate. Previously, a basic rate taxpayer paid no tax on their dividend income; only higher rate or additional rate taxpayers paid tax on their dividend income.

### INDIVIDUALS AND BUSINESSES AFFECTED

In the Spring Budget 2017, it was announced that the £5,000 dividend allowance would be reduced from £5,000 to just £2,000 for dividends paid on or after April 6, 2018. The Chancellor, Philip Hammond, said that the reduction was designed to "address the unfairness" around the dividend allowance, which he described as "an extremely generous tax break for investors with substantial share portfolios". He said that about half the people affected by the reduction in the allowance were directors and shareholders in private companies.

The cut in dividend allowance is likely to have a significant effect if you are a company director and take dividends as part of your remuneration package. Self-employed people often provide their services through companies, paying themselves a small salary which they top up with dividends to reduce their tax bill.

This change will directly affect those individuals with investments that are held outside tax-efficient wrappers such as ISAs and produce more than £2,000 of annual dividends. One of the ways to mitigate this tax hike is to make full use of tax-efficient wrappers, putting your investments into an ISA or a Self-Invested Personal Pension (SIPP) if these products suit your investment needs and objectives.

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

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# HAIL MARY

THE QUEEN OF THE HIGH STREET WAXES LYRICAL  
ON BUSINESS, LIFE AND FACING FEARS

From humble beginnings in Watford, retail expert and TV star Mary Portas has rose to the highest heights.

Her stellar career has seen her become a board member of Harvey Nicholls by the age of 30.

She went on to run her own highly successful retail consultancy and star in popular shows on national TV.

At a recent conference she talked candidly about her past, present and her brilliant approach to business you couldn't help but be moved, motivated, entertained and inspired. Especially as Mary is such a powerful advocate of empowering women in society to soar to heights unimaginable in less enlightened times.

Here are some of the gems from Mary. Not only do they help people in business, but they are wise words to help us all get the most out of all aspects of our lives.

Mary's background was an interesting one.

Her story started on the tough streets of Belfast during the time of the Troubles.

Sectarian violence was a daily occurrence. And Mary's parents were that often targeted rarity – a cross sectarian relationships between a Catholic and a Protestant.

To escape the troubles her family moved to England. It was a toss up between Watford and Dagenham. Watford won, and the Portas family moved into a terraced house in Windsor Road.

But the stability of her family life was shattered when her mum died. Mary was only 16 years old.

Her grief-stricken father died just three years later.

At just 19 years old Mary was thrown into being the head of her family.

But rather than shrink she grew quickly into the challenge. The rest as they say is history.

A super successful career, massively popular TV shows, a respected figurehead and champion of independent businesses, a mum, partner and loyal

friend – it's fair to say this Wonder Woman has done well, very, very well.

HERE ARE PORTAS POWER POINTERS:

- **When a business is not making money, you must take risks.**

- **Be relentlessly persistent** – she phoned Harrods dozens of time looking for a job – finally she got one at the world's most famous store.

- **Always innovate in your business and life**

- **Get people excited about what you do**

- **Only do things that make your soul sing**

And one final gem from Mary...

She told a story about how terrified she was before her interview as a talented youngster at the world famous Royal Academy of Dramatic Arts.

Almost paralysed with fear her tutor told her a poem that she has never forgotten and we'd all do well to remember when faced by fear and seemingly an overwhelming situation.

Here it is in all it's beautiful brevity.

**Come to the edge,  
we might fall...**

**Come to the edge,  
it's too high...**

**Come to the edge...  
and they came,  
and he pushed,  
and they flew.**

CHRISTOPHER LOGUE

MaryPortas.COM  
PHOTO CREDIT







# ARE YOU SURE

## *you're insured?*

THE SIMPLE MISTAKES THAT MAKE YOUR CAR INSURANCE INVALID

Even when we're the person suffering a bump, a scrape, a dent, or worse still, are witnessing your cherished family ride conked out on the hard shoulder of the M1, insurance companies have a canny way of making us feel like the guilty party.

And although the reputation of these insurers is better now than in the past, simple mistakes can see your insurance pay-out reduced significantly and, in some cases, taken away completely.

So follow the four tips below to ensure you get what you're owed:

### RENEW AND REFRESH

When your renewal comes around, think about what's happened in the past year. Some companies auto-renew, meaning points gained in the last 12 months don't automatically get added. And yes, you've guessed it, when it comes to claiming, they'll be asking why these weren't declared.

It's not just about underpaying for insurance, either. Say you're claiming having lost control of the car and there are points on your licence for speeding... well, in their eyes, two plus two might well equal four.

Update predicted mileage, a new job location, any car modifications and even family pursuits... drag racing, for instance.

### PUT YOUR CLAIM IN THE FAST LANE

If something happens to your car on the Monday, call your insurers on that day, not Tuesday, not Wednesday, not the week after. Delayed reporting raises suspicion levels.

### AS GOOD AS YOUR WORD

Perhaps your vehicle requires special maintenance on a regular basis; perhaps you've said it's parked off-road, yet it's been sat on the grass verge of a busy A-road. If your policy states certain conditions must be fulfilled, make sure they are.

### YOU AND YOU ALONE

If your insurance states you're the sole driver then it has to be you behind the wheel, however tempting it is for your mate to drive you back from the pub.

vehicle insurance claim form

**DECLINED**



# BEFORE THEY WERE FAMOUS

## *the men*

The life of a professional sportsman is full of glory and fan adulation – but for many of those who went on to make a name for themselves under bright stadium lights and in front of roaring crowds, there were far more menial jobs to be done along the way.

### *Roy Hodgson*

In spite of his less than glamorous exit as England manager, Roy Hodgson first worked as a PE teacher at Albyn's School in south London. He left the capital in 1976 to embark on a successful early career in Europe, working in Sweden, Switzerland, and Italy, but never Iceland.

### *Jamie Vardy*

One of the crowning jewels of Leicester City's incredible 2015 Premier League triumph, Jamie Vardy's journey to the top of the English footballing elite has been deemed worthy of an upcoming Hollywood biopic. But for the Sheffield-born striker, those early days of non-league obscurity were played alongside being a full-time factory worker, making medical splints.

### *Babe Ruth*

Widely considered one of the greatest baseball players ever to grace the diamond, and one of the five first inductees of the sport's Hall of Fame, George 'Babe' Ruth learned to be both

a proficient carpenter and shirtmaker during his time at a reformatory and orphanage, and even during The Bambino's high-flying time with the Yankees, Ruth would adjust his own shirt collars.

### *Graham Hill*

As suave a speedster as ever there was, Hill – the only man to win the coveted Triple Crown of Motorsport (the Monaco Grand Prix, Le Mans and the Indianapolis 500) – only passed his driving test at age 24. Before this, he was an apprentice engineer at Smith's Instruments, and even spent some time with the Royal Navy aboard HMS Swiftsure, rising to the rank of Petty Officer.

### *Neville Southall*

Widely considered one of the greatest goalkeepers ever to grace British football – and Wales' all-time appearance maker to boot – Southall came into the beautiful game relatively late having worked as a binman, waiter and hod carrier, the first of these becoming the inspiration behind his autobiography *The Binman Chronicles*.



*See Before They Were Famous: the women in next months issue...*



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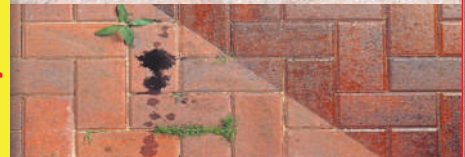
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