

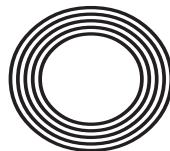
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billericay@visionmag.co.uk  
brentwood@visionmag.co.uk

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Vision Magazine Essex

FOUNDER | Nik Allen CREATIVE DIRECTOR | Misha Mistry  
CO-ORDINATORS | Rebecca Fryer, Kim Plater, Amy Pollard  
CONTRIBUTORS | Charles Rae, Tabatha Fabray

Editor's notes...



Nik Allen, Editor

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

So, the dust has well and truly settled on what was a marvellous World Cup.

The England team surprised us all and we now have a manager who the players and most of the nation believe in.

For me Gareth Southgate was the star of the show for England. He oozed relaxed charm and class, was honest and open with the media.

We got to see the person behind a lot of the players and it turns out most of them are very nice young lads living the dream.

The pressure they must have felt before the semi-final is something extraordinary.

And talking of pressure I'm feeling it too, but thankFully it won't involve a penalty shootout.

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

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

In this month's local news, a folk dance club is looking for members, the community comes together for the Billericay Summerfest and a youth group is looking for donations to help support local people.

I hope you enjoy this month's edition.

Nik

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

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

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

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

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

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

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

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

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

Photo credit: REX/Shutterstock

# Trump's TEMPESTUOUS TRIP



# WHAT DO YOUR *dreams*



# *really mean?*

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

## 1. TEETH FALLING OUT

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

## 2. RUNNING AWAY

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

legs not working or feelings of being stuck.

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

## 3. CHEATING SPOUSES

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

## 4. BEING NAKED IN PUBLIC

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



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# Back to THE FUTURE

HOME & DIY

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

## Pick an old-school colour scheme

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

## Get some retro gadgetry

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

## Scour the vintage shops

Having the odd piece of vintage furniture will

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

## Buy branded signs

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

## Add whimsical touches

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







# BUG OFF

## HOW TO BEST PEST-PROOF YOUR HOME

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

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

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

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

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

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

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

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

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



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# FLOORED BY cleaning

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



## CARPETS

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



## WOODEN FLOORS

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



## SLATE/TILES

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



## VINYL

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



# LOCAL NEWS

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## Community celebrates Summerfest

Residents came together to attend Billericay Summerfest recently.

The event, organised by the Rotary Club of Billericay Mayflower, was held on July 8.

A spokesperson from the Rotary Club of Billericay Mayflower said: "The event went well. The numbers were a little lower than usual, but this was probably because of the heat and the England match the night before.

"However, those that were there gave us great feedback as to how much they'd enjoyed the day.

"Highlights included the great stage acts such as Blame Wayne, Laura Davidson, Fusion Actz and others, Owls are Us, Brentwood Big Sing and Team Kinetix.

"Billericay Mayflower Rotary would like to thank the Billericay community for their support and look forward to seeing them again at Billericay Christmas Market on Sunday, December 2."

Special Inspector Ross Fenwick, from Basildon Community Policing Team, said: "It's great to be involved in community events like this.

"Talking to residents and working alongside our Volunteer Police Cadets is thoroughly enjoyable.

"This is just one of the many community events we get to be involved in as a Special."

Essex Fire and Rescue Service were also in attendance, NHS health checks were on offer as well as a number of charity information stalls and big displays.

## Folk dance club looking for new members

Billericay Folk Dance Club is looking for new members.

The group meets at WI Hall, St Ediths Lane, every Tuesday from 8pm to 10pm, excluding the second Tuesday of the month.

It only takes a short while to learn the basic steps and movements.

The dances are all walked through before you perform them and are then called while you dance.

Twice a year Billericay Folk Dance Club have a public dance, when members of other clubs join them for a very enjoyable evening of dance.

A live band usually plays at these evenings and well-known national callers normally attend.

Contact Helen by calling 01268 541059 for more details. You do not need a partner.





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# BILLERICAY TOWN FC

LOCAL NEWS BILLERICAY



Photo credit: Nicky Hayes Photography

## Excitement growing for Blues as kick-off approaches

With the start of the new football season just days away, The Blues will open their National League South campaign with a trip to Truro. The journey of 305 miles will be Town's longest of the season.

Three days later, Harry Wheeler's men have their first game at the AGP Arena when they take on Concord Rangers.

In early November, Town make history when they take on Torquay United in Devon for the first time in their history.

On Boxing Day, the Blues face an Essex derby when they travel to Chelmsford City with the return fixture coming just three days later.

The 2018-2019 season is due to end on April 27 with Bath City coming to Billericay.

Meanwhile Wheeler said he had been very pleased with the Blues pre-season preparations before Town got the campaign up and running with a 1-1 draw against Ebbsfleet United.

He said: "Pre-season has been bright and very sharp so far.

The players have applied themselves fantastically

throughout and went into the game in good shape. It's a great first game for us against a very well-run club with top facilities and we are looking forward to seeing where the players are physically and in terms of quality at this stage of pre-season."

Town started the pre-season with a creditable draw against National League side Ebbsfleet in Kent, Sam Deering cancelling out an early goal for the home side.

After a defeat to Evo-Stik League South champions Beaconsfield Town, Billericay travelled to Aveley to take on Isthmian League North Division side Aveley FC. Jake Howells, Sam Deering and Jordy Mangol gave the visitors an unassailable 3-0 lead.

At time of writing, the Blues were due to travel back to Kent to take on National League opponents Maidstone United. Thumping 5-0 wins recorded away at Isthmian Premier side, Folkestone Invicta, and, back at the Gallagher Stadium, versus Nottingham Forest U23s indicate that the Stones are gelling nicely ahead of the new League campaign.

There was further excitement for Blues fans as owner Glenn Tamplin said he would be unveiling two new signings at the Maidstone game.



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V19





# Youth group set up to help children



A group of volunteers are hoping to change the lives of young people.

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

The group gives somewhere for the children to relax and have fun. They offer activities such as arts and crafts and yoga.

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

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

Youth Matters has approximately 12 children attend the meetings, which are currently being held in Brentwood, however they are hoping to expand to also hold meetings in Billericay and are currently looking for somewhere to hold these meetings.

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

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

To donate, please visit [www.gofundme.com/youth-matters-brentwood](http://www.gofundme.com/youth-matters-brentwood)

If you'd like to attend, join Youth Matters on Facebook or Instagram.

## News from the policing team

Basildon Community Policing Team have been dealing with issues raised by Billericay residents. Inspector Steve Parry said: "In June's local community meeting, police visibility in and around

the town was raised. My team have provided a high visibility presence on the high street, engaging with the public and working alongside council licensing and volunteers.

"The team have continued to build on public engagement and were delighted to take part in Billericayfest 2018. Supported by the Special Constabulary and Police cadets, the community event at Barleylands saw younger members of the community really enjoying their interactions.

"Work has continued in relation to anti-social behaviour and drug activity. Lake Meadows has continued to see focus with a number of youths stop checked, intelligence gathered and positive action taken against individuals found in possession of cannabis.

"The team respond to all intelligence and a recent warrant in Billericay uncovered a cannabis cultivation. Investigation continues into two persons who have been arrested and interviewed for possession of a controlled drug with intent to supply cannabis. This case highlights the value of passing information through to either the police or Crimestoppers anonymously on 0800 555 111."

## Drugs and cash seized following police search

Officers seized drugs and associated paraphernalia when they executed a drugs warrant in Billericay recently.

On June 19, officers from Basildon Policing Team visited a property in Stonechat Road following information provided by the public.

Police seized more than 30 plants believed to be cannabis from the property's garage, loft, freezer and garden. Drug paraphernalia and £1,200 in cash was also seized.

A 28-year-old man and a 28-year-old woman have been interviewed in connection with the incident and at the time of going to print, investigations were still ongoing.

Anyone with concerns or information about drug dealing in their community can contact Essex Police on 101. Alternatively, they can contact Crimestoppers anonymously on 0800 555111.



Photo credit: Essex Police

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# Top OF THE Pots

A solution for brightening up small gardens and yards with big and beautiful potted flowers

GARDENING

These days, a large garden with an abundance of trees, plants, a vegetable plot and perhaps even a small area for herbs is a luxury few of us have. Our outside spaces have become gradually smaller, with little room to cultivate, and if you've not put roots down metaphorically, it's unlikely you'll want to invest in physical ones either. Consider then, pots: versatile, inexpensive and able to add colour and charm to even the most barren of landscapes.

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

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

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

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

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







# ROBBIE

## IS BACK ON THE BALL

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

.....

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

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

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

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

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

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



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# LOCAL NEWS

*from your neighbourhood*

LOCAL NEWS SHENFIELD



## Elizabeth line opening edging closure

The opening of the Elizabeth line is edging closure as some of the stops are nearing completion.

Shenfield will be home to a station serving the line, however this is not due to come into operation until December this year where services will run from Liverpool Street.

In May 2019, there is scheduled to be direct services from Paddington to Shenfield and from December 2019 the Elizabeth line will be fully open, with services running from Reading and Heathrow terminals through

to Shenfield.

Sir Terry Morgan, Crossrail chairman, said: "The construction of the Elizabeth line through the heart of London is one of the largest and most complex infrastructure projects ever undertaken in Europe.

"It has been made possible thanks to the skill and dedication of suppliers from every corner of the UK, who are not only using their expertise to deliver this project, but also other projects here in the UK and abroad."



## ATM stolen during ram raid

An ATM was stolen during a ram raid at a shop near Shenfield. Police were contacted several times at around 1.20am on July 20 after the Co-op in Rayleigh Road was ram raided.

The suspects, who were wearing dark clothing and balaclavas, used a Land Rover to crash into the front of the store before using an angle grinder to remove the cash machine. The three men then loaded the machine into a car before fleeing.

Detectives are continuing to investigate and are appealing for any witnesses. Police would also like to hear from anyone who may have seen the three vehicles travelling to the Brentwood area in the moments leading up to the theft.

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





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

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

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

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

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

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

## War memorial undergoes transformation



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

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

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

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

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

## BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



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

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

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

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

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

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



[www.alexburghart.org.uk](http://www.alexburghart.org.uk)





# BACK to SCHOOL Checklist

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

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

## Uniform

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

## PE Kit

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

**Secondary school** children may need the below additional items:

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

## Stationery

Whilst your child is still at nursery, infant and primary

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

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

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

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

## Other Miscellaneous Essentials

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

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

For this you will need:

- ☐ Name labels
- ☐ Fabric pen or Sharpie



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## MOLE REMOVAL – HOW TO KNOW IF YOUR MOLE IS HARMLESS OR LIFE-THREATENING

August 2018

It's summer time, and with more skin on show and foreign travel on the horizon we wanted to talk about moles.

It's all too easy to become accustomed to our predictable, brown dots. Our 'forever' skin marks which we've had for most of our adult lives. The trouble is that these neat, round companions can change over time. That's why we urge patients to take a fresh look at their moles, to help here's a guide from Dr Athreya, an experienced GP at our private Shenfield practice.

### What is a mole?

Moles are small coloured spots on the skin, often a brownish colour, although some may be darker or skin-coloured. They can be flat or raised, smooth or rough, and some have hair growing from them. Moles are usually circular or oval with a smooth edge.

Moles can change in number and appearance. Some fade away over time, often without you realising. They also sometimes respond to hormonal changes, for example during:

- pregnancy – when they may get slightly darker
- teenage years – when they increase in number
- older age – when they may disappear from 40 to 50 years of age onwards

### Benign or a cause for concern?

Most adults will have between 10 and 40 harmless moles on their body by the time they reach 40. Some may be unsightly and affect your confidence. They may also be a nuisance, for example if they regularly catch on your clothing or you cut them while shaving.

If a mole grows or you start to notice asymmetrical or jagged edges, increases in size, turns scaly or is becoming a concern with age then we advise you see a doctor who may recommend mole removal.



### Visit our surgery

At Essex Private Doctors our modern minor surgery suite is fully equipped to provide mole removal to patients. We have extensive experience in dealing with all sorts of skin conditions and are trusted by patients who require prompt treatment and investigation of moles which cause concern or are a nuisance.

**To read Doctor Athreya's full article, which includes Harmless Moles, Concerning Moles, Malignant Melanoma and Skin Cancer visit [essexprivatedoctors.com/mole-removal](http://essexprivatedoctors.com/mole-removal)**

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# Cannabliss

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

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

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

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

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

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

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

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





# Pearly WHITES



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

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

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

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

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

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## Fruit Cocktails

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

### Blood Limes

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



### Plumcots

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



### Cucamelons

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



### Kalettes

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



FOOD & DRINK



# PUZZLES & TRIVIA

PUZZLES

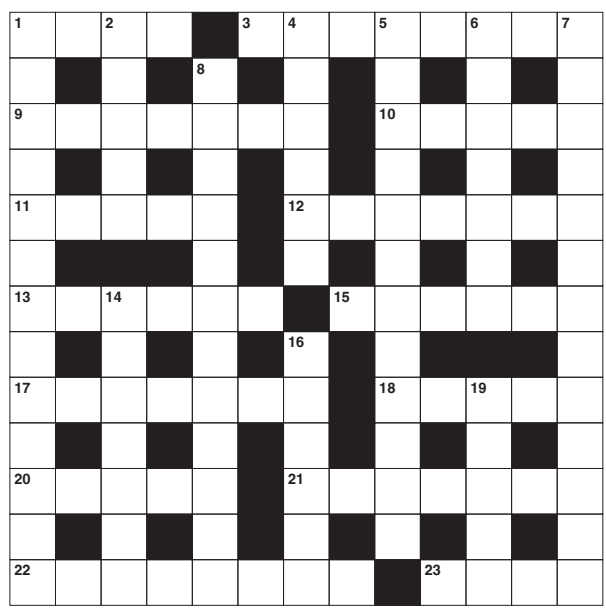
Answers can be found on the Contents Page 4

## ACROSS

1. Writing fluids (4)
3. Approximate (8)
9. Capital of Georgia (US state) (7)
10. Factual evidence (5)
11. Sends through the mail (5)
12. At a greater distance (7)
13. Repulsive (6)
15. Husky (6)
17. Redecorate (7)
18. Loft (5)
20. With a forward motion (5)
21. Eg anger or love (7)
22. Commonplace (8)
23. \_\_\_\_ verca: cosmetics ingredient (4)

## DOWN

1. Not proper (13)
2. Ovens (5)
4. Large sticks (6)
5. Imitator (12)
6. One more (7)
7. Fizz (13)
8. Modestly (12)
14. Get better (7)
16. Greek goddess (6)
19. Rotate (5)



## SUDOKU

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

## DID YOU KNOW

- ▶ Tennis was originally played with bare hands. Players would hit a small ball over the net with their hand.
- ▶ Netball was included in the Commonwealth Games programme for the first time in 1998. England won the bronze medal.
- ▶ The Ryder Cup was played for the first time in 1921 between the men's professionals of Great Britain and the USA. It was won by Great Britain.
- ▶ Bowling was first played with nine pins in the USA but it was outlawed due to being associated with drinking and gambling. Somebody added a 10<sup>th</sup> pin to keep the sport going.
- ▶ The first basketball game took place in 1892 where the court was half the size of today's NBA court.

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# 48 hours in COPENHAGEN

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

## FRIDAY 4pm - Shop 'til you drop

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

## 7pm - Dine like a king

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

## SATURDAY 10am - Museum hopping

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

## 1pm - Street feast

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

## 3pm - Go for a ride

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

## 10pm - Get crafty

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

## SUNDAY 10am - Soak up the culture

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

## 12 noon - Eat like a Dane

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



Photo credit: irisphoto1, trabantos / Shutterstock.com



# WHAT'S ON

## in your area

### Rosie's Day

Shenfield High School, Alexander Lane, Shenfield, Brentwood CM15 8RY

August 4, from 11am

Rosie's Day 2018 is an event organised to raise funds to help Rosie Day with her continued rehabilitation and physiotherapy.

Last years Rosie's Day was a massive success so this year we are going bigger and better.

We need you, your friends and families to come along and enjoy the day to ensure this year is as successful as last. Thank you in advance for your support.

### Mill Meadows Art Exhibition

Billericay Library, 143 High Street, Billericay, CM12 9AB

Starting August 4, 9am

The Mill Meadows Art Exhibition will be on display in Billericay library throughout August. It showcases a wide variety of paintings by local artists who have used a range of media to create work inspired by Mill Meadows past and present.

The exhibition highlights the many facets and special nature of Mill Meadows.

### Billericay Folk Dance Club

WI Hall, St Ediths Lane, Billericay, CM12 9BU

Tuesday evenings (except the second of each month), 8pm – 10pm

It takes only a short while to learn basic steps and movements.

Why not come and join us on Tuesday evenings for some gentle exercise and good company.

Beginners welcome. No partner needed. Call Helen on 01268 541059 for more details.

### Family Forest School – Mill Meadows Nature Reserve

Mill Meadows Nature Reserve, Billericay

August 16, 9.30am – 11am



Games, den building, crafts and muddy play finished off with a campfire and toasted marshmallows.

It costs £6 per child - adults go free. Places are limited. Children must be accompanied by an adult. To book please email [billericayforestschoool@gmail.com](mailto:billericayforestschoool@gmail.com)

### Summer Fun at Shenfield Library

Shenfield Library, Hutton Road, Shenfield, Brentwood, CM15 8NJ

August 28, 2pm – 4pm

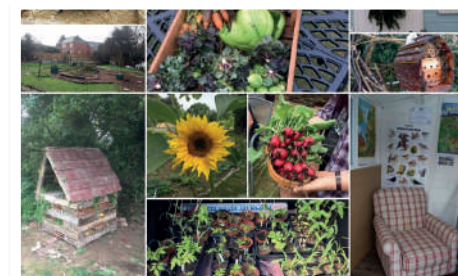
A weekly craft or fun event running during the Summer Reading Challenge.

For more information visit [www.libraries.essex.gov.uk/events/shenfield-library-events](http://www.libraries.essex.gov.uk/events/shenfield-library-events)

### Open Day

Billericay Community Garden, Church View, Billericay, CM12 9LD

September 1, 10am – 3pm



Come and join us in the beautiful community garden to see what's growing, meet the volunteers, check out the latest progress and newest developments, join in with digging and planting and enjoy a cuppa.

If you have any questions just email us at [billericaycommunitygarden@gmail.com](mailto:billericaycommunitygarden@gmail.com)

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September 14, 7.30pm

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Tickets cost £22. Visit [www.towngatetheatre.co.uk](http://www.towngatetheatre.co.uk) or call 01268 205300 for more information.





## PENSIONS JARGON – BUSTED

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

## ANNUITIES

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

## DRAWDOWN

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

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

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

# Til Death DO US PART

While it may be curtains for you, make sure it isn't for those you leave behind.

**L**et's have a conversation about death. After all, there's nothing to be afraid of – the chances are you won't even know anything about it, and depending on what you believe, you may well be back on planet Earth as someone else, or perhaps a soaring eagle or a stoat or something.

While we shouldn't fear 'the end', what should terrify each and every one of us is leaving our loved ones dealing with a financial hole or dispute as well as the woes of bereavement. Here are three things every adult should put in place for the sake of those close to them:

**GET LIFE INSURANCE...** If you're contributing in any way to the upkeep of others (in rent, in paying a mortgage, in childcare or simply providing food), it's essential you take out life insurance so that supply line continues long after you've gone. From as little as £5 per month, there is no reason not to.

As will any insurance policy, however, it is your responsibility to make sure you keep details updated, so inform your provider informed of any changes in health and lifestyle (positive and negative).

**MAKE A WILL...** While it's nice to think family will behave amicably when you've departed, this isn't always the case, and making a will offers clear, honest and specific instructions as to how your estate is divided. It can also help with minimising inheritance tax.

**BE ORGANISED...** The more information you leave for those around you, the less they will have to deal with at an already difficult time. A simple protected folder of key life documents (bank account and mortgage information, house deeds, birth certificates, passport, other policies, funeral ideas) will save them time, money and help keep emotions in check.

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# DRIVING EFFICIENCY

Five steps to ensure you are driving at maximum efficiency

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

## NIFTY FIFTY

Driving between 50-55mph is the optimum speed for the majority of modern engines and UK roads, and moving along at a sensible speed also optimises stopping distances so that you are not wasting fuel by repeatedly gaining speed and applying brakes.

## CLEARING OUT CLUTTER

Remember, when you press the accelerator everything that's in your car is being moved around with you, so declutter regularly or you're wasting fuel. Consider too who is on each journey – if it's just you heading to the shops, take out heavy child seats, your partner's overnight case and that old bike in the boot, or you're paying for the privilege of lugging them about.

## IDLING

Although the engines on new cars will cut out when the motor is stationary, the majority of vehicles will still sit idling, and this is the worst waste of fuel. Simply, if you're going to be sitting still for more than a minute, cut the engine and cut the cost.

## WIND IT UP

Driving with windows down reduces aerodynamics and means your motor is pulling in extra fuel just to cover the same distance. Although using your air con can also increase fuel consumption by up to 10 per cent, it's still the more efficient method.

## OVER-REVVING

Try to change gear before you hear that familiar strained rev, as overdoing it on your gears not only wastes fuel, but it's also the best way to wear out your engine.

# BEFORE THEY WERE FAMOUS

## the women

The life of a professional sportsperson 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.

### Kelly Holmes DBE

Double gold medal winner Kelly Holmes has become a national treasure with her amazing running prowess and strong work ethic. Brought up on a council estate in Kent by her mother, Kelly's life is truly a story of hard work and determination over adversity. Her road to success was not straightforward and she previously worked in a sweet shop and as a nursing assistant for the disabled before joining the army aged 18.

### Jayne Torvill OBE

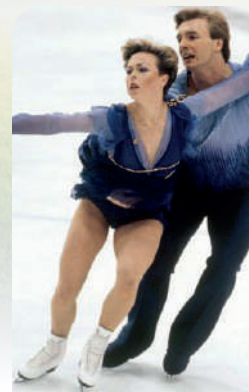
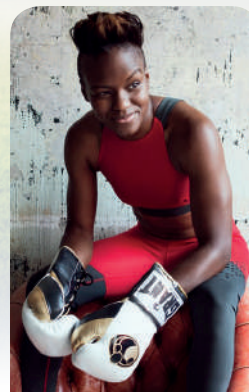
Instantly recognisable as one half of the famous duo Torvill and Dean, who revolutionised the sport of ice dancing with their gold medal win at the 1984 Winter Olympics, Jayne Torvill has continued to wow us as a judge on *Dancing on Ice*. But what most people don't know is that this passionate woman once worked as an insurance clerk at Norwich Union; she probably won't want to check our policies now.

### Nicola Adams

Now an Olympic boxing gold medallist and recently named as the most influential LGBT person in Britain, you would never imagine that Nicola Adams once worked as an extra on several soap operas including *Coronation Street*, *Emmerdale* and *EastEnders* and prior to funding into women's boxing was made, she also had a stint as a builder; perfect training for building up those famous muscles.

### Mary Peters DBE

Over her career Mary Peters set 25 British records, won gold in the 1972 Summer Olympics in the pentathlon and represented Northern Ireland at every Commonwealth Games from 1958-1974. She was and still is an inspiration to the people of Northern Ireland; bringing them together in a troubled time with strong leadership skills that she acquired as head girl of her school and later as a teacher.





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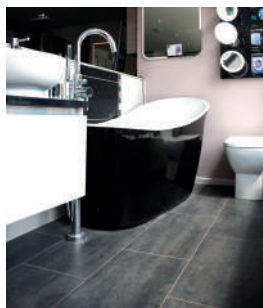


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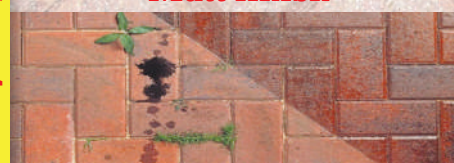
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