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FESTIVALS**

BEAUTY TAKEOVER

Kylie Jenner shaping the
beauty industry

LONG HOT SUMMER

The truth behind the soaring temperatures

Nadiya
HUSSAIN

Baking sensation takes over the small screen



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Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** BillericayShenfield. Last month we expanded our circulation and news coverage to go to homes in Shenfield for the first time.

I've put a lot of hard work into making it happen. But it wouldn't have been possible without you, the readers and the local businesses who advertise in our magazine.

In these days of Amazon's dominance and the High Street's demise it's never been more important to support local businesses.

So, when I see and hear about the support readers of the magazine give to advertisers it fills me with pride and optimism for the future.

While Amazon and the wider internet does have plenty of convenience and quality to offer I'd hate to think they'll ever totally replace our local stores and services which are an essential part of our communities.

On behalf of myself and my family I'd like to thank all our readers and advertisers for making it possible for us to grow and bring our magazine to even more local people.

In local news, a pub receives a horticultural honour, a schoolboy sets up his third business during the summer holidays and a woman is taking part in a sky dive to raise vital funds.

Thanks for reading,

Nik



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When rain started to fall in the first week of August, an audible sigh of relief emanated from commuters, the elderly, stay-at-home mums and dads, and even the odd child. As summers go, this one has hit some dizzying heights, as have the temperatures, so with things starting to cool off a little, we're left wondering if the crazy climatic shift that has singed us as well as most of Europe was a one-off, or a prelude to future summers.

Firstly, let's all relax – something it's easier to do now without breaking into sweat every time we reach for the remote control – because although this summer has been one of the stickiest ever, the concept of a heatwave isn't anything new. What has made the past few months remarkable have been the lack of a break in play and the relief of some light rain.

The sweltering conditions were caused by temperatures in the North Atlantic, which have affected the strength and direction of the jet stream, thus keeping us truly ensconced in this barrage of heat.

The result has been the hottest and driest summer on record, with a temperature of 32C or more recorded for 15 consecutive days. And, of course, we're not alone – the rest of the northern hemisphere has felt the effects too, with Portugal and Spain topping 48C and Ouargla in Algeria recording 51.3C.

Of course, any heatwave has its victims. As well as people unaccustomed to the heat and suffering the sometimes terrifying effects of heatstroke, the effect on nature sees wildfires commonplace, and this summer Greece and Sweden bore the brunt of some terrifying blazes, while Saddleworth Moor in Lancashire saw heathland alight for three weeks.

We won't know if this year's extreme temperatures were a one-off for about another 10 months when next summer rolls around, but average temperature across the whole of the year has been on the rise for the last couple of decades. In fact, by 2022, global increases are expected to break through the threshold put in place following the Paris climate change summit in 2015, which says we must not progress to more than 1.5C above pre-Industrial Revolution average temperatures.

And yes, climate change is now being taken very seriously as a contributing factor to this summer of extreme sun, but agreement differs still over where the line is drawn between natural planet temperature increases and those caused by human activity. Wherever the truth sits, the moves to combat global warming will continue... after all, the consequences (droughts, destruction of eco systems, rising of sea levels and increased spread of diseases) are too terrifying to consider. We are constantly reminded to reduce, reuse and recycle, to consider fuel usage (from the petrol and diesel we put in our cars to saving electricity and cutting back on air conditioning), to eat green, use local suppliers and even plant trees.

These are all small steps that, when combined, can produce tremendous, positive effects for our environment. They'll also ensure you can begin to enjoy the positive side-effects of the heat without the guilt... now how is that tan lasting?

The Heat is on



REMEMBERED

FACTS YOU MAY NOT HAVE KNOWN ABOUT 9/11

You may think you have heard everything about the worse terrorist attack in living memory, but has time allowed some of the most startling facts from Tuesday, September 11, 2001, slip away unnoticed. Here are five 9/11 thoughts...

FATHER MYCHAL JUDGE

The body bag marked Victim 0001 contained the corpse of Father Mychal Judge. Upon hearing that the World Trade Centre had been hit, he rushed to the site. The Catholic chaplain to the New York City Fire Department was asked to pray for the city and its victims. Judge prayed over the victims' bodies who were lying in the street and then entered the lobby of the North Tower where he continued to offer prayers for the rescuers, the injured and the deceased.

When the South Tower collapsed at 9.59am, flying debris entered the North Tower lobby killing many inside, including the Judge.

Despite others being killed before him, Judge was recognised as the first certified fatality as his body was the first to be recovered.

SURVIVORS

Only 14 people escaped from the impact zone of the South Tower, which was from floors 77 to 85, after United Airlines Flight 175 struck, with just four

people from the floors above making it out (through the only remaining stairwell, A). In the North Tower, no one survived either in or above the impact area.

COLLATERAL DAMAGE

Medical authorities, who conducted studies on the people affected by 9/11, published their findings in August 2013. They found that 1,140 people who either worked, lived or studied in Lower Manhattan at the time of the attacks had been diagnosed with forms of cancer as a result of "exposure to toxins at Ground Zero".

PRESIDENT NOT PRESENT

So great was the perceived danger to George W. Bush, that the 43rd President of the United States was whisked off in Air Force One and stayed in the air until intelligence believed it was safe to bring him back to the ground. His was the only plane in US airspace for eight hours.

WHITE ROSES

In 2013, a volunteer had the idea of placing a white rose on the name of each victim of the 2001 tragedy on the day of their birthday at Ground Zero. Every morning a member of staff at the 9/11 Memorial Museum checks to see who should be remembered on that day.

BEYOND THE AVERAGE

Diverse Care exists to provide excellent fostering to children who need us. We're not interested in being average, or OK, we want the best for our kids. With a local office in Billericay we have families all over Essex, doing life-changing work. We believe the key to our children doing as

"I've been in care since I was little. I've been in many places. I have never seen anything like this. It's better than anything anywhere else."



"Who I am hasn't changed. What is different is that I am now accepted and loved for who I am."

well as they are is to find the right people, and Ofsted certainly find that our children are doing well. We are rated as Outstanding, because of the combination of nurturing attitudes, fostering skills, professional resilience, innovation and progression.

We're small enough to be very personal, and big enough to have an extensive range of skills and expertise.

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ON TREND COLOUR

Clashes

HOME & DIY

Like peanut butter and jam, these colour combos ought to clash, but somehow they work like an interior designer's dream.

Rose and almost every blue

From electric to sky and royal to navy, there isn't a shade of blue that doesn't work beautifully with a delightfully dusky pink. Of course, which you choose depends on the effect you want to create. Pastel shades are more romantic and work particularly well when choosing bed linen and cushions; bolder blues make more of a statement; while a navy palette with hints of blush screams luxury.

Teal and raspberry

The antique green of teal with a bright splash of raspberry is a disarming combination, and one for the intrepid interior designer. It is better to use the former as the overall base for the room, and then utilise the red to accentuate with a lamp or velvet sofa, creating a mysterious and somewhat oriental atmosphere.

Grey and lemon

Grey is a gorgeous palette for interiors, but on its own it can feel dreary like an endlessly cloudy day. So, what's the cure for clouds? Sunshine, or in this case, bright, zesty lemon. And it really ought to be a daring hue to cut through, so seek out the most lip-puckering colour you can and add generous splashes of it.

Green and purple

This is a bit of a 'love it or loathe it' combo. Done right, it can make a room feel regal and luxurious, but mess it up and your interiors can appear stuffy or strange. The solution is to choose lighter shades for a more bohemian feel, or bolder colours that evoke nature over acidic lime and bright purple.

White and gold

Though it has flashy connotations, there is something about the buttery glow of gold against a clean white background that is wonderfully modern. So start out with the whitest of whites and heavily embellish with bling (photo frames, lamps, wall art...) to make your home a masterpiece.



HOME & DIY



Boho ON SHOW

In half a century, a trend that started in the wild, expansive outdoors of festivals such as Woodstock has progressed into a chic, stylish interior must-have.

At one turn it's hippyish, floaty and ever so slightly nihilistic, but boho these days isn't just all about flower-power and herbal cigarettes.

That's because 'modern boho' means something rather less wacky, with minimalism meeting maximalism in a celebration of bohemian style; where rustic fabrics, elegant patterns, shimmering tones and considered possessions morph closely in one area, before giving way entirely in other spaces to sweeping floors and contemporary skirting boards.

The great thing about this style is there's so much allowance for personal taste. The design trends that force us to subscribe to certain ideas and processes are rapidly being vanquished in this era of individualism, and the mass of possessions,

flavours, colours and textures that are ripe for composting with modern boho means that everyone – from goth to hipster, chav to yummy mummy – can style their own little nest.

Even when it comes to floors, permit parquet mixing in with elegant Moroccan tiles; consider fluffy rugs giving way to polished concrete – this is the style of the late noughties and, by its very nature, will allow you to update subtly as you see fit, without having to redecorate completely. You can even find a place for that garish lampshade your great aunt bought you.

If there's one piece of advice, it's to keep an eye on colours. White walls will paint your boho paradise in the best light, while brass and flexes of metal offer a beautiful offset.

To sum up modern boho, why not imagine vintage and contemporary meeting across a crowded bar, although for heaven's sake, don't for one moment try to suppose what sort of music they'd dance to.

Photo credit: greenweddingshoes.com and WayFair & HarpersBazaar

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ROCK A BYE Baby



HOME & DIY

It's where your little one will first take in the sights, sounds, smells and textures of life, so why not make their nursery enchanting and engaging, as well as practical?

Size it up

A size chart fixed on the wall is a brilliant long-term reminder of just how quickly your little one has grown up – either buy a themed chart for just a few pounds or make your own.

All change

You'll spend the first couple of years constantly changing your little one's nappies and pull-ups, and it's backbreaking work when hunched over a bed. Instead, by adding side strips to the top of a chest of drawers, and with a cushioned change mat fitted on top, you can create your own bespoke change table.

Get creative

A chalk board is the perfect solution for giving a youngster a designated doodling space, and may well prevent your walls being targeted instead. You can even reserve a space in the corner for a shopping tick list... Sudocrem please.

Light of my life

A safe light is essential for young ones puzzled by or fearsome of the dark, but better still is a dimmer so that different shades can reflect different moods, from story time to sleep time.

Sign your name

Spelling out your child's name on a feature wall is a great idea, but better still, turn it into a fun task by purchasing canvases and paints to create a brilliant display of your own that you can both create.

Baskets are best

Wicker baskets and boxes often stand out best in a room. They'll store inside draws and wardrobes neatly, yet if space is at a premium, they'll still look smart tucked under a bed or even arranged by a wall.





STAIRWAY TO *heaven*

The days of stairways merely operating as some sort of human A-road between floors are long gone. These days, they're a perspective-led invitation to experiment with every variety of colour and technique, as the new ombre stairs trend is certainly proving.

Ombre stairs use the principle of combining a constant tone for each horizontal step panel with a different colour on the vertical, which gradually graduates from dark to light, or vice versa. The end effect is a staircase that guides the idea, offers shadow and brightness where you most need them, and permits a personal colour touch that is modern, magnificent and marvellously matched to your hall or landing.

ONE: Sand your stairs for a smooth finish that's ready to paint (this will be your toughest and dirtiest job).

TWO: Apply a high-quality wood primer.

THREE: Using different mix ratios for different grades of colour (e.g. 13 parts teal to 13 parts white, right down to one part teal for 13 parts white), prepare tubs of this mixed paint, one for each step.

FOUR: Similarly, have your horizontal colour ready to go.

FIVE: Consider an appropriate colour for your handrail and balustrades, then get painting.

SIX: Add a protective coating.

Other options for brightening up your stairs and turning them into a feature could be to use

- > Feature Wallpaper
- > Decorative Tiles
- > Runner Carpet

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A Matter Group is a leading security provider in Essex who are proud to announce to the *Vision* readers their new partnership with one of the oldest established security providers in Essex – Mayflower Security Systems.

Mayflower Security Systems was originally based in Billericay. It was founded by Mr Brian Adams in 1980 and has provided security system installations, servicing and maintenance for over 30 years, not to mention personally installing systems and building a mammoth customer base single-handedly.

A Matter Group, formed by directors Jamie Reynolds and Tobey Bailey, has also quickly become a leading provider in electronic security systems with their head office based in Romford Essex.

Who would have thought Jamie and Tobey, once Junior Engineers at Mayflower Security Systems, would now be entering this fantastic new partnership with the very man that taught them the tricks of the trade!

Jamie Reynolds says "Brian taught us so much in the early days. There are hundreds of companies nationwide installing alarm systems. Brian always reminded us that it is your customers and the community in which they live is the most important. Brian has always offered his customers an unparalleled service and has built a reputation that has spanned nearly four decades. Anyone can be taught to install a security product, but it's the support you offer your customers after the installation that sets you apart from other competition. It is now our responsibility to continue the Mayflower



legacy and to continue to be an important part of the Billericay community."

A Matter Group's success has seen this family run business launch a private community patrol service called 'A Matter of Security Patrols.'

With our community seeing an increase rise in antisocial and violent crime, the 'A Matter Group' team has very quickly formed strong supporting partnerships with parish councils, schools, hospitals and local police forces, helping reduce the impact of such crimes for those who choose and benefit from the service.

This innovative concept was established over two years ago, and now the Mayflower customer base will benefit from this additional layer of continued aftercare in the way of an exclusive alarm response, key holding and private community mobile patrol service operating in the Billericay, Stock and surrounding areas.

Our team continues to grow within your community, working with local people and businesses to ensure your community feels safe. A Matter Groups ethos has always been "Because Your Security Matters", and long may it continue with this exciting new joint venture with Mayflower Security Systems.

The Team hope to do Mr Brian Adams and the Mayflower legacy proud.



Join our conversation relating to the Mayflower community on our Facebook Community chat group

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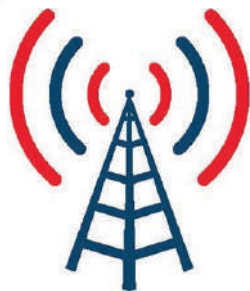
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LOCAL NEWS

from your neighbourhood



LOCAL NEWS BILLERICAY



'Last lot of hope' for cancer treatment

A woman from Billericay will be taking part in a sky dive to raise money towards immunotherapy treatment for her fiancé's stepmother.

Charlotte Smith will take part in the sky dive at UK Parachuting in Beccles for Sharon who is currently undergoing cancer treatment.

Sharon was diagnosed with breast cancer in October 2016. She underwent treatment and was given the all clear in November 2017.

However, in March this year, she visited her doctor with a slight cough. X-rays showed a shadow on her left lung and results confirmed that the cancer had returned. Unfortunately, it had spread to her lungs, bones, liver, skin and brain. Sharon is now undergoing more radiotherapy and chemotherapy alongside

taking constant pain relief medication.

Charlotte is hoping to raise £1,000 to go towards immunotherapy treatment which isn't available in the UK or on the NHS.

She said: "This is Sharon's last lot of hope. It is, however, very expensive and is a lot more than a goal I have set on my GoFundMe Page.

"I have never done anything like this before and I am very nervous, but I am willing to do this to help Sharon and her husband Russell to raise as much as I can to help her cause.

"All I ask is please donate as much as you can for this truly remarkable lady."

To donate, please visit www.gofundme.com/fight-for-life-skydive

Man arrested for fraud following complaints

Essex Police have arrested a man on suspicion of fraud by false representation after receiving reports of a man acting suspiciously in Billericay.

The man from Billericay was arrested at around 8.15am on Friday, August 17 and was released on bail.

The arrests follow nine reports that a man knocked at addresses in Billericay and Hutton and enquired

about sponsorship money.

It was alleged he told people that he was running a marathon for charity that helps poorly children.

Anyone with information is asked to call Essex Police's Volume Fraud Team on 101.

You can also report information online by visiting www.essex.police.uk/do-it-online or alternatively by calling Crimestoppers anonymously on 0800 555 111.



Pub scores horticultural honour



A popular pub in Billericay has been recognised as having one of the UK's best beer gardens after emerging triumphant in a competition.

The King's Head was crowned as the regional winner of The Marvellous Vintage Inns Garden Competition for Essex.

The contest aimed to find the very best spots in which the British public could enjoy their favourite drink in the summer sun.

The judges unanimously opted for The King's Head thanks to its displays, seating space and beautifully kept lawns. They secured a Fever Tree garden kit in honour of their achievement.

Michael Breitsprecher, landlord at The King's Head, said: "We are proud of the garden here at The King's Head and take pride in maintaining it to ensure it is welcoming and enjoyable for all our guests."

Graham Bird, national operations director at Ground Control and a member of the judging panel, said: "The King's Head is an outstanding example of what we consider to be the ideal beer garden. It is a welcoming space which is full of pristine greenery and seating – offering an outdoor area that delights both locals and visitors to the area alike."

News from the policing team

It has been a very hot and busy summer for your local policing team. We are aware that a number of unlawful encampments across the town have raised lots of concerns as well as frustration to the lack of activity to move the travellers on.

The responsibility to deal with this usually sits with the landowner or local authority.

The police do have powers in certain situations, which would include if there are six or more vehicles between them or that they have caused damage.

If these criteria are met then we have an obligation

to consider if using these powers is proportionate. When making this decision we look at the impact that the encampment is having on the community. One of the areas that we will look at is whether the community are being deprived of local amenities.

Over the summer we had very few calls relating to people feeling that they could not use Sun Corner or Queens Park County Park. With that being the case it would have been disproportionate to use our powers and therefore the local authority dealt with the eviction.

Whilst this was taking place, we became aware that fires had been lit and some rubbish dumped which then allowed Section 61 notices to be served.

Your local officers will be at the BP Garage in Radford Way on the September 15 and 25 so please come along and joins us for a coffee.

The times are published on our Facebook pages. Please let us know of any other locations that would be happy to host our Coffee with Cops.

Two men jailed over spate of 37 burglaries

Two men who carried out 37 burglaries across Essex, including Billericay, over the course of six weeks have been jailed for a total of more than 11 years.

Michael O'Reilly and Jordan Hodges were arrested on April 21, 2015 after police officers stopped their vehicle. They were later charged in connection with 37 burglaries across the county.

The break-ins all took place between March 9 and April 20, 2015. In a number of cases, their white Vauxhall Astra van was seen on CCTV.

They were charged with conspiracy to commit burglary and while Hodges admitted the offences in 2017, O'Reilly denied them.

Following a five-day trial at Chelmsford Crown Court, O'Reilly was found guilty.

He was jailed for nine years and Hodges was sentenced to two-and-a-half years in prison.

Investigating officer Detective Sergeant Neil Tremain said: "I believe Essex is a safer place with them off our streets. I hope this sentence comes as some solace to the victims."



Photo Credit: Essex Police



BROADWAY

MANUFACTURER OF LUXURY BESPOKE KITCHENS



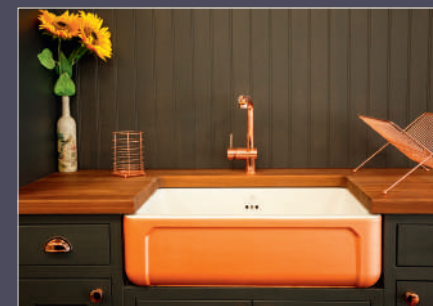
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BILLERICAY TOWN FC

LOCAL NEWS BILLERICAY



Town ladies are keen to make their mark

The manager of Billericay Town Ladies first team said the club are determined to make its mark on the FA Women's National League South East Division One after promotion last season.

Kim Coster spoke to **VISION** BillericayShenfield after her charges registered an impressive 3-0 victory at Denham in their first game of the season. The new season sees the Blues play at the highest level in their history to date.

Kim said: "Our aim is to compete and be the best that we can. Playing at this level every game will be in trust but we have been fortunate to sign additional players from higher league opposition to help strengthen the squad."

Kim said she was thrilled with her team's performance on their recent trip to Buckinghamshire.

She said: "As a coaching and management team, we were really pleased with the performance. We were patient in the build-up and it could have been more. Karissa Rodney hit the woodwork twice in the first 20 minutes.

"We were pleased with

how the players managed and didn't get frustrated. It could have been more if it were not for some last ditch Denham defending. It was a good strong team performance for our first game at a new challenge."

Kim said there are some very positive vibes around the club and paid tribute to owner Glenn Tamplin and first team coach Harry Wheeler for their support.

She said: "We have the full support of the club and I'd like to say thanks to Glenn Tamplin. For us to play on the top pitch is a huge boost. We also have the full support of Harry and the players on social media. I'm sure as we progress, the support will get stronger. If we can tap into some of the first team's support that would be fantastic."

Kim said she hopes to see some new faces at the AGP Arena throughout the season.

She said: "There are fantastic facilities to watch the ladies section of Billericay Town FC - it's also a social thing to come down and have a drink and watch some good football. We're setting our targets high, we want to compete with the best so we're not just looking to stay up, we're looking to make our mark."



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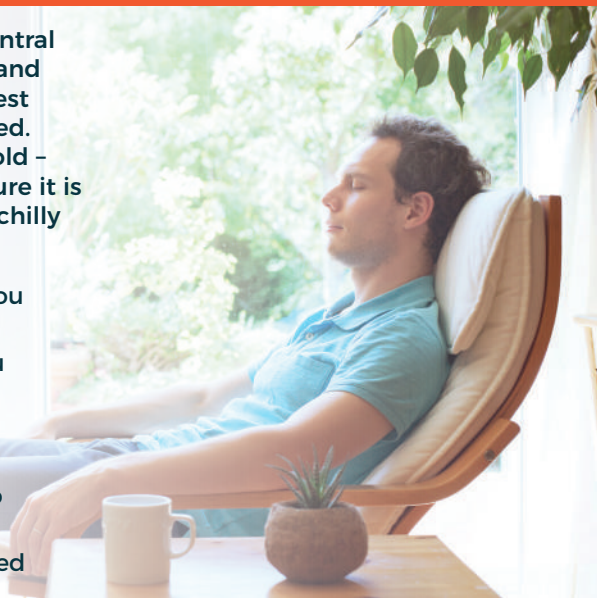
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ON PATROL WITH... THE PASTORS



Here at Street Pastor World we have been recharging our batteries over summer. We have been receiving some gifts of finances from different groups that support us and feel blessed by this.

Our coordinator Phil Norton was particularly happy to receive a cheque from Hazel's Pottery Barn in Barleylands after the recent Pot-A-Thon which raised £300.

We are happy to say that school pastors are now trained and ready to begin helping as volunteers at William De Ferrers and Billericay schools.

Our rail pastors supported the network at Chelmsford Station for the RiZE Festival which also happened to be on the same night that Essex were playing cricket at home.

A team of six rail pastors supported the staff and British Transport Police (BTP) and Land Sheriffs in keeping all the travelling public safe.

Later on in the evening we also had the opportunity of intervening in what could have been a very nasty incident. A young lad had enough of life and decided that this was the night he was going to end it all.

This is very sad to think that people go through illness and situations and end up thinking this is the best decision. Fortunately, our team were quick to sense that something was not right and we managed to get him to safety and then all the support he needed. We continue to pray for him.

We will continue to serve our communities, during the night time economy, at schools and on the railway, as volunteers as we believe we are doing a good thing in a non-judgemental way. We only hope that we can be of help to people through our care, help and listening intention.

If you are interested in getting involved, email noisyphil@gmail.com or send us a message through our Facebook or Twitter accounts.

Find your dream home on Location, Location, Location



Channel 4 is looking for people in Billericay and Shenfield to appear on an episode of property programme *Location, Location, Location* when it comes to the area next month.

Property experts Kirstie Allsopp and Phil Spencer will be helping people find their dream home.

Chain free buyers struggling to find the right property are welcome to apply. Please apply as soon as possible.

Whether you're upsizing or downsizing, buying your first property or hoping to find your ideal forever home, you could have two top property experts on your side.

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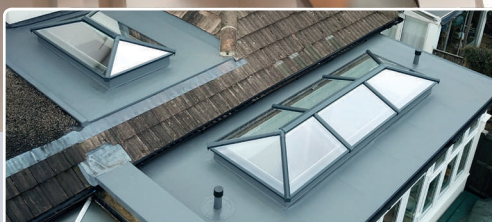
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We are continually upgrading extension roofs into beautiful orangery style extensions. Another option, also very popular, is to totally revamp an existing conservatory into a stunning and thermally efficient structure allowing all year-round use.

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If it is a flat roof only you require please call us, all our work is carried out as to Part L Building Regulations that the homeowner and the contractor must comply with. **Please call for free information regarding the Part L Law.** The home-owner should also be made aware that insurance companies will no longer accept any liability for any external or internal damage caused by a leaking flat roof which is over 10 years old.



Before



After



Nadiya... Born To Bake

FROM THE COOKER TO THE CAMERA, A LIFE IN THE LENS FOR ONE OF OUR FINEST BAKERS.

When Nadiya Hussain sent in her application for *The Great British Bake Off* she made a deal with her husband Abdal that were she to do well, they would move from Leeds to London in order to make her baking career dream a reality. In the end of course, she would not only win the contest, but the hearts of the British public as well, allowing the affable star to embark on a glittering new career (though as a compromise the family moved to Milton Keynes over the capital).

Surpassing everyone's expectations – not least her own – the second-generation British Bangladeshi reveals it was always her lack of confidence, not talent, that held her back. "My whole life I have suffered from severe anxiety, but even though there were moments where I felt it creep up on me during the filming of the show, I have definitely learnt how to control it more than I used to. And sometimes, it's by pushing myself to do things that truly terrify me, that I can overcome them," says the 33-year-old.

Certainly, the enormous support she has received from fans nationwide must have buoyed her on what was a gripping journey that gathered pace so rapidly – the baker soon found herself being referred to as a modern cooking inspirational, particularly within the British Muslim community. Gracefully shrugging off questions such as why she decided to start wearing a hijab (to hide a bad haircut as a teenager) or why she settled on an arranged marriage... "I had no time to date," she quickly moved the focus back to the food.

And, as a result, life since *Bake Off* has been a whirlwind of television shows (*The Chronicles of Nadiya*, *Nadiya's British Food Adventure*, *Big Family Cooking Showdown*), cookbooks (*Nadiya's Kitchen*, *Nadiya's British Food Adventure* and *Nadiya's Family Favourites*) and numerous writing opportunities, including a regular column for *The Times Magazine*.

However, her most prestigious moment arguably came in 2016 when Nadiya had the enormous honour of baking the Queen's 90th birthday cake. Expressing a desire to do something "a bit different", she created a stunning three-tiered orange drizzle cake with orange curd and butter cream, resulting in a sponge that was decadent, beautiful and "very citrusy". On meeting Her Majesty, the baker recalled: "I suddenly found myself so nervous and tongue-tied, but she is so nice... I think it went well."

Determined to inspire the next generation of bakers, the mother-of-three has created her third children's book, *Nadiya's Bake Me a Celebration Story*, which combines charming stories inspired by annual celebrations from different cultures, with accessible recipes.

For someone who cherishes her role as a mother as much as she does her position as a baking icon, such forays into children's fiction are not surprising. And when asked how her life has altered since that stunning baking victory, she replies, somewhat bemused: "I definitely feel very lucky for how it has all turned out, but if it all came crashing down I would be fine too, because I have a wonderful family. And though I get to experience both worlds, I know which one is most important to me."



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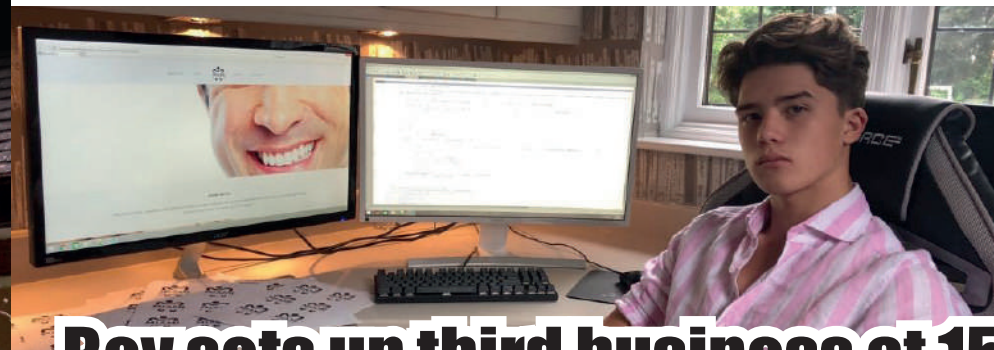
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LOCAL NEWS

from your neighbourhood

LOCAL NEWS SHENFIELD



Boy sets up third business at 15

A boy from Shenfield has made thousands of pounds after launching his own business selling teeth whitening products in his summer holidays.

Miami White is George Boast's third business venture to date – he also builds websites and sells Chinese goods on Amazon.

The 15-year-old was given a £500 loan by his dad to help him start up the business, which has proved to be the most successful of his ventures so far.

George said: "I'm quite fortunate. My dad is a stock broker and he invests in other businesses.

"He's very business minded. He has been telling me what I should and shouldn't be doing."

Much of George's success has been down to social media, where he promotes his products.

He continued: "I started social media and Instagram and went from there. The followers just came.

"One out of five people will post a photo of the product on social media and that will turn into sales."

George's friends thought the business was a joke when he first told them, but now they have seen his success they are impressed.

He said: "Everything has gone so fast.

"When I went on holiday recently I had to get some of my mates to come round and talk them through the whole thing like how to ship orders out and reply to messages about the products."

George would encourage others to create their own business, but not go into it light heartedly.

He said: "I think it's important that you know what you're doing and think about what you're doing – go through it with someone else.

"I've had people emailing me telling me about business they'd like to start.

"You can't expect to go into business and wake up with £1,000 the next day.

"You've got to put in a lot of work, especially with social media."

Residents urged to register to vote before elections

Residents living in Shenfield will be receiving a form asking them to check and update information that appears on the electoral register for their address.

Brentwood Borough Council is asking residents in the borough to look out for the form and to make sure that they respond as soon as possible.

The form ensures that the council can keep the electoral register up to date and identify any residents who are not registered.

With Brentwood Borough Council elections taking place in May 2019, this is an important opportunity for residents to make sure they will be able to take part.

Phil Ruck, electoral registration officer at Brentwood Borough Council, said: "If you want to register, the easiest way is online at www.gov.uk/register-to-vote or we'll send you information explaining how to do this. In any case, you will still need to complete the form and send it back to us."



Photo Credit: Luke Dyson



All RiZE as first festival deemed a success

A new and exciting festival came to Chelmsford's Hylands Park last month for two days – and didn't disappoint.

The inaugural RiZE Festival, held on the site of the popular V Festival, exceeded expectations and had everything – top musical acts, a plethora of eateries, face-painted crowds and a wide variety of stalls.

Some of the big names taking place on August 17 and 18 included headliners Liam Gallagher and Stereophonics, popular names Manic Street Preachers, Bastille, Craig David, Rita Ora, Years and Years and Example, and up-and-coming gems Jacob Banks, Raye and Nina Nesbitt.

VISIONBillericaShenfield caught up with Nesbitt as she explained her love for festivals, the story behind her songs and what's coming up in her jam-packed schedule.

She said: "The festival was great. It's the first year of RiZE so I didn't really know what to expect but it was great. I've done loads of festivals but I haven't done any for two years so this year is my first year back.

"I'm just writing, getting the music right but the new music went very well today.

"I love playing at festivals because no one has bought

a ticket to see you. They're just here for the day seeing lots of artists and it gives people the chance to non-commit but also come and see you and try you out. It's a good way to get seen by new people."

Nesbitt says that writing with other artists is inspirational and she gets a lot out of it.

She added: "I think collaborating with people is really inspiring and everyone kind of has their own way of doing things and you can learn from other people and they can learn from you. It gives me an idea of what I'm good at and what I am not good at."

So, what does the future hold for the up-and-coming star?

She said: "I just got back from America and I'm going back there in a month so I'm touring with an artist called Max and then me and Lewis Capaldi are going round Europe together until Christmas. The album will come out early next year."

Musical talent and entertainment were in abundance across a wide stretch of greenery, with crowds filling up every space available.

The weather behaved itself, the hardcore fans roared their idols on and everyone left the festival with smiles on their faces.

BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



This edition of **VISION**BillericaShenfield is published just as the new school term begins, with all the trepidation, excitement and change that brings.

For those who have just received GCSE and A-level results, the new term sees new paths to tread, with last term's GCSE students starting at sixth form, while those who have just received A-level and BTEC results will be looking at university, apprenticeships and employment.

UCAS data published last month shows a record rate of 18-year-olds accepted to university – with record rates of young people from disadvantaged backgrounds accepted. This builds on the fact that disadvantaged 18-year-olds were 50 per cent more likely to enter university in 2017 than in 2009.

My first foray into the world of politics was as a PhD student and lecturer, when I wrote in some frustration to the then Prime Minister David Cameron about the lack of essay writing and debating skills being shown by undergraduates at my university. I was not the only person to raise these concerns, and the government has now reformed A-levels so students are better prepared for future study.

But university is not for everyone which is why we have reformed apprenticeships to offer high-quality training led by employers and are introducing T Levels to be the gold standard technical option, enabling young people to progress directly into work.

If your household is waving off a university student or an apprentice to pastures new, I wish you well in supporting them in one of the most life-changing, eye-opening experiences of their lives. For those who have completed their GCSEs and are packing up your pencil cases for sixth form, good luck with you're A-level and BTEC choices. If you're studying politics or history, make sure you encourage your teachers to book you onto a tour of the Houses of Parliament, and get in touch with me if you'd like me to come and give you some first-hand knowledge.



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GROUND WORK

If you think you've suffered from the heat of the past couple of months, think how that sun-baked lawn has fared without even so much as a dash of sun lotion.

Of course, any knowledgeable gardener will tell you it's better to take action to protect your flora while the sun is out, but if the damage done has only just become evident, there are at least a few techniques that will begin the restoration process for your beloved garden.

WATER WATER WATER

It's the fuel that keeps your plants alive, so if the autumn proves to be as stingy on precipitation as the summer was – and, of course, providing there are no hosepipe bans in place – tend to your land with plenty of nature's lubricant in order to stimulate stems, fire up flowers and galvanise grass.

NOTHING BUT A DIRTY GRASS

Just as you'd exfoliate your own skin to remove dead matter, do exactly the same with your garden. Remove debris and dust to make the land as ready for replenishment as possible.

CUT BACK TO MOVE FORWARD

The more you mow, trim and prune, the quicker your greenery will spring back to life, so this is a great way to get your plant matter back in fully efficient mode.

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STARTING AFRESH

And of course, the best way to get your garden humming again is to invest in it. Consider plants, flowers and garden additions that will suit the rustic autumn season to come, and with a few new purchases you'll be inviting the neighbours round again before you know it.



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The Early Bird CATCHES THE WORM

Most people fall into one of two categories; either you are an early riser who jumps out of bed as soon as your alarm goes off or you are a night owl who comes alive once the sun sets.

If you fall into the latter group, it may be time to try to change your sleeping habits and reap the rewards of becoming a morning person.

You have enough time for a nutritious and filling breakfast

Late risers who constantly snooze their alarm rarely have the time or inclination to prepare themselves or their family a decent breakfast. Instead they are more likely to reach for a quick sugary convenience snack or even skip breakfast altogether.

Early birds are more likely to exercise daily than night owls

The morning is the most likely time that people will schedule a workout



and follow through with it; late risers will often sleep through this optimal time and therefore exercise less than their early counterparts.

Getting up early leads to more proactiveness

Waking up before your spouse or family can result in a window of opportunity for being proactive and having time to get tasks completed without interruption ahead of a busy day. In fact, a 2009 study showed that early risers were more likely to agree with the statement "I feel in charge of making things happen."

A chance to meditate and reflect on the day ahead

Waking early before the hustle and bustle of the day begins can enable you to have peace of mind and feel calm and centred for the day. Late risers who jump out of bed and rush around are much more likely to feel flustered and unprepared.



@essexprivatedoctors Dr Kannan Athreya & Dr Alice Scott



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WHY A DOCTOR FOR LIFE IS GOOD FOR YOUR HEALTH Sept 2018

A study published recently by Exeter University showed conclusively that having a family doctor for life is crucial for patients.

The key finding was simple but eye-catching – life expectancy increases with the continuity of care provided by seeing the same doctor time after time. Here Dr Athreya of Essex Private Doctors looks at why the traditional ideal of a 'family doctor for life' is not so much a nice to have... but now a confirmed matter of life and death.

A trusted family doctor is key

The findings of the Exeter University study were no surprise, confirming what patients have always said – it is continuity of care and timely access to GP services that matter to them most.

Larger, busy GP practices are all very well, but it's virtually impossible to see the same doctor twice unless you are prepared to wait a long time for an appointment.

Continuity of care reduces death rates

The evidence is stark, with the Exeter University study showing that contact with the same doctor over a two-year period results in fewer deaths.

Add this to easy access to appointments and the ability to make contact easily in times of need. All known to reduce patient anxiety and improve quality of life. Building the trust between doctor and patient takes time, and there is no short cut to that.



Medical advice via the Internet is always an option... but is it what the public really wants?

It's not overly nostalgic to want to turn to a trusted family doctor, and this is the service provided by our team of experienced GPs at Essex Private Doctors.

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Consultant Gynaecologist.

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Thursday 6th September 2018
6.30pm with Mr Yashwant Koak
Consultant Bariatric Surgeon.

1:1 **Worried about a hernia? Ask an expert.**
Thursday 20th September 2018
6.45pm with Mr Sabu Jacob
Consultant General Surgeon.

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Alzheimer's

Awareness - 10 signs to look out for...

HEALTH & FITNESS

Admitting to yourself that one of your family or friends may be developing Alzheimer's is a hard pill to swallow. Many may find it easier to bury their heads in the sand than face up to this harsh reality. But recognising this difficult illness is the first step in helping your loved one to manage their symptoms and continue to live a fulfilling life.

1. Memory loss

One of the most common signs of Alzheimer's with sufferers forgetting recent information as well as significant dates and scheduled events.

2. Lack of concentration

Your loved one may be struggling with numbers and not be able to sort their monthly bills due to difficulty in concentrating.

3. Struggling to complete daily tasks

Tasks that were once easy and familiar can become a struggle; recording a TV programme or setting a timer on the oven.

4. Confusion over dates and places

Sufferers may forget the day of the week and not be able to name what month or season it is.

5. Problems with vision

Some people experience problems with reading, judging distance and driving.

6. Struggling to remember words

A typical symptom is not being able to recall the right word that they want to say or using the wrong word in a sentence.

7. Losing items or getting lost frequently

A person with Alzheimer's will often lose items and not be able to find them. They may accuse others of stealing their belongings.

8. Bad decision-making

Changes in judgement are common, especially regarding money. Sufferers are more vulnerable to con artists.

9. Avoiding social situations

Your loved one may withdraw themselves from all social occasions due to fear or embarrassment.

10. A negative change in mood and personality

Sufferers often become depressed, anxious and suspicious of others, including family and friends.



Photo credit: www.lancaster.ac.uk



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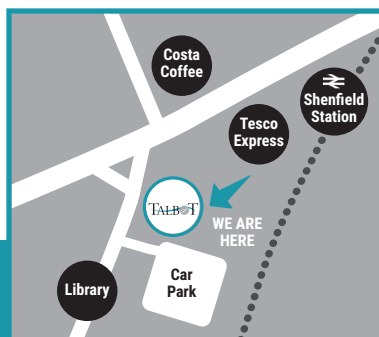
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THE KYLIE EFFECT



On track to becoming one of the youngest billionaires ever, Kylie Jenner is literally shaping the beauty industry.

Kylie Jenner is an unlikely candidate for the cover of *Forbes*. In fact, five years ago many would have scoffed at the idea given her role as the youngest of the Jenner-Kardashian clan, a reality television dynasty which would have probably lost its allure by now were it not for the sheer relentlessness of its members, particularly savvy 'Momager' and matriarch of the brood, Kris Jenner.

But thanks to her Kylie Cosmetics Makeup Company, the 21-year-old mum – Kylie gave birth to daughter Stormi in February – is estimated to be worth around \$900million, with predictions that she could eventually usurp Facebook founder Mark Zuckerberg as the world's youngest self-made billionaire (aged 23).

Launched two years ago with a \$29 'lip kit' consisting of a matching set of lipstick and lip liner, the brand has gone from strength to strength, selling more than \$630million worth of makeup, and in the process making it one of the hottest cosmetic brands around.

Naturally, much of its success is down to Kylie, face of, founder and 100 per cent owner of her empire, as fans flocked to buy the very first line of lip kits (selling out within the first minute of their launch) in a bid to mimic the star's infamous full lips. And though the company now also offers other products, the lip kits remain the cornerstone of the brand.

Naturally, such enormous success draws its fair share of critique, particularly as *Forbes* labelled the fledgling entrepreneur as a 'self-made' businesswoman, with no nod to her famous family. But the real question is, does Kylie have real influence within the beauty industry? Well, having recently announced that she had removed all her lip fillers, we can only wait and see if the more natural pout will become du jour. Chances are that where the youngest Jenner leads, beauty devotees are sure to follow.



Photo credit: kyliecosmetics.com



Eat, drink, repeat

CONSIDER YOURSELF TO BE A FOODIE? THEN YOU WILL LOVE THESE TOP DESTINATIONS WHERE THE CUISINE IS THE TOP TOURIST ATTRACTION.

Somerset, UK

Those who consider themselves to be taste titillators will probably be familiar with Bath and its wealth of fine dining experiences, including Menu Gordon Jones and The Olive Tree, plus the 'sea-foodie' must-visit, The Scallop Shell. But venture out of the city and you find even more unique delights such as the Michelin-starred restaurant-cum-pub The Pony and Trap in Chew Magna, and The Willow Tree in Taunton.

And September could be a great time to plan a road trip through the county, as Weston-super-Mare hosts the eat:Weston festival (Sept 22), showcasing some of the best local producers.

San Sebastian, Spain

Boasting the second highest concentration of Michelin stars per square mile in the world after Kyoto, this Spanish Basque city is a unique culinary gem. But beyond the critically acclaimed Alameda, Elkano, Kokotxa and Zuberoa, there is also an array of fine tapas available in the old quarter of the city.

Melton Mowbray, UK

Chocoholics would be crazy not to head to this quintessential English market town on the weekend of November 17/18, when Chocfest descends in all its melty, sugary glory. Known as the 'Rural Capital of Food', Melton Mowbray has become the centre of excellence for local food producers, famed traditionally for its pork pies and Stilton cheese.

Rome, Italy

It may seem obvious to list Rome as a famous foodie location, but when you consider the global influence Italian food has across the world – pasta, pizza, bolognese, fish and so much more besides – it would be remiss not to mention these taste technicians. And that doesn't mean you can't still venture off the beaten track – working-class Roman cuisine (much more heavily featuring pancetta, onions, ox tail and artichokes) shows our understanding of carb-heavy meals perhaps needs refining... with help from a lingering drop of Chianti from the hills of Tuscany.

UK FOOD & DRINK FESTIVAL DATES FOR YOUR DIARY

Abergavenny Food Festival
15 - 16 September

Aldeburgh Food & Drink Festival
29 - 30 September

Powderham Food Festival
6 - 7 October

Dartmouth Food Festival
19 - 21 October

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Foods To Improve YOUR MOOD



FOOD & DRINK

We all know that the food we put into our bodies has a direct effect on our physical wellbeing, but did you know that it can also have an impact on your mental health?

By making a few simple changes to your daily diet you can significantly improve your mood, feel more energetic, think more clearly and reduce your risk of mental health problems such as depression, ADHD and Alzheimer's disease.

SPINACH

This leafy green is rich in folic acid and tryptophan which help increase the levels of serotonin in the brain (this is the happy hormone), reducing your risk of depression, fatigue and insomnia. Studies have also shown people who eat one to two portions of green vegetables such as spinach or kale are considerably less likely to experience cognitive decline than those who don't.

EGGS

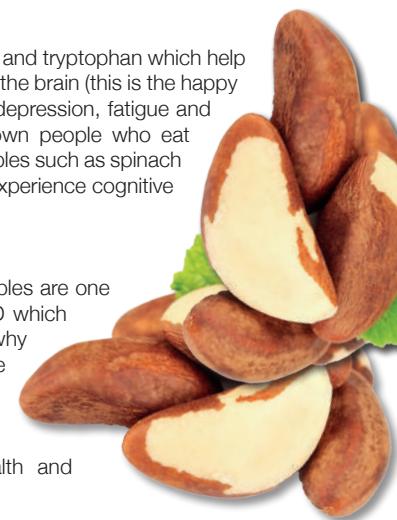
These cheap and cheerful kitchen staples are one of the few food sources of vitamin D which is known to lift your mood; this is why most people feel happier when the sun is shining. Eggs are also high in protein and a great source of omega 3s which help improve your overall health and wellbeing.

BRAZIL NUTS

The Brazil nut is the most important nut variety for helping improve your mental health as it contains selenium which is crucial for the prevention of depression and anxiety. And the great news is that by eating only one Brazil nut a day you are getting 125 per cent of your daily requirement of selenium.

A VARIETY OF BERRIES

A few years ago, blueberries were hailed as the new 'superfood' but in fact all berries offer amazing health benefits; raspberries, strawberries, blackberries and blueberries. This versatile fruit family supports good brain health including preventing memory loss and lowering dementia risk.





KIDS

AFTER SCHOOL snack Hack

Every parent knows that the moment your kids get in from school they will declare themselves starving and start raiding the snack drawer for as many high sugar and high fat foods as they can carry.

Avoid this by having a delicious but healthy snack to hand that will instantly curb their hunger pains.

Frozen Banana Bites

Perfect for those with a sweet tooth, these simple snacks are made by dipping slices of banana in melted chocolate and desiccated coconut and then freezing. Bananas are rich in potassium, vitamin B and high in fibre.

Hummus with a selection of veggies

Made from blended chickpeas, olive oil and lemon juice, hummus is extremely budget-friendly and a very filling snack for your little ones' hungry tummies. Offer a selection of sliced peppers, carrots, avocado and pitta bread for dipping.

Fruit Kebabs

Super quick to make in advance, simply add your child's favourite fruits to a skewer and keep in the fridge until snack-time. You could serve these with a plain yogurt dip or some melted chocolate if you feel like offering a treat.

Mini Tortilla roll-ups

We recommend using wholemeal tortillas as this will provide your child with more fibre than the plain white variety. Fillings we love include cucumber and tuna, chicken Caesar salad and cream cheese with celery.

Smoothies

Homemade smoothies are an easy and cost efficient way of getting your children to eat their five a day. Try to use seasonal fruit and vegetables as these will be cheaper. Avoid high sugar fruit juices and instead blend your chosen fruit and vegetables with either milk or yogurt. We recommend a blend of mango, blueberries, milk and Greek yogurt. Delicious.



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PUZZLES & TRIVIA



PUZZLES

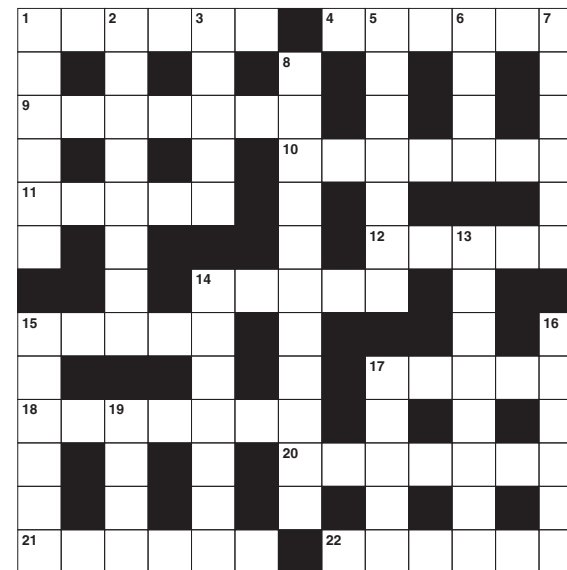
Answers can be found on the Contents Page 4

ACROSS

- Decide with authority (6)
- Exclusive stories (6)
- ___ Bloom: English actor (7)
- Modern; up to date (7)
- From that time (5)
- Approaches (5)
- Sticky (5)
- Employer (5)
- Long-legged bird (5)
- Temporary camp (7)
- Not carrying weapons (7)
- Averts something bad (6)
- Large property with land (6)

DOWN

- Lethargic; sleepy (6)
- Eg Gregorian or Julian (8)
- ___ Els: golfer (5)
- Slander (7)
- Man-eating giant (4)
- Sounds off at length (6)
- US state (11)
- The scholastic world (8)
- Beat easily (7)



- Garments worn by nuns (6)
- Remove silt from a river (6)
- Erodes (5)
- Document allowing entry to a country (4)

DID YOU KNOW

- ▶ The first animated film to be nominated for an Oscar for best picture was Disney's *Beauty and the Beast* in 1991.
- ▶ Hollywood produces around half the number of movies a year compared to Bollywood.
- ▶ All of the clocks in *Pulp Fiction* are set at 4:20.
- ▶ Victoria Beckham, Johnny Depp and Will Ferrell all voiced characters in *Spongebob Squarepants*.
- ▶ Charlie Chaplin received a 12-minute standing ovation at the 44th Annual Academy Awards – the longest in Oscars history.
- ▶ Daniel Radcliffe's stunt double for the first six *Harry Potter* movies was paralysed from an accident on set in the seventh movie.

SUDOKU

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	1	8						



START SAVING SMART

for christmas

An estimated eight million people in the UK will fall behind with their finances this January as a result of Christmas spending. Furthermore, one in four Brits want to start saving early according to the Money Advice Trust.

But can you start saving this late in the year? The answer is yes.

1. GET ORGANISED

Make a list of everything you need to purchase for the Christmas holidays. This includes presents, food and drink, decorations and socialising. This way you will know exactly how much you need to save.

2. PAY INTO A SEPARATE SAVINGS ACCOUNT

Leaving money in your current account at the end of the month is a poor choice as most offer very low interest rates. Instead pay a certain amount into a savings account each month. Just make sure that it has easy access withdrawal with no penalty fees so that you can access your money in time for Christmas.

3. SWITCH BANK ACCOUNTS

Many high street banks are offering cash incentives if you switch to their

bank accounts; some paying as much as £100-£150. Don't delay, switch today.

4. SELL UNWANTED POSSESSIONS

Not only will this earn you some much-needed extra cash, it will also clear some space for all the new toys and presents that you will have come Christmas Day. eBay is a great way to sell specialist or more expensive items, whereas Facebook is ideal for bulk items or bundles of toys and clothes.

5. JOIN A SUPERMARKET SCHEME

This option is particularly good if you are loyal to one supermarket and shop there often. They offer generous bonuses on what you spend throughout the year; usually between three to six per cent.



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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.

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WHAT'S ON

in your area



WHAT'S ON

Billericay Art Trail

Billericay High Street and close by
September 7 – September 22



This year we have 65 artists covering a wide range of disciplines from painters to pastels and photographers – and a whole lot more.

These can be found in 30 venues on or near to the High Street.

Some of the art works are in shop windows, others are inside. Please consult the Art Trail Programme (available at the library, St Mary Magdalen Church and all of the host venues).

Visit billericayarttrail.org/events/billericay-art-trail for more information.

Charity Lunch

Billericay Methodist Church, Western Road,
CM12 9DT

September 8, 12.30pm – 1.30pm

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

The proceeds this month are going to the Harbour Club at Battlesbridge, a day care centre which helps to maintain cognitive function and enhance the wellbeing of older adults living with dementia.

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

Baby and Toddler Rhymetime

Shenfield Library, Hutton Road, Shenfield,
CM15 8NJ

September 11, 10am – 10.30am



Join in with stories and rhymes at Baby and Toddler Rhymetime at Shenfield Library.

This event is held every Tuesday during term time.

Gone Too Soon

Reids, 66-68 Laindon Road, Billericay
CM12 9LD

September 17, 7pm – 9pm

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

Meetings are held on the third Monday of each month. There is ample free parking.

For further details about the group, please contact Linda for a chat on 07387 805406 or email lyn-currie@hotmail.co.uk

E-safety workshop for parents and carers

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

September 18, 7.30pm – 8.30pm



'Think you know who they're talking to?' is aimed at all parents, carers (and grandparents) of any child/teenager who uses the online world in any way. The objective is to raise awareness, so that safeguards and good practice can be put in place.

Please phone the church office (01277 654316) if you would like to attend and hear this presentation by Mr Andy Blundell who is head of IT and computing at a local school.

Charity event

Shenfield Parish Hall, 60 Hutton Road,
Shenfield, CM15 8LB

September 29, noon – 3pm

There will be a selection of local stalls selling products including homemade jewellery, bedding, slogan cards and more.

The event is to raise money for SNAP and Kingsdown School.

Raffle tickets will be available with the draw at 2pm. Admission is £2 (free for children).



WHEN 2+2 EQUALS 4x4

After months of anticipation, the new luxury Audi Q8 coupe-SUV is finally here, and what a rival it is to the Mercedes GLE and BMW's X6. So how does it stack up?

The Audi Q8 coupe-SUV has arrived. More bubbly, more bullying and perhaps with smoother lines than we might expect, it is the trademark, iconic grill that again keeps the German brand that step above.

As sister to the Q7, the Audi Q8 comes with a similar £65,000 price tag. It may be shorter in length than the Q7, but it is longer than both the main competitors as well as being slightly wider than its stablemate.

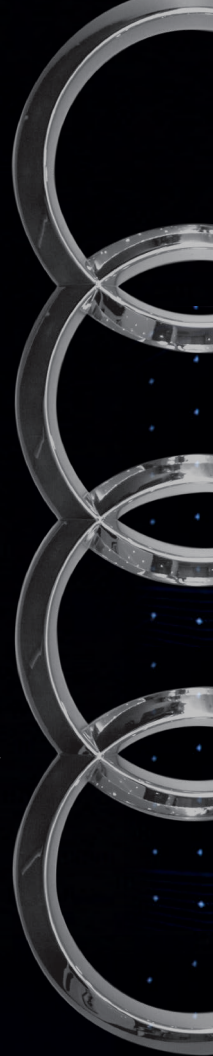
The car has a large 605-litre boot, plus more internal space than both the BMW and Mercedes challengers, and is available in 12 colours. Although just one choice of engine at present - a 282bhp, 3.0-litre diesel V6 50 TDI, this still achieves 6.3-second 0-62mph acceleration and 144mph maximum speed. And there is a monster 335bhp petrol 55 TFSI arriving next year, with a V6 45 TDI 228bhp version later in 2019.

The car's 48V mild-hybrid technology allows an extended stop-start and coasting function. Add in Quattro 4WD as standard, titanium styling, an ear-bashing Bang & Olufsen sound system and Park Plus Assist, and what once felt futuristic in car technology is quickly becoming the norm.

What's also interesting about the premium market is that the longevity and durability of these iconic brands - with engines now able to push up to and beyond 150,000 miles without any major qualms - is allowing in used-car purchasers, with the entry point for models seven years older now starting as low as £5,000.

That means the days of matching cars to the stereotypical travelling salesman or Chelsea Tractor WAG are rapidly disappearing.

Next up, expect a big response from Jaguar, Lexus and Land Rover, as the manufacturer muscle gets flexed even further.



Golden Tale of Two Cities for Team GB

As an athletics championship goes, this was a strange one, split across those two brotherly cities with so much previous history - Berlin and Glasgow.

But despite the lack of a clear tournament identity (and if you think this one was confusing, brace yourselves for Euro 2020, across 12 cities and 12 countries), our British competitors excelled against the very best from the continent. GB won the most medals overall (74, including an incredible 26 gold), with both the men and the women wrapping things up in style by romping to 4x100m relay success on the final day.

Swimming trio Adam Peaty, Duncan Scott and James Guy clinched four golds each - indeed pool and cycling excellence dominated again with eight of our top nine medal winners coming from those specialisms; the other being triple-gold sprinter Dina Asher-Smith.

Team GB scored the most medals in athletics, but for Russia's lop-sided dominance in synchronised swimming would comfortably have scored the most golds as well.

The championships also saw the emergence of some dominant new names and sports, with Kyle Evans scoring a gold in the BMX event and Matthew Hudson-Smith holding on for a dominant 400m sprint title.

But perhaps our swimmers are those who deserve most credit. Peaty, still only 23, broke his own 100m breaststroke world record, while the emergence and consolidation of several others - such as Georgia Davies in the 50m backstroke, Scott in the 200m freestyle and Jack Laugher in the 3m springboard - shows how water to an island nation can be a perfect route to sporting brilliance.

Photo credit: Alan McKenzie/SWPix.com/REX/Shutterstock & BBC

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