



**UK
BLACK
HISTORY
MONTH**

GOING GOLD

The interior colour
making a comeback

VICTORIA BECKHAM

A look into 10 years of her fashion empire

SIMON COWELL

The music mogul writing his name in history



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Editor's notes...



Nik Allen, Editor

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

I noticed the other day while getting into my car that the weather is changing.

Talking of changes, my wife and I are

getting ready for the biggest change of our lives. Our first baby is due next month, and we are as prepared as we can be, I hope.

The first sacrifice I've made (the first of many as has been pointed out by my dad) has been to give my home study/office room over to act as a nursery.

I've been relegated to the kitchen table but it's a demotion I'm glad to accept.

The magazine is growing and working so well because people like you, our lovely readers, are using the advertisers within these pages.

Many advertisers offer special rates and deals to people who have come via **VISION**.

We've experienced a couple of our best months recently, so I'd like to thank our readers, our advertisers and our production team for making that possible.

In local news, we have the latest from Billericay FC as a new manager takes the helm, find out how the town will be commemorating the end of the First World War and a former Shenfield High pupil is making a name for herself in women's cricket.

So, until next month, look after yourselves and keep buying locally.

Nik

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GONE BUT ...not broke

“You’re better off dead” is a phrase never more appropriate than for a number of recording artists who have been richer since strolling through the Pearly Gates.

At the end of August, *NME* reported that Michael Jackson was earning more in death than he was when alive.

In the financial year ending 2017, the Michael Jackson estate took in over £60million through a variety of income streams, with merchandising and royalties making up the biggest proportion.

The fact an artist can prosper in death is, of course, not unusual. Firstly, when a notable name dies, in most cases so do a lot of the liabilities that have accompanied them – in Jackson’s case it was debts of up to £400million and several lingering lawsuits regarding his music. The removal of these frees up more time for monetisation of the brand.

And of course, never is an artist more revered than in death, with waves of sympathy and sentimentality often translating into big bucks for those lucky enough to be a part of the deceased’s estate. Take Jacko as an example – since the singer’s death in June 2009, 27 albums and videos have been released in his name; add in singles and the total exceeds 60.

And in 2016, he accumulated revenues of almost £1billion, much of which was from the sale of his half of the Sony/ATV catalogue. That total ranks as the most ever in a year for any entertainer, dead or alive.

The Jackson estate isn’t alone in profiting from a singer’s sad and untimely demise. Elvis Presley earned £30million in 2017 alone, Bob Marley over £20million – both comfortably more, in one year, than in a whole lifetime of performing; while Tom Petty brought in a similar amount.

In the coming years, we can expect Prince, David Bowie, George Michael, Whitney Houston and Aretha Franklin to begin to climb to similar levels, as those in charge of their estates monetise what, even in death, are iconic and much-loved artists.

Celebrities outside of the music industry are also raking it in. You would be forgiven for picturing Elizabeth Taylor bottling masses of her iconic White Diamonds fragrance – the range brings in over £8million a year, yet she passed away in 2011. And even Albert Einstein is earning years after his passing – his beneficiaries allowed his name to be used in 2017 by Israeli tech company Fourier Systems in exchange for a £9million bounty.

Yet in this cynical world, not all of those left behind are willing for their loved one’s brand to be monetised. The estate of legendary country singer Johnny Cash were not willing to be ‘bought’ when haemorrhoid ointment producers Preparation H applied to use his *Ring of Fire* song in an advertising campaign. His family boomed back: “We would never allow the song to be demeaned like that. It is about the transformative power of love – that is what it will always mean to us.”

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BLACK

celebration

Black History Month returns in October, and its value in modern Britain appears greater than ever in a period of real cultural conflict.

They say social conflict goes in waves, and whether the fallout from Grenfell, Brexit, Corbyn's anti-Semitism row or the MeToo furore that emanated across the other side of the Atlantic, we are enduring some of the tougher, more challenging times at present.

And yet, despite all of Britain's problems, our embracing of multiculturalism is worthy of true global acclaim. It is perhaps a very British thing to look in on ourselves and criticise, yet all around the UK in every single moment, we are forging new paths and embracing community initiatives.

That makes October's Black History Month all the more important, not just because it acts as a vibrant, colourful, artistic and, yes, at times, sombre reflection on the cultures who have enriched this nation, but also because in its very essence it invites people of every race and skin colour to share in and celebrate the achievements of black culture – from the first footings on these shores with the Windrush generation, to everything since and so much more before.

The idea was first put forward in the UK by Ghanaian activist Akyaaba Addai-Sebo, who had served as a special projects coordinator for the GLC (Greater London Council) in 1987. His efforts to mark specifically the historical trials and achievements of black people was a new thing in this country, but its popularity quickly spread well beyond the capital.

Wind forward 31 years and while we, North America and, strangely, the Netherlands, celebrate Black History Month each year, globally, the take-up remains slow.

What better way then to let others sample a month of talks, initiatives, concerts, workshops and, of course, some quiet reflection, by showing them how the world's most diverse and multicultural society can express its gratitude and respect for our black heroes of days gone by.

BLACK HISTORY MONTH

BEYOND THE AVERAGE

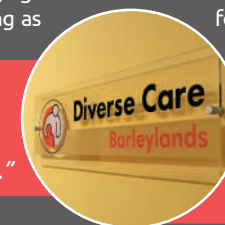
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HOME & DIY

Micro-homes, defined as properties under 37 square metres, are becoming increasingly popular in the UK since the government introduced the new act in 2013 under the Permitted Development Rights.

So, are these homes the long-awaited solution to the UK's housing crisis?

CHEAPER TO BUY

A smaller house means a smaller mortgage; so less debt, less tax to be paid and even a cheaper home insurance policy.

Alternatively, you could rent a micro-home at much less expense than a larger property.

SMALLER UTILITY BILLS

A smaller space means smaller rooms to heat, a smaller surface area to light and less space for electrical items to be plugged in. You could even consider having solar panels installed or collect rain water for garden use to save further.

LESS CONSUMERISM

If you have less square footage, you are more likely to think carefully about any

purchases you make that will need to be stored in your home. Instead, you can find ways to reuse and recycle existing possessions.

ENCOURAGES CREATIVITY

In order to prevent your micro-home becoming cluttered, you will need to think creatively about how to utilise your space. Take some inspiration from *George Clarke's Amazing Spaces*.

LESS TIME SPENT RENOVATING

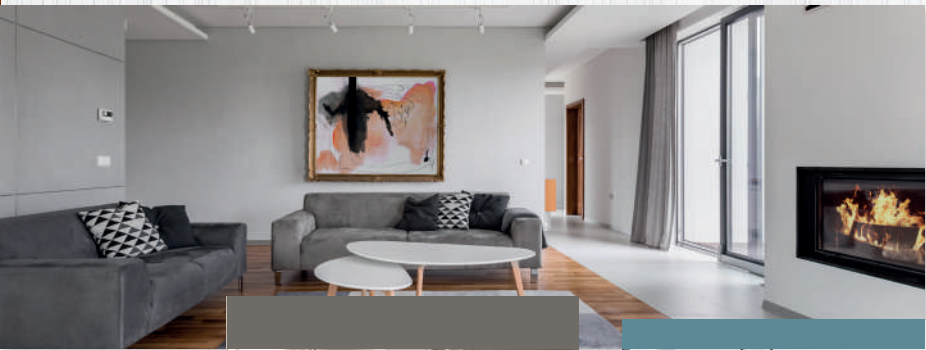
A smaller home takes less time to decorate, furnish and needs less upkeep. Also think of how many hours you will save cleaning. That's more time you can spend with your family doing things you enjoy.

REMEMBER YOU NEED A PLOT

If you are planning to build or purchase a micro-home, you will need a plot of land. You can register your interest with a land agent, look to an auction or search the web (Plotsearch and Rightmove are good places to start).

Alternatively, you could place your micro-home on a family or friend's land; but you will need planning permission.





ART HAUS

If you're keen to enrich your home with some artistic excellence, start by following these simple rules:

1. ART IN FOCUS

Have a focal point in mind, so before you splash out on that Degas or Monet, know which wall it will hang on.

If you're using art to entertain, your statement pieces will usually be in high-traffic areas. Similarly, if you're looking for art as inspiration – perhaps for late night work or quiet Sunday contemplation, your chosen spot may be somewhere more private. Whatever the case, consider the area you have to play with – what size is it, how much sunlight does it have, what's already around it?

2. LESS IS USUALLY MORE

Just as the artist knows when to put the brush down, so too do you need to know when you have enough art in one space. Drown a small space with clutter and your cherished living quarters may well end up resembling something more akin to an art gallery, or worse, an antiques shop.

3. SIZE MATTERS

A statement piece of small art can have high impact on a big wall; whereas a large piece of pottery, for instance, can be allowed to dominate a limited space. There are no hard and fast rules, but consider the dimensions of whatever it is you're adding to a room before buying it.

4. MATCH, DON'T MIX

Be careful not to clash styles – contemporary with Art Nouveau, anyone? Post-minimalism with Baroque? Explore your creative fantasies, but letting different styles collide in the same space is a recipe for design disaster.

5. DON'T BUY WHAT YOU DON'T WANT

Only bring into your home art you are passionate about. If you have any lingering doubts, leave it behind, otherwise each time you look at it, you may encounter mixed emotions.

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AND IT WAS ALL

yellow

ALL THAT GLITTERS ISN'T GOLD... ADD IN A BIT OF YELLOW TOO

For a long time, gold's reputation as an interior décor colour was anything but opulent - a generation of faux variants had left the world's most precious metal flagging rather. Yet its return, along with a resurgence of yellow, has opened up some fantastic new interior ideas.

But why are these particular colours making a comeback? Well, psychologists believe recent tough economic times meant we favour shades with positive psychological qualities. Yellow screams happiness, optimism and confidence for the future; gold is the colour of ambition, and more prosperous times ahead. What's not to like?

COMBINE WITH DARK TONES

Gold, in particular, radiates against very dark tones, and the contrast between the shimmer of gold and sheer darkness offers a classy touch. Yellow, similarly, can really fire against an offset colour - in this case, we'd recommend grey.

IT'S ALL IN THE ACCENT

Rather than layering colours over an existing space, a recent trend has been to offer various hints of colours that add warmth and light, with gold and yellow right at the front of the queue. So forget statement walls and instead replace pictures with gold frames; paint a desk chair, add a throw on a sofa, redo cushions and perhaps even replace a curtain pole with golden tones. Very quickly you'll be adding some class to a previously drab room.

MAKE A STATEMENT

Of course, nothing screams confidence like a statement wall or piece, and yellow is truly the colour of 2018 for this. A radiant wall, a sofa, even a contemporary picture that's big and bold on this summer shade, can draw the eye to a room and light it up instantly. Remember to offset with lampshades, seat covers or perhaps something as simple as a pot to reinforce your intentions.





HOW TO MAKE Autumn-scented CANDLES

The arrival of autumn creates the need to feel warm, cosy and comforted in preparation for the harsh winter that lies ahead. What better way to achieve this than with an array of homemade, fall-scented candles?

WHAT YOU WILL NEED

- A selection of glass jars (mason jars work well)
- Wick
- 1 x cup of beeswax
- 1 x cup of coconut oil
- 1 tablespoon of your preferred spices

This amount makes roughly one pint of candle mixture.

HOW TO MAKE

1. Place an individual wick in each jar
2. Tape the wick to the bottom of the jar
3. Take the top of the wick and wrap around a pencil and place back in the centre of the jar
4. Melt the beeswax, coconut oil and your chosen spices together in a separate jar above a pan of boiling water (the same process as when you melt chocolate)
5. Remember you want to melt the ingredients, not boil them together

6. Stir with a spoon as the mixture melts
7. Once melted, pour a small amount into each glass jar and wait to set (this will help the wick stick to the bottom)
8. Pour in more mixture until the jar is sufficiently full
9. Wait for the wax to harden
10. Light your scented candles and enjoy the aroma of autumn throughout your home

Spice combinations we love include pumpkin pie spice (cinnamon, ginger, allspice and cloves) and apple pie spice (cinnamon, nutmeg and allspice).

Alternatively, you could add vanilla, chocolate or coffee essence depending on the mood you want to create your personal preferences.



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LOCAL NEWS

from your neighbourhood

LOCAL NEWS BILLERICAY



Dog warning after six foot boa constrictor spotted

Dog walkers have been advised to keep their pets on a lead after a boa constrictor was spotted in the Norsey Wood nature reserve near Billericay.

The animal, thought to be someone's pet, is not dangerous to humans but posters put up by Basildon Council warn owners of small dogs to keep them on a lead.

The poster features a picture of a boa constrictor – in the Norsey Wood nature reserve near Billericay after a woman reported seeing the snake.

Daniel Hepplewhite, a reptile expert from Snakes

Alive, said the reptile was unlikely to attack dogs.

He said: "It will be more interested in squirrels. It's an arboreal species, so it's probably up a tree."

"A lady phoned up a few weeks ago saying she saw a snake heading into the woods and she sent a picture, which is the picture used by the council."

It is thought the boa constrictor would struggle to survive a British winter.

If you see it, ring the ranger on 07715 752727, Basildon Council on 01268 533333 and ask for Animal Control, or Snakes Alive on 07527 927518.

Billericay Festival of Remembrance announced

This year marks the centenary of the end of the First World War.

Since 2015 Beryl and Brian Ford, Billericay musicians, have been organising a hugely popular concert which takes place the evening before Remembrance Sunday at Emmanuel Church, Laindon Road.

This year Billericay Town Council will be taking over

the organisation and administration.

The concert will continue the theme of previous years but will also include tributes to mark the centenary.

Tickets can be booked online through www.goldengiving.com/event/remembrance. Some tickets will be sold at the library and at Slipped Discs, Billericay High Street.

Council announces WWI commemoration plans



The centenary of the end of the First World War will be commemorated by Billericay Town Council next month.

The town council will mark the centenary by purchasing two There But Not There life-size Tommy silhouettes to place at the war memorial in the High Street.

The town council plans to place them at the memorial each November going forward as a mark of respect and remembrance for all those men and women who have lost their lives whilst serving in the forces.

The illumination of the war memorial is being provided free of charge by a local company but they are unable to connect to an electricity supply from the nearest lamp column. This has to be undertaken by an ECC approved contractor and is costing in the region of £1,500. It is hoped that the money can be obtained from crowdfunding to complete the project before Remembrance Sunday this year. To find out more about the project, go to www.spacehive.com/war-memorial

News from the policing team

The Basildon Community Policing team have responded to reports of antisocial behaviour across Billericay.

Inspector Steve Parry said: "Operation Quiet was set up over the summer to tackle youth-related antisocial behaviour and the team have focussed on areas raised by Billericay residents including Lake Meadows, South Green and Outward Common Road. Patrolling in both uniform and in plain clothes the team have seen some positive results and a reduction in antisocial behaviour."

Working alongside Basildon District Council a joint taxi licensing operation took place, ensuring that those operating within the district were doing

so lawfully. A number of vehicles were stopped by the police during the operation, with the council also using Test Purchase tactics to ensure compliance. As part of the operation practical crime prevention advice was provided to members of the public around the dangers of 'unlicensed' taxi operators.

Public engagement has continued to develop, with successful Coffee with Cops meetings and street-based activities including a pedal cycle security marking event, providing fantastic opportunities to gain feedback around the issues faced by Billericay residents.

Pool left with sinking feeling following fire

Lessons at a Billericay swimming pool have been put on hold after a fire caused significant damage.

A fire took hold at First Strokes swimming pool in the early hours of September 5 with two fire engines attending after flames broke out in the changing rooms.

Investigations were complete within a week as a forensic report of the cause was sent to insurers.

A spokesperson at First Strokes said: "We are now assessing the damage and it looks like we may be closed for the foreseeable future."

"We have had forensics in the centre yesterday and all investigations are now over. The report from this investigation is now being sent to the insurance company of Basildon Council and also the loss adjuster, who will then advise us on what the next move is."

"We will need a specialist cleaning team to come in and clean the centre from top to bottom which we will try to arrange as soon as we can."

Essex County Fire and Rescue Service released the following statement: "Fire crews quickly extinguished the fire and had left the scene by 7am."

"The cause of the fire has been recorded as accidental – due to a possible electrical fault."



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BILLERICAY TOWN FC

LOCAL NEWS BILLERICAY

Photo Credit: Nicky Hayes Photography



Billericay appoint Dean Brennan as manager

Billericay Town Football Club have appointed former Hemel Hempstead Town manager Dean Brennan as their new boss.

Brennan had been in charge of Hemel Hempstead Town since 2012 and led them to the Southern League Premier Division title in 2014, winning by 10 clear points.

The following season he took The Tudors to the 1st Round of the FA Cup but lost 3-1 at Bury.

As a player, Brennan came through the youth system at Sheffield Wednesday but made his league debut for Luton Town. He moved to Hitchin Town and then Stevenage Borough. He first became involved with Hemel Hempstead Town as a player in 2007 and was appointed as caretaker manager three years later. He was given the job permanently in 2012.

News of Brennan's appointment came only days after former Billericay manager Harry Wheeler parted ways

with the club, who currently sit in second place in the Vanarama National League South, having won six games out of 10 so far this season.

Club owner Glenn Tamplin took to Twitter to express his delight in the appointment of Brennan, whose assistant from Hemel, Stuart Maynard, has also joined the staff.

Tamplin said: "Welcome aboard Dean. He and his team have some big plans for the club focusing on success with sustainability in mind, really happy to have him on board."

Hemel FC, who sit in 15th at the time of writing, said in a statement: "Dean and Stuart led Hemel Hempstead Town to the Southern League title and last season achieved the club's highest ever league position, qualifying for the National Conference South playoffs."

"Dean and Stuart leave with the very best wishes and thanks of all the officials of Hemel Hempstead Town FC."



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V23



August and September are busy months for everyone involved in the Street Pastors and their associated projects including School and Rail Pastors.

We continue to patrol the night time economies of Billericay and Brentwood and always look to help anyone that is or becomes vulnerable.

To support this work we took part in the John Baron Fun Walk and continue to get ad hoc financial support from several established groups.

We are ready to launch Schools Pastors into

Billericay School later this month with support from the headteacher and his pastoral team.

Rail Pastors have continued to help out and were able to support a passenger who was struggling with some dark thoughts. We continue to volunteer and hope we can continue to help by expanding across the whole Greater Anglia route. This takes time as we need to build relationships with all those involved and to get the volunteers trained and equipped.

Want to know more? Email Billericay@streetpastors.org.uk

Thousands of pounds raised for cancer charity



A group of weight plan consultants came together recently to take it in turns to skydive to raise money for a cancer charity.

Fifty Cambridge Weight Plan consultants fell from 13,000ft on September 16 in aid of Cancer Research UK.

Essex Cambridge consultant Loren Knight was one of the first of five ladies to jump from the plane.

She explained the experience as "exhilarating".

However, due to adverse weather conditions, the skydive was cancelled for the rest of the consultants.

At the time of writing, they were due to jump at the beginning of October.

So far, the 50 consultants have raised just over £24,000 between them – just under half of their target.

They are keeping their fundraising pot open until January 2019 in hopes of reaching their £50,000 target.

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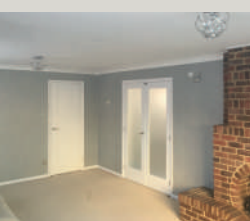
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LOCAL NEWS

from your neighbourhood

Former Shenfield pupil leads Surrey Stars to victory

A former Shenfield High School pupil is celebrating after she led the Surrey Stars women's cricket team to the Women's Kia Super League for the first time.

Surrey's opponents Loughborough Lightning were in trouble at 63-6 when 19-year-old Mady Villiers was brought on to bowl her four overs.

Dismissing Lucy Higham with her first ball, she also picked up the wickets of Sarah Glenn and Kirstie Gordon to finish with impressive figures of 3-22 as her team won by 66 runs.

Surrey scored 183-6 from their 20 overs.

Villiers was interviewed by Sky Sports after the game and is now set to return to Shenfield High to share stories with pupils.

Speaking after the match, Surrey Stars captain Nat Sciver praised Villiers and her teammates.

She said: "We've come good at the right time but I always felt we had that sort of performance in us because we've got a really strong batting lineup.

"I'm really pleased for the whole squad because there have been some disappointing days this season but we've produced a really good game today when it mattered."



Photo Credit: James Marshy BPI/REX/Shutterstock

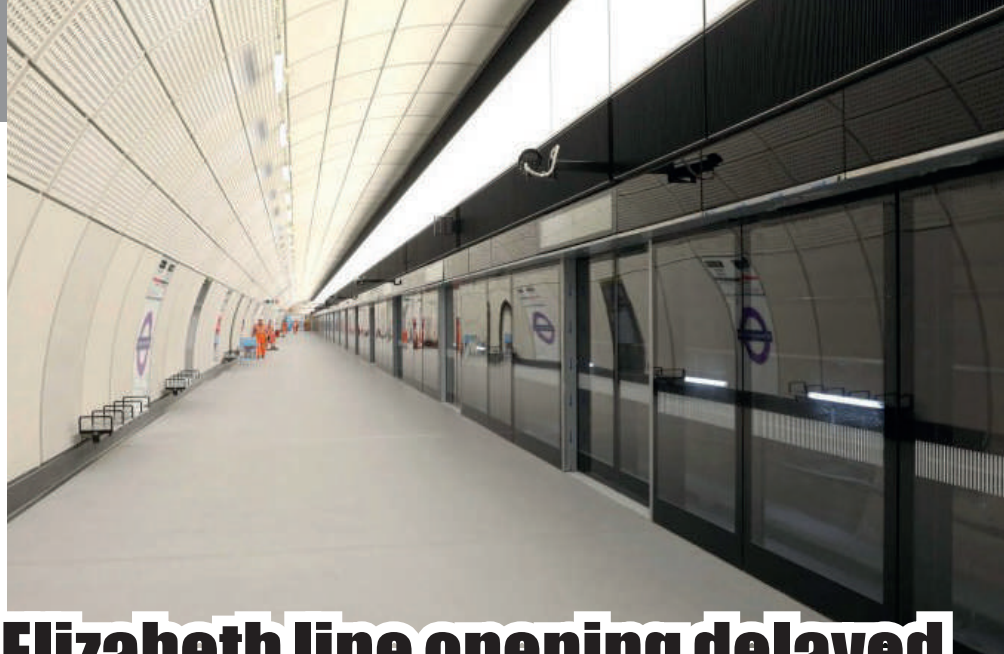
Who are your local sporting heroes?

Residents in Shenfield are being asked to nominate their sporting heroes for the annual Active Brentwood Sports Awards 2018.

The awards celebrate the outstanding achievements and efforts of sporting talent as well as the people, groups and organisations that work behind the scenes to provide opportunities for people in the borough to take part and promote physical activity.

To nominate someone, visit www.brentwood.gov.uk/index.php?cid=2118. The people being nominated must live in the borough of Brentwood or be involved in or a member of a local club.

The closing date for nominations is Wednesday, October 10. If you have any queries regarding the nomination process, please contact Jo Grant on 01277 312692.



Elizabeth line opening delayed

The Elizabeth line, from Reading and Heathrow in the west to Shenfield and Abbey Wood in the east, will open through central London in autumn 2019, a delay of almost a year.

Crossrail, which is behind the project, says the delay will allow engineers to complete the final infrastructure and carry out extensive testing to ensure the Elizabeth line opens as a safe and reliable railway.

The focus remains on opening the full Elizabeth line, as soon after the central tunnels open as possible.

Simon Wright, Crossrail chief executive, said: "The Elizabeth line is one of the most complex and challenging infrastructure projects ever undertaken in the UK and is now in its final stages. We have made huge progress with the delivery of this incredible

project but we need further time to complete the testing of the new railway. We are working around the clock with our supply chain and Transport for London to complete and commission the Elizabeth line."

The new Elizabeth line trains are already operating between Shenfield and Liverpool Street (mainline station) and between Paddington (mainline station) and Hayes & Harlington, in readiness for the full opening. The trains are also being tested in the Heathrow tunnels. Construction activity is drawing to a close including the completion of the remaining architectural fit-out in the new central section stations.

When the central section of the Elizabeth line opens in autumn 2019, the railway will initially operate as three separate services as planned including Liverpool Street to Shenfield.

High speed chase ends in double arrest

Two men have been arrested in Shenfield following a 50-mile police chase.

A 31-year-old and a 34-year-old have been arrested after officers pursued the vehicle from Tendering, near Weeley.

The chase along the A12 to Shenfield ended in York Road where more than 10 police cars brought an end to the chase.

Essex Police also utilised their helicopter for the high speed pursuit as officers swarmed York Road after being forced to close the A12 in a bid to halt the Volkswagen.

Once police had caught up with the two men they were arrested on suspicion of aggravated taking of a motor vehicle without consent, failing to stop for a police officer and dangerous driving.

GRAND OPENING

GEORGE BARNETT
KITCHENS

Saturday 15th September was the Grand Opening of George Barnett Kitchens, at their stunning new showroom based in Hutton. Adrienne, a Siemens home specialist cooked a wonderful array of exquisite finger food that was both beautiful and delicious. All were demonstrated using the Siemens Studio Line range of ovens. Owners Andy, Kirsty and Clare were overwhelmed by the number of family, friends and local people who showed so much interest in the Kitchen, Bedroom and Audio Visual displays. Andy Was particularly flattered by the interest in his two way glass, with a TV behind it!



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ABOUT US

George Barnett Kitchens, in Hutton, Essex has its roots firmly in construction and, since 1985, we've built a solid reputation for delivering exceptional living spaces, from small single storey extensions to multi-unit new builds and conversions. With this experience, George Barnett Kitchens are proud to

team of professional tradesmen.

Whether you simply want to transform your kitchen, create a tranquil bedroom or plan a grand design for your home, we offer an all-inclusive package to make your dream project a reality. Visit our showroom and talk to our experts at Woodland Avenue, Hutton, Brentwood, Essex.

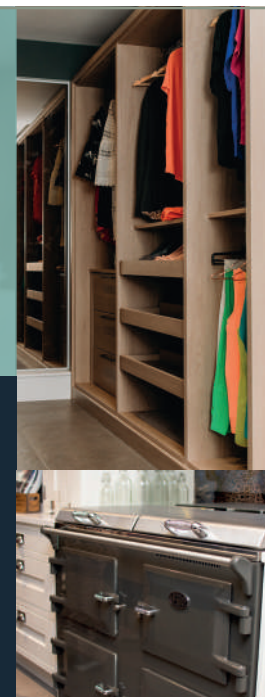
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BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



September's Blood Cancer Awareness Month saw several constituents get in touch about how their lives have been affected by blood cancer, and ask for me to encourage more people to register as stem cell donors. Although it does not get as much publicity as other cancers, blood cancer is the fifth most common type of cancer in the UK and the third biggest cancer killer. It accounts for nine per cent of all new cases of cancer diagnosed in the UK.

Brentwood and Ongar ranks 295th out of the 650 constituencies for the number of stem cell donors, compared with other constituencies, with 1,012 local people on the register. Of these, 40 per cent of the potential donors are male, with an average age of 38.

However, there's always need for more donors for the register. Blood cancer charity Anthony Nolan is particularly keen to see men aged 16-30 and people from black, Asian and ethnic minority backgrounds to register as stem cell donors and make sure that a match is available for everyone in need of a transplant.

While anyone on the register could be a match for someone with blood cancer, men aged 16-30 are most likely to be asked to donate. They provide more than 50 per cent of donations yet make up just 16 per cent of the register. There is also a shortage of donors from non-white and mixed-race backgrounds.

In total, more than 700,000 people in the UK are on the Anthony Nolan register, any of whom could be a match for someone with blood cancer. If a patient has a condition that affects their bone marrow or blood, then a stem cell transplant may be their best chance of survival. Doctors will give new, healthy stem cells from donors to the patient via their bloodstream, where they begin to grow and create healthy red blood cells, white blood cells and platelets.

I am very proud of the number of people in Brentwood and Ongar who have selflessly volunteered to give someone a second chance at life. Donating stem cells is straightforward but it could make an enormous difference to someone with no other chance of a cure.

www.alexburghart.org.uk



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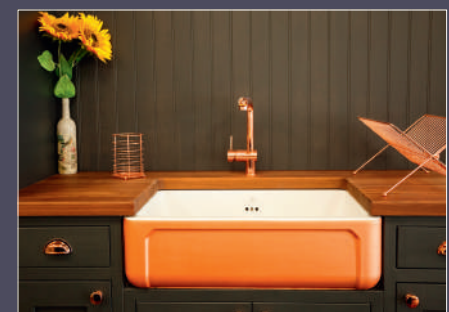
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IMPORTANT – ALL PROPERTY OWNERS PLEASE BE AWARE

When a flat roof is replaced there are Part L Building Regulations that the homeowner and the contractor must comply with. **Please call for free information regarding the Part L Law.** The homeowner 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.

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A large photograph of Simon Cowell on the left side of the page. He is wearing a white button-down shirt, unbuttoned at the collar, and sunglasses. He is smiling and pointing towards the camera. The background shows a red carpet event with a car and other people.

The star of SIMON COWELL

As the new series of *X Factor* kicks off, with Mr Marmite taking centre stage again, let's be frank, Simon Cowell regularly gets a bad rap. The black/grey/white clothes combos, the overexposed chest, the dodgy hairstyle... and that's just how he looks.

Add in the fact *X Factor* and *Britain's Got Talent* are mercilessly ripped apart for being exploitative, fake, unimaginative and clichéd, and it makes you wonder why the record label mogul bothers... it's certainly not because he needs the money.

Yet look at it the other way around. What sort of world would we be living in without Simon Cowell? Forget all the music careers he's launched, the tens of millions of records sold, the multiple sell-out tours for everyone from One Direction to Olly Murs, Westlife to Little Mix, not to mention the positive impact he's had on countless others as a result of exposure on his primetime shows – just consider this... there's no one else in the entertainment world we love to hate more.

It's been another modestly good year for Cowell, who celebrates his 58th birthday in October. Batting off the Ant & Dec furore with typical ease, he has lauded over one of the most successful series of *BGT*, won by disability comedian Lost Voice Guy. The show's final pulled in 11.2million viewers, the most watched in three years and a return to form for a format that had been struggling.

Cowell also made it onto the Hollywood Walk of Fame

in tribute to his contribution to the US entertainment business. Over the years, our exports across the Atlantic have struggled, yet in Cowell, James Corden and a few recent others, we have never been stronger Stateside. He joined fellow Brits Steve Jones (of Sex Pistols) and Sir Richard Branson in being honoured at the June ceremony, and chirped: "If anyone says fame is a bad thing, I don't know what you're talking about. It's the best thing in the world."

Yet there was also a lot of humility on show from the industry's most famous A&R man, who praised his late parents and offered hope that his son Eric, four, might follow in his footsteps.

"I have a feeling my mum and dad are looking down on me, and now I can look over to my son Eric and say: 'Maybe one day you'll get one of these as well.'"

But Cowell can't rest on the successes of 2018 - he's a new series of *X Factor* to kick into shape. Freshly back on our screens, Simon is ably assisted on the judging panel by Louis Tomlinson, Ayda Field, Robbie Williams and, for the live shows, Sharon Osbourne.

"Again it's the greatest showcase of the talent that we have out there," he says. "It never ceases to amaze me just how brilliant these people are, not just in their voices and their ability to entertain, but in how brave they must be to go stand up in front of a live audience and sing their hearts out.

"Without these artists I would be nowhere, and the fact we can still, after all these years, transform the dreams of a lucky few into reality, is a marvellous thing."



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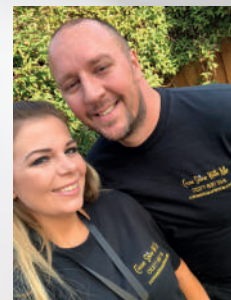
Come Shine With Me 

Come Shine With Me was created by Louise Humphrey in September 2017, although Louise has been working for herself and within the cleaning industry since 2014, she decided to expand and fill the market with a high standard cleaning company.

Louise has lived her whole life in Billericay and has only recently moved to Brentwood. She has created a unique cleaning experience, and she gets on really well with all her customers whom often ring her weekly to discuss any changes to the weekly clean. Her customers love the fact they do not have to worry about cleaning products or equipment as her staff bring everything with them to carry out the clean. You can even track your cleaner straight to the door, everything is recorded regarding your clean on their

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Louise is supported in the business by her partner, Kirk Day, who manages the Pest Control side of the business. He and his team carry out everything from bird proofing to rat treatments.

Together they have built Come Shine With Me into a thriving business and their cleaning services are much sought after. They are happy to carry out a free quote for any work you wish to have undertaken. Any regular cleaning is arranged via Louise attending your premises and getting to know you, and what your cleaning requirements are for your property, as everyone has different priorities.

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The British weather can be unpredictable; who'd have thought that we would have such a hot summer, so goodness knows what winter has in store for us.

Wood's worst enemy is water. With mould and mildew not far behind. Save yourself a lot of bother come next spring and give your exterior wood some much-needed TLC ahead of the long wintry months.

PREPARATION IS KEY

Ensure that you wash all exterior wood prior to treating. Soap and water is perfectly adequate for cleaning your wood, just be sure to rinse thoroughly and let all surfaces completely dry before applying any wood treatment. Do not use anything too abrasive for cleaning as this can damage the wood.

CHECK FOR MILDEW

Mildew can be identified by little black specks on the surface of wood. If you are unsure whether or not your wood has mildew, apply a dab of bleach to one of the black spots. If it lightens in colour, then it is definitely mildew.

CHOOSE A PRODUCT THAT IS WATERPROOF

It is essential that you choose a wood treatment that is waterproof as this helps prevent fungus and mould from developing. Good quality wood treatments will also allow your wood to breathe whilst providing strong protection against the elements.

CLEAR THE AREA OF DEBRIS

Although you may not want to carry out garden maintenance once the cold weather sets in, it is important to regularly clear any exterior wood areas of any build-up of leaves. If left, piles of leaves can result in mould and damp. Be sure to check in between gaps in wood such as on the decking.

NB: Wood treatments can break down in harsh weather, so check sporadically, sand down and reapply if needed.





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WHEY vs Plant

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But eating an extra steak or two simply isn't going to cut it nowadays. Enter the world of protein powders.

WHEY PROTEIN is a combination of proteins which have been isolated from whey. Whey is the liquid part of milk that is separated when cheese is made.

By supplementing your diet with whey, you can add 25-50 grams of extra protein intake daily.

Pros:

- It is cheap to buy
- It is highly accessible
- It is very effective at assisting muscle recovery and growth
- It is a complete protein

Cons:

- It is highly processed
- It contains artificial sweeteners to mask the unfavourable taste
- It can result in wind, bloating and diarrhoea due to the high lactose content

Plant-Based Proteins include lentils, hemp and chia seeds, soy, brown rice and nuts. As well as being good sources of protein, these foods are high in fibre and low in cholesterol and sodium. Plant-based proteins are also available which claim to provide the same results as whey protein.

Pros:

- They are easier to digest
- They are healthier as they contain no artificial sweeteners
- They have a neutral or pleasant taste
- Many sources contain other much-needed vitamin and minerals such as essential fatty acids
- They are hypoallergenic

Cons:

- It will cost you more to obtain the same amount of protein as whey
- Individually plant-based proteins are not complete proteins as they are deficient in some amino acids

In our opinion, this is a case of trial and error; see how your body responds to each and which gives you the results that you want.



@essexprivatedoctors Dr Kannan Athreya & Dr Alice Scott



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CM15 8LB

LIVING WITH THE MENOPAUSE - YOUR KEY QUESTIONS ANSWERED Oct 2018

Women frequently have concerns about the menopause but aren't sure if they should see a doctor for diagnosis or advice.

If you're asking yourself questions like 'how will I know I'm in the menopause?' or 'what can I do to manage my menopause?' - then here's a guide from Dr Alice Scott, an experienced GP at our private Shenfield practice.

has a womb then they would also need the hormone progesterone. Sometimes testosterone is also prescribed too.

Lifestyle changes to help manage symptoms include:

- taking regular exercise
- maintaining or achieving a normal body mass index
- wearing loose-fitting clothing
- avoiding triggers for hot flushes such as smoking, alcohol, caffeine, and spicy foods.



Sleeping problems can be helped by sleep hygiene measures, and mood changes can be improved by relaxation and exercise. Vaginal dryness may be helped by a vaginal lubricant or moisturiser.

What is the menopause?

The menopause is when a woman stops having periods - a normal part of ageing that on average happens around the age of 51 but can happen much earlier.

Menopausal symptoms often develop as a woman's oestrogen levels fall, the most common are sweats and hot flushes but can also include aching joints, fatigue, difficulty concentrating, poor sleep, mood changes, low libido, headaches, dry skin and hair changes.

Diagnosing and managing the menopause

Over the age of 45 years old, the diagnosis of menopause can usually be made based on these symptoms without needing any tests. Below the age of 45 years blood tests are sometimes needed.

The treatment of choice for many menopausal symptoms is hormone replacement therapy (HRT) which contains oestrogen. If the woman

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To read Dr Scott's full article, which includes all the Top Tips for diagnosing and managing the menopause, visit essexprivatedoctors.com

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Thursday 11th October 2018 at 6.30pm
with Mr Aman Chandra, Consultant
Ophthalmologist.

Painful shoulders? Ask an expert.

Monday 15th October 2018 at 6.30pm
with Mr Ravi Ray, Consultant
Orthopaedic Surgeon.

How to treat digestive disorders.

Tuesday 16th October 2018 at 6.30pm
with Dr Leena Sinha, Consultant
Gastroenterologist and
Mr Graeme Syme, Specialist
Gastrointestinal Dietitian.

Considering weight loss surgery?

Thursday 25th October 2018 at 6.30pm
with Mr Sanjay Agrawal, Consultant
Bariatric Surgeon.

Let's talk varicose veins.

Thursday 1st November 2018 at 6.45pm
with Mr Sabu Jacob, Consultant
General and Vascular Surgeon.

Everyone is welcome, so tell your friends and family.

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With Strictly Come Dancing fast becoming a firm favourite for our Saturday night viewing, it can be hard not to feel a tad envious of all the lithe, toned dancers spinning around in a haze of sequins and silk.

But fear not, you too can start to sculpt a dancer's body by trying out some of their moves at home or at a dance class.

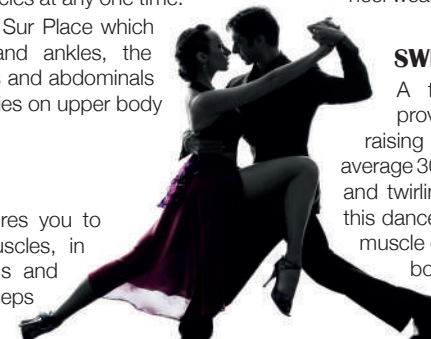
THE PASO DOBLE

A passionate dance that is not for the faint hearted, the paso doble centres around posture and a succession of different movements involving many parts of the body. With this dance, you are engaging 80-90 per cent of your muscles at any one time.

With moves such as the Sur Place which works the calves, feet and ankles, the Zigzag which uses the hips and abdominals and the Albatross which relies on upper body strength.

WALTZ

This ballroom dance requires you to use your upper back muscles, in particular your upper arms and shoulders including your triceps and deltoid muscles.



THE TANGO

This fast paced dance offers a full aerobic workout. The tango specifically works your core muscles and is ideal for those wanting to strengthen their abdominals. The constant stream of twists and turns will tone your ankles; essential for regular high heel wearing.

SWING

A full-on injection of cardio is provided with swing dancing; raising your heartbeat and burning on average 300 calories per hour. The dipping and twirling moves that are required for this dance can help increase your overall muscle density, especially in your upper body. Other muscles used include your hamstrings, quads, calves and inner thighs.



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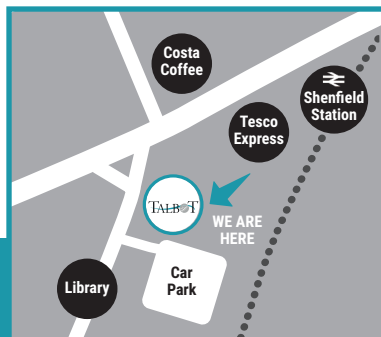
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High BROW



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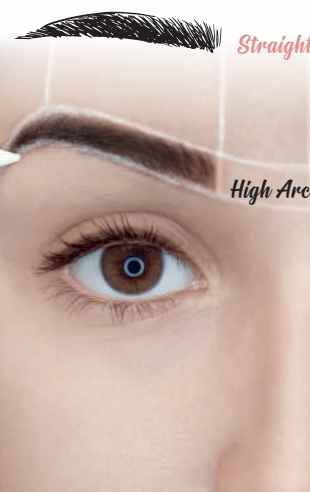
Soft Arch



Upward



Straight



High Arch

Eyebrows are like a rug in a room: they pull the entire look together. Eyebrows when groomed well can make you look like a movie star, but when groomed badly they transform your face into a gruesome mask.

For many years the trend was thin brows - a look which harked back to the silver screen days of the early twenties when cinema sirens like Clara Bow shaved their brows then drew them back on again in a severe pencil line. Buying your first pair of tweezers as a teenage girl was a rite of passage as you plucked and preened your way to eye-watering glory. But now, thanks in part to Cara Delevingne, big brows are back in fashion.

The change has brought about a revelation in beauty - an entire industry, almost, created off the furry back of the brow. Dedicated salons are popping up in department stores across the country as women seek out the perfect look, while every major cosmetic brand now has a range devoted to the facial follicles, from powders to gels and tints.

In short, brows have become a major industry, and with good reason. After all, they make you look incredible, enhancing your natural beauty. Got a round face? Go for a high, sharp line, whereas heart-shaped faces prefer a straighter look. Open up close-set eyes by elongating your brow with a pencil, whereas widerset eyes suit a softer, more feathery brow.

When it comes to plucking, there's just a few things to bear in mind... firstly, you want to grow them as much as possible so you start with a fuller shape. Now hold a pencil vertically at the middle of each nostril to find the start of your brow, then pivot to the outside of your iris for the arch, then pivot once more to the edge of your eye for the end. Now with your template in place you can start plucking strays. Always pluck from underneath, and remember, less is more; remove a few hairs at a time and then step back to see the overall effect.

So don't spend your life feeling like a wallflower - invest in a dramatic look for raised eyebrows wherever you go.



KIDS

EASY DIY Character Costumes

It is nearly that time of year again when your angelic little darlings want to dress up, consume vast amounts of sugar and run riot in the streets.

Chances are you do not want to spend a fortune on a generic shop bought costume that no doubt at least one of your child's friends will be wearing, resulting in tantrums and tears.

So why not make a unique and budget-friendly costume yourself?



FOR TODDLERS: A Mischievous Minion

You will need:

A yellow T-shirt | Blue denim dungarees | Black gloves | Glasses covered in tin foil
A yellow hard hat | Black pipe cleaners (for minion hair) | Yellow face paint

FOR KIDS: An "Incredible" costume

You will need:

A red long-sleeved top | Red leggings | Black gloves | Black boxers or shorts | An old orange T-shirt | Black face paint (for the superhero glasses)

For the Incredibles logo:

Felt in orange, yellow, black and white | Heat-N-Bond or another heated adhesive | An Incredibles logo template (available online)

Cut the orange T-shirt into a long strip for a belt | Use the template and different coloured felt to make the logo | Glue logo to the red top



FOR PRE-TEENS: Evie from The Descendants

You will need:

A blue T-shirt | A black zipped jacket | A black skirt | A blue wig or non-permanent blue hair dye | A plastic tiara | Black gloves | Black tights and boots | A large red button and one green sequin | Blue ribbon | Gold card | Acrylic paint in red, blue, white and gold

Glue the red button and green sequin onto the tiara as an apple | Cut the gold card into a crown shape and glue to the front of the jacket | Twist the ribbon into bows and glue to the gloves | Use the paint to decorate the skirt in a graffiti style similar to Evie

Photo credit: universalstudios.wikia.com, atomic.vg, advancegraphics.com



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Ayers STOP!

It's known the world over as a symbol of Australia, but what is the history behind the incredible natural landmark also known as Ayers Rock?

Butting up 348m above the barren landscape of Australia's Northern Territory – with an even larger portion of its mighty sandstone hulk concealed beneath the rocky ground – the vastness of the natural structure known to the Aborigines as Uluru has become as synonymous in our impressions of life 'down under' as kangaroos, the Sydney Opera House and cricket.

Now classified as a World Heritage site, the rock is situated 335km south-west of Alice Springs – or 440km by road, about five hours – and is served by the small resort town of Yulara. This is where tourists stay, and most people spend the night either in hotel accommodation or camping; there are no actual camping or other facilities within the Uluru-Kata Tjuta National Park.

Recent years have seen the Australian government give back control to the Aboriginal peoples for whom the rock represents a spiritual place. Though most Westerners know of Ayers Rock – so called in the 1970s after then South Australia chief secretary Henry Ayers – Aboriginal tribes were living in the area over 10,000 years ago, and now the Pitjantjatjara people own the land around the giant stone monolith.

Visitors can climb the terracotta face of the rock to reach the summit, although this practice was often criticised for both the disrespect it showed towards the Aborigines' reverence of the structure and the damage it was doing to the stone itself. The Uluru-Kata Tjuta National Park board of management has announced that tourists will be banned from climbing Uluru from October 2019... so you have a year left. Tourists can still explore the 10km of roads and trails that surround Uluru's base, and are encouraged to visit during sunrise or sunset to really capture a glimpse of this unique stone at its breathtaking best.

Photo credit: Serge Goujon/Shutterstock.com



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A large graphic for 'Pumpkin Shake-Up' featuring several pumpkins. The title 'Pumpkin' is in a large, black, cursive font, and 'SHAKE-UP' is in a bold, orange, blocky font. Below the title, there are three sections of text: 'PUMPKIN PIE', 'ROASTED SEEDS', and 'CURRY'. At the bottom of the graphic, there are images of pumpkin pie, roasted pumpkin seeds, and a bowl of pumpkin curry.

Pumpkin SHAKE-UP

PUMPKIN PIE
Right around this time of year the shops are brimming with pumpkin spiced delights, from lattes to biscuits and even candles. This 'spice' is what makes pumpkin pie such a delectable seasonal treat - a combination of cinnamon, ginger, nutmeg, cloves and allspice, it is warming and comforting. And when mixed with puréed pumpkin flesh, sugar, eggs, butter and milk and baked in a pie crust (store bought if necessary) you basically end up with autumn on a plate.

ROASTED SEEDS
When carving your jack-o'-lantern this year, don't discard that mound of seeds that sits snugly inside, as they are packed with nutrients and can make a delicious snack. Simply scoop out your seeds and separate them from the stringy flesh before rinsing thoroughly in a sieve. Now they still won't look quite like the seeds you buy in a supermarket, but that's because they need to be roasted, so preheat your oven and toss them into a bowl with either a sweet mix (cinnamon and sugar) or savoury (chilli powder, soy sauce and garlic powder) melted butter and a little salt, before roasting in the oven. Just be sure to check them regularly (so they don't burn) and toss regularly.

CURRY
You don't have to be a vegetarian to enjoy a pumpkin and chickpea curry, the ideal dish to warm up 'trick or treaters' on a chilly Hallowe'en night. Start by frying yellow curry paste with onion and lemongrass, then add chunks of pumpkin flesh followed by vegetable stock and coconut milk. Simmer before adding a tin of drained chick peas, cook for 10 minutes more, then serve over rice. Spookily good grub.

Make the most of your
*Hallowe'en
pumpkin*
leftovers

A photograph showing a pumpkin pie with a lattice crust, a bowl of roasted pumpkin seeds, and a bowl of pumpkin curry with chickpeas and vegetables.

FOOD & DRINK



SOMETHING SMELLS FISHY

If you're a lover of seafood wrapped in rice Japanese-style, be warned: by 2050, there's a good chance that climate change will have ruined this delicate culinary delight for good.

With its seaweed covering, sticky rice interior and sliver of raw fish, sushi has exploded from out of Japan to become a worldwide food craze. But for all those people who love to dine on dragon rolls and uramaki during a work lunch, there's trouble ahead with climate change set to impact on the sea's fish population.

As the world's seas get warmer, and the water becomes more acidic, life in the ocean is going to get a lot tougher for the vast majority of creatures we like to wrap in rice and wolf down with wasabi. Add to that the perils of overfishing and habitat destruction, and the future of sushi looks bleak.

Take coral bleaching, for example. Although the majority of us have an inkling of the mass demolition of the world's reefs, it's a pretty abstract idea to anyone who doesn't spend their time diving in their bountiful fish havens. And while the sushi industry has little need for the brightly-coloured critters that cling to reefs in computer screensavers and travel agent ads, the fish sushi chefs are after – bluefin tuna or mackerel, for example – are at the top of the food chain and therefore rely on reefs as their food source.

Great Britain is currently battling the French to finalise a deal to stop the scallop wars in the English Channel. A ban was put on French fishermen from catching scallops between May 15 and October 1 to conserve stocks, but the British aren't subject to the ban. New tensions are also rising as Cornish fishermen have accused the French of deliberately sabotaging their crab pots. Both food wars will cost fishermen hundreds of thousands of pounds.

Already in Japan, fish that was readily available some years ago, such as the yellow croaker, is now a delicacy – and with one recent bluefin tuna being sold at market for around £60,000 it seems that what was once abundant is fast becoming a very expensive culinary choice.

The alternative? For chefs to start using surimi – a processed form of fish that you find in supermarkets labelled as artificial crab or similar. Some have even looked to incorporating more vegan options into their food, or experimenting with insect-based sushi. And that, compared to a nice piece of nigiri or a tasty morsel of traditional temaki, is for many people a disheartening prospect indeed.



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PUZZLES & TRIVIA

PUZZLES

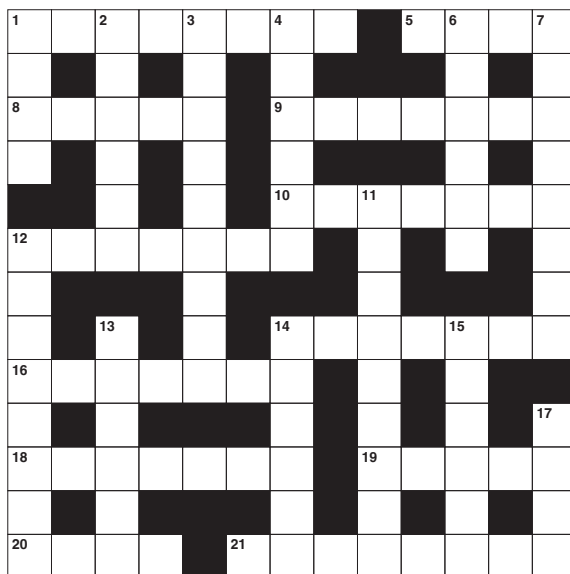
Answers can be found on the Contents Page 4

ACROSS

1. Domains (8)
5. Inspired by reverence (4)
8. Kick out (5)
9. Figurative language (7)
10. Tallest species of penguin (7)
12. Moved round an axis (7)
14. Activity of travelling for pleasure (7)
16. Slow bowler in cricket (7)
18. Egg white (7)
19. Express gratitude (5)
20. Rose (anag) (4)
21. Laughed (8)

DOWN

1. Run away (4)
2. Person with detailed knowledge (6)
3. Breed of dog (9)
4. Posted (6)
6. Sailing barge (6)
7. Reverie (8)
11. Operated by air under pressure (9)
12. Eg residents of Moscow (8)
13. Warm up (6)
14. Deep ditch (6)



15. Country in the Middle East (6)
17. Slide (4)

DID YOU KNOW

- ▶ An ostrich's eye is bigger than its brain
- ▶ A bear has a total of 42 teeth
- ▶ Rabbits like liquorice, although it isn't advised that they eat it as they have trouble processing sugar
- ▶ Birds need gravity to swallow, so they would not be able to be taken into outer space
- ▶ A cat has 32 muscles in each ear, compared to humans who have just six
- ▶ All adult insects have three body parts: the head, the thorax and the abdomen
- ▶ Koalas sleep for up to 20 hours a day
- ▶ Dalmatians are born all-white

SUDOKU

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



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The importance of colour should not be underestimated when creating your brand identity. Colour can evoke emotion, persuade and deter potential customers.

Each colour generates a different subliminal association in our minds.

RED:

This fiery colour can be used to stimulate and excite. It creates feelings of passion, anger and determination.

Red is popular for brands relating to cars, technology and food. Brands that use red: Coca-Cola and Audi.

ORANGE:

A mixture of red and yellow, this multitasking colour evokes feelings of boldness and wellbeing.

Orange is used by technology firms and finance companies. Brands that use orange: GlaxoSmithKline and easyJet.

YELLOW:

This feel-good colour which we largely associate with the sun brings about feelings of happiness and hope. Bright yellow is ideal for attracting attention.

Yellow is most popular with restaurants, clothing and car brands. Brands that use yellow: Renault, Ikea and McDonald's.

GREEN:

This fresh spring colour conveys serenity, health and optimism.

Green is ideal for brands selling food, household goods, technology and finance. Brands that use green: Starbucks, Oxfam and Subway.

BLUE:

With strong connotations to the sea, the colour blue makes people feel safe and secure. Brands can use this colour to instil confidence and portray reliability.

Blue is effective with the airline industry, energy companies and agriculture. Brands that use blue: Facebook, British Gas and United Airlines.

PURPLE:

This royal colour is associated with wealth and luxury. Darker shades convey mystery whereas a lighter purple can be used for romance.

Purple is often used by finance and confectionary companies. Brands that use purple: Hallmark and Cadbury.

WHITE:

White symbolises purity as well as cleanliness and transparency.

White is perfect for clothing ranges, health improvement companies or brands that want to attract children. Brands that use white: Chanel, Gap and VISION.



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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

The Billericay Ladies Probus Club Mount Avenue Banqueting Suite, Mount Avenue, Hutton, CM13 2NS October 8

The Billericay Ladies Probus Club meets on the second Monday of the month for lunch at The Mount Avenue Banqueting Suite in Hutton. They have speakers, quizzes, day trips, holidays, coffee mornings and garden parties (weather allowing).

For details please call, Jenny – 01277 633115.

Coffee Morning Mount Avenue Banqueting Suite, Mount Avenue, Hutton, CM13 2NS October 11, 10.30am - 1pm

Come along and support the local Guide Dogs for the Blind Association for tea and coffee, fresh cakes, handmade crafts, Christmas cards and gifts, raffle and tombola.

Charity Lunch Billericay Methodist Church, Western Road, Billericay, CM12 9DT October 13, 12.30pm - 1.30pm

A snack lunch and drink for £4.50. The charity this month is Anvil House in Billericay, providing residential care and support for seven adults with learning disabilities. There is no need to book. For more information, call 01277 622297.

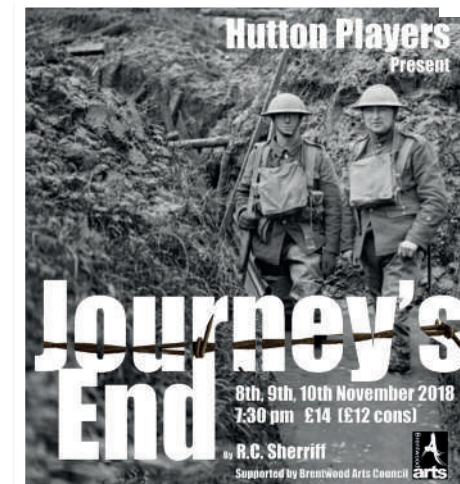
Billericay Fireworks Display Lake Meadows Park, Lake Meadows, Radford Crescent, Billericay, Essex, CM12 0AQ November 3, 5.30pm - 9pm



It's the 49th annual Billericay Charity Firework event, a firework display not to be missed, with the great display and beautiful lake backdrop.

For more information, call 01502 472006 or email info@billericayfireworks.co.uk

Journey's End Brentwood Theatre, 15 Shenfield Rd, Brentwood, CM15 8AG November 8 – November 10



The Hutton Players will be performing the iconic First World War play by R C Sherriff from November 8 - November 10 commencing from 7.30pm.

Set in a dug out in March 1918 it was written by a man who had experienced the horrors of that war.

This production is timed to commemorate the 100th anniversary of the ending of the Great War.

Tickets are available from the Brentwood theatre box office on 01277 200305 or online at www.brentwood-theatre.co.uk

Comedy Bingo Shenfield Parish Hall, 60 Hutton Road, Shenfield, CM15 8LB November 16, 7pm - 10.30pm

Eyes down for a great fundraising evening of bingo with added comedy from Skittleman. You could be two ducks (22) and a Brighton line (59) away from being top of the shops (90) and winning. With lots of humour and great prizes to be won, we hope you'll be lucky like number seven.

If you would like to ask any further questions or to book for this event, please email events@snapcharity.org



POLICE POLICE POLICE

HISTORY OF THE BREATHALYSER

It's the gadget most of us have dreaded at some point, yet as we pass the half-century mark of the Road Traffic Act – which introduced the first legally enforceable maximum blood alcohol level for drivers in the UK – we must credit the simple breathalyser as being one of the road's greatest lifesavers.

When inventor Robert Frank Borkenstein finally gained a registered trademark for his breathalyser invention in 1954, little did he know the gadget would still be going strong all these years later.

Previous incarnations of a piece of kit that, simply, measures blood alcohol levels, had been about for a few decades, with Chicago chemist William Duncan McNally discovering in 1927 that the breath moving through chemicals in water would cause it to change colour.

Slightly more rustic detection devices were still being used around the period, including here in the UK where we were asking motorists to blow into football bladders, while in the States the attractively

named drunkometer was snaring drivers from the early 1930s.

There remains a slight margin of error where breathalysers are concerned – the only way to get a proper gauge whether someone is over limit is via a blood test – yet it's still not the kind of technology you can fool. And with good reason – after all, over a quarter of all fatal road crashes in the UK have alcohol at their source.

The myths of sucking on a coin, chewing gum or drinking mouthwash to produce a decreased reading have all been debunked, and the only way you can guarantee not getting yourself a driving ban, or worse, is to keep off the booze... or catch the bus.

And if you're in any way uncertain – for instance, on the morning after a couple of drinks the night before – there are an array of cheap, effective, homemade kits that will help ensure you keep on the right side of the law... and the road.



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ENGLAND LEGEND ALASTAIR COOK RETIRES FROM INTERNATIONAL CRICKET

The polish may have worn thin after a string of under-par performances, but upon retirement from Test cricket, Alastair Cook's place as one of the modern batting greats in the world game is without question.

Having made his Test debut against India in March 2006, it was perhaps fitting that 33-year-old Cook should conclude matters against the same nation some 12 years later, in between scoring 12,472 runs, including 33 centuries and 57 half-centuries, as well as accumulating an incredible 158 consecutive Test appearances, and 161 in total.

"You know when the time is right to go," said Cook, after an emotional farewell at The Oval, during which his second innings of 147 runs saw him become the fifth highest Test run scorer of all time. "I will take away from cricket some incredible memories and this is a sport that has really defined me as a person, but it's now time to do something different."

Cook, who even has a much less discussed but equally impressive bowling average of seven – admittedly he's only ever bowled three overs and dismissed one batsman – will take time away from the sport this winter to be with wife Alice and daughters Elsie and Isabelle. Yet his decision to retire from England duty doesn't mean he'll never pick up a bat again – he's contracted to Essex Cricket Club and will be keen to spearhead his county's Division One title charge next season.

And on those quiet afternoons in the field, he can look back fondly on a raft of memories – from hitting 294 against India at Edgbaston in 2011 to captaining England to away Ashes success in Australia, to how he might plot a route out of retirement and back into the fold...

"No, that won't happen," he laughs. "My time is done and now I can watch others stand at a crease for seven hours with Exocet missiles being aimed at their heads."



Photo credit: Andrew FoskerBPIREXShutterstock

Can anyone pack a punch like Anthony Joshua? We're going to find out, with AJ, seemingly, six months from boxing folklore.

For just a second, we were worried about our newest boxing hero. Two rounds into Anthony Joshua's latest multiple world title defence, Russian veteran Alexander Povetkin caught the Watford-born hardman with a succession of blows. Blood poured from the nose of the 28-year-old as he staggered to regain both his feet and his composure.

And yet, true champions are often constructed not just on their achievements, but their setbacks too, and after losing the first two rounds of a packed 85,000-sell-out Wembley Stadium contest, AJ eased effortlessly into a mindset of power, precision and no small amount of patience. Povetkin tired, and in the seventh round Joshua delivered a devastating succession of punches that saw his opponent felled, and subsequently defeated for only the second time in his life.

"I'm still learning, I'm getting there," said AJ. "I'm not making claims but I deserve some credit." He's quite correct in that – to already hold the WBA, IBF, WBO and IBO proves a sumptuous array of victorious sporting prowess. "I know I can go much further – just line up my opponents and I will prove it," he postured.

And yet, now the real posturing begins. It looks as though unbeaten American WBC champ Deontay Wilder will be next up, with April 13 the date on everyone's lips. Joshua wants to prove, beyond doubt, that he can take care of anyone, and the WBC belt remains the last to be won.

What we're left to ponder is this: is strapping, humble, 6ft 6" Joshua the finished product? No. Is he unbeatable? No. But is he the best boxer in the world? All the evidence suggests so, and in April – whether he's fighting Wilder, Tyson Fury, Dillian Whyte or anyone else – the sensible money says he'll prove it.

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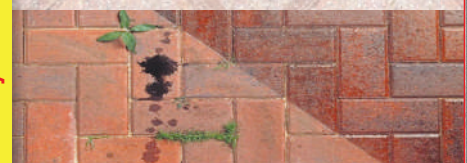
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