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WILDER
THE
PREVIEW

CENTENARY OF
THE END OF WWI
We will remember them

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Christmas tree*

**DITCH THE
RAZOR**
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ever take part in
November



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Hally
WILLOUGHBY

Presenter prepares to head down under



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Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** BillericayShenfield. I'd like to start my Editor's Notes this month by saying a big thank you to one of our readers. I was contacted by Peter James who sent me

one of his lovely handmade greeting cards in advance of the birth of our first child next month. Thoughts of the looming arrival of our child has filled my head with an array of different and new thoughts. How will Kathleen (Mrs Allen) cope with childbirth? How will I cope seeing it? Have we packed enough items for the hospital? I've even thought about who will look after our Yorkshire Terrier Dixie while we're welcoming our special delivery. This time next month I should have answers to these questions. It's an exciting time for our family but there's a big part of me that's apprehensive. Watch this space next month for more news on the arrival of baby Allen. I'd like to encourage readers to get in touch with their local news; be that fundraising events, issues affecting your neighbourhood or just anything that's happening in your area. In local news this month, the town gears up for a colourful Christmas, a group of friends launch their first album and a student is named British Fencing Champion. So, until next month, look after yourselves and keep buying locally.

Nik

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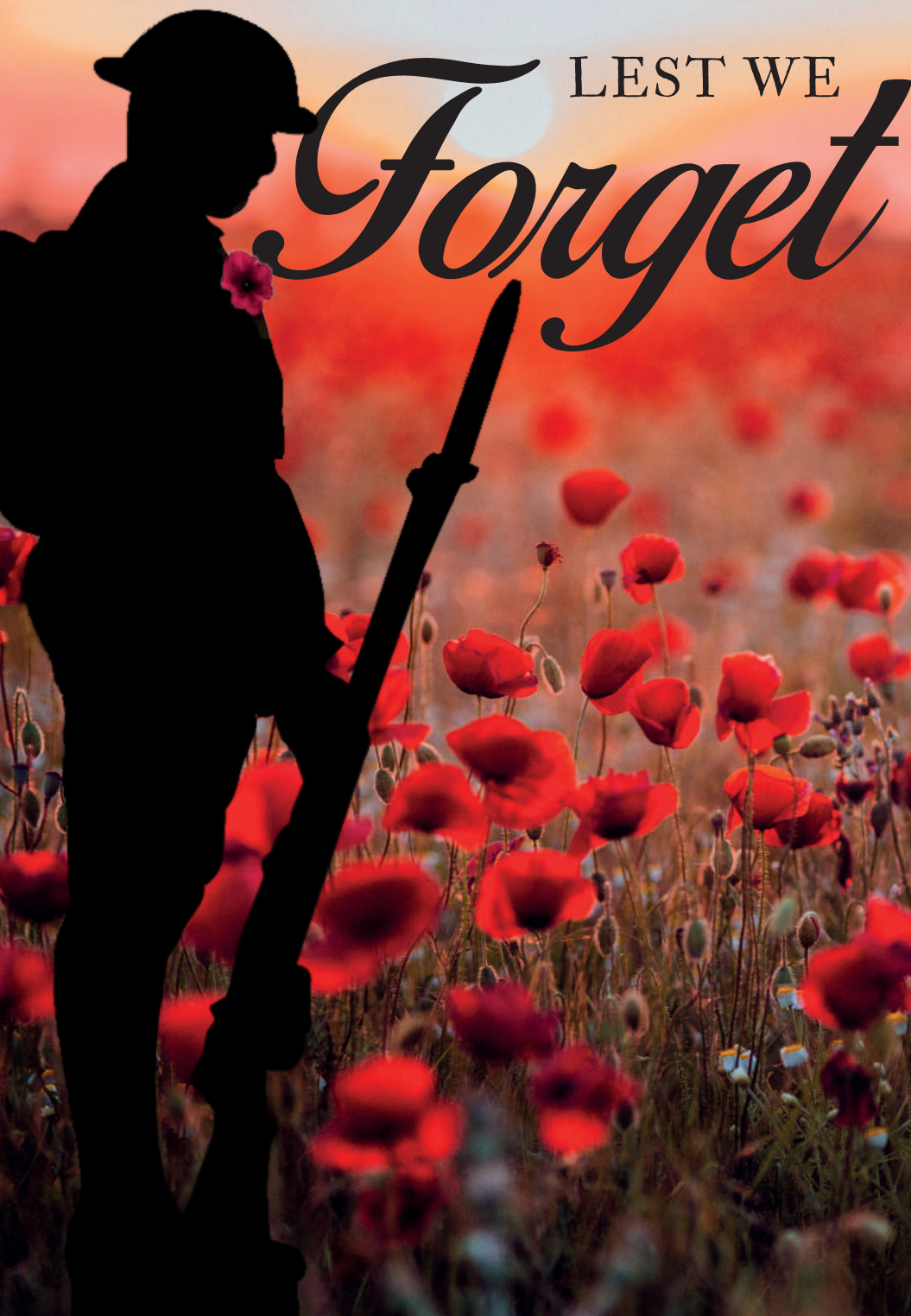
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LEST WE *Forget*

*I*t was 100 years ago when the First World War drove a stake through the heart of global relations and set in motion events that would escalate even further just over two decades later (with the Second World War) in producing the bloodiest modern-day battle the planet has ever seen.

While the last living person to have fought in the First World War is now no longer with us, the efforts of Claude Choules – who passed away in May 2011 at the age of 110 – and millions of others who put up their lives to preserve our sovereignty and dignity will never be forgotten.

So as November 11 approaches – and with it, at 11am, the 100-year anniversary of the signing of the Armistice, in the French town of Redonthe, which brought an end to the war – it's important to remember the key events that contributed to the third bloodiest battle of all time. From that, we might hope, however naïve our optimism, that at some point, we all might learn from the mistakes of the past.

KEY EVENTS (PRE-WAR)

- While it's true to say the assassination of Franz Ferdinand and his wife by Bosnian revolutionary Gavrilo Princip was the catalyst for the start of the First World War, it wasn't its cause.
- Before then, Britain, Germany, France, Serbia, Russia and Austria-Hungary had been at each other's throats for a good period of time, and after war was narrowly avoided on several occasions, finally tensions spilled over.
- One of the main contributing factors was the huge move towards imperialism - Britain and France had stolen a march on Germany who were desperate to catch up.
- Meanwhile, nationalistic tendencies were high and military power at an all-time peak.
- Plus, a whole host of alliances were made between countries looking to protect, though in simple terms Germany, Austria-Hungary, Bulgaria and the Ottoman Empire (the Central Powers) fought against Great Britain, France, Russia, Italy, Romania, Japan and the United States (the Allied Powers).

KEY EVENTS (DURING THE WAR)

- On July 28, Austria-Hungary declared war on Serbia and the tenuous peace between Europe's powers crumbled.
- In August 1914, Germany advanced through Belgium into France.
- In September 1914, Britain and France confronted German forces at the First Battle of the Marne, meanwhile Eastern Front battles saw Russia attempt to gain territory in Germany. Their inability led to revolt in Russia and the start of the Russian Revolution.
- With several battles in between ending in stalemate, and often with considerable losses, the Central Powers gradually faded, and in 1917, after German U-boats continued to sink US passenger liners in British waters, the Americans entered battle on the side of the allies. This heralded the start of the end.

FIRST WORLD WAR IN NUMBERS

- With new military technologies and the longevity of battle – over four years – unprecedented levels of carnage and destruction were caused and over **16 MILLION** lives were lost, **NINE MILLION** of them soldiers. The war also, inadvertently, led to the spread of Spanish flu which killed an estimated **30 MILLION** people.
- Liberal Prime Minister David Lloyd George took us out of war in **1918**.
- At the Battle of the Somme, **OVER A MILLION** lives were lost for a gain of just **25 MILES**. German officer Friedrich Steinbrecher said: "Somme: the whole history of the world cannot contain a ghastlier word."

MOVEMBER

It's time to ditch the razor

It has caused some hairy moments and has led to some serious lip service from the ladies.

But Movember is back again, which gives the guys the perfect excuse to ditch those razors and raise a huge amount of cash for good causes.

The charity campaign asks blokes to grow a moustache for November and rope friends and family into sponsoring them. The funds raised by the Mo Bros – as they are known – go directly to men's health, including mental health, aiming to increase early cancer detection, diagnosis and treatment for prostate and testicular cancer.

But it is no hair-brained scheme. Last year the Mo Bros and Mo Sistas raised a staggering £8million in the United Kingdom alone and 69.7 per cent of funds raised were allocated to men's health projects.

Not bad for an idea which grew over a meeting in an Australian bar in Melbourne, by two mates Travis Garone and Luke Slattery. The moustache had all but disappeared

from fashion trends. Could they bring it back? They found 30 guys willing to take up the challenge.

Through the years the charity, like the moustaches, has just grown and grown. By 2009, the UK and US joined in.

Of course, no charity campaign would do much without celebrity backers but Movember brings out a Triple A list of celebs.

In the past Johnny Depp, Brad Pitt, Orlando Bloom, Zac Efron, Idris Elba, David Beckham, Theo Walcott, 007 Daniel Craig, John Travolta, Justin Bieber and Stephen Fry have all taken part.

But ladies can join in too and wear false moustaches. Lady Gaga, Carol Vorderman, Kate Upton and Laura Whitmore have also joined in as part of the Mo Sistas.

This year, the cash is expected to roll in again as fast as those 'taches grow. Organisers are hoping that last year's total will certainly be beaten by a lot more than a whisker.



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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.

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HOME & DIY



Tiling can seem like quite a daunting prospect but if you are simply updating a small space, doing the work yourself is a feasible option.

The most important thing is to ensure you are working on an even surface.

Next, set out your tiles carefully. Start by making a gauge from a length of timber. Lay some of your tiles on the floor with spacers in between and put the timber next to them. Mark each joint on the timber.

Then measure and mark a point halfway up the wall above the highest floor or skirting board level as a starting point. With the measuring gauge positioned against this mark, mark downwards to show where each course of tiles will fall. If the space left at the bottom is less than half a tile high, adjust the starting point.

Next, create a horizontal gauge. Measure and mark a horizontal line across the wall at the level of the bottom of the lowest row of whole tiles. Lightly fix the batten to the wall.

Measure and mark the centre point of the horizontal batten and use the measuring gauge horizontally to mark the position of the last whole tile close to the end of the wall. Mark this point on the batten.

The aim is to start tiling in the middle and end at each side with a part tile.

Use a spirit level to mark a vertical line up from the position of the last tile. Fix another straight batten vertically along this line.

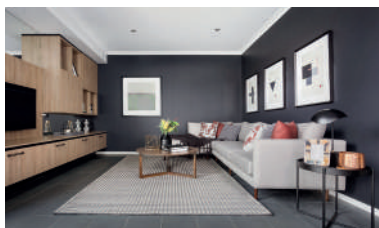
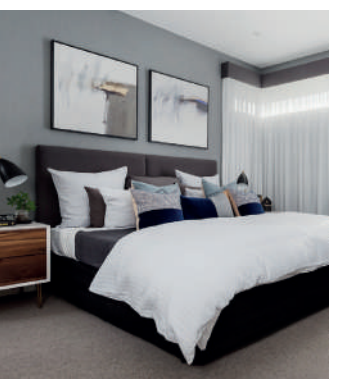
Apply small sections of adhesive at a time using a special adhesive spreader. Place the tile in position and press firmly. Use tile spacers.

Once your adhesive is completely dry, start grouting. Use a grouting float to force grout into the spaces between the tiles then use the float to remove excess grout.

When dry, polish the tiles to get rid of any fine cloudy residue.



Photo credit: www.tlinteriors.com.au



A MODERN WORLD

THE ROOTS OF MODERNISM AND HOW THIS BRAVE MOVEMENT HAS LASTED SO WELL

The advent of modernism in home furnishings – and beyond – was something that really took off towards the end of the 19th century. In essence, it was a rebellious response to the years of floral, ornate, elaborate, elegant and largely curved, flowery styles that had patterned so much of people's lives.

For countless decades before, the idea of Victorian, Gothic and Renaissance designs – and with them, interiors that screamed detail, eloquence and opulence – had dominated homes and was the norm. After all, we'd all like to recline on a chaise longue while admiring arches and arcs, patterns and textures, right?

Wrong. In modernism the 'mo' became straight lines, clean shapes and hard edges. Within this, overuse of colour was discouraged, while the invitation was laid out to embrace textures and textiles not previously considered homely – consider steel, concrete, large expanses of glass and other materials once thought of as cold and unwelcoming.

Where colour did prevail, this was to be bold and statement-giving, so perhaps blocks and slabs of shades adjacent to blacks, greys and whites.

Where did this all come from? Well, the Industrial Revolution had a lot to do with a more measured and practical approach to living. Modernists liked the idea of exploring norms and modes that were suited to this new world industry was providing, and it was perhaps to be expected that the influences of work became the influences of home.

Sure enough, these modernist statements didn't start and end in our homes, there was literature, art, music and more – countless areas where people were expressing a desire to rebel.

Although no end date for modernism has ever been noted, it's perceived that post-modernism came into being in the late 1970s, and from there society has largely embraced a mass of contrasting and conflicting styles in elegant harmony. Yet without those early-century modernists, the world we see in 2018 would surely look very different.

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STATEMENT SHADES: THINK **BIG** & GO **BOLD**



HOME & DIY



A statement lampshade can help complete an otherwise unfinished looking room, it can act as a focal point for interior discussion, it can even bring together the whole design concept of your home.

This year's lampshades should not be lurking in the shadows, they are designed to be seen and revered.

Flowers and Foliage

Floral patterns have been hugely popular across all interior design this year, but lampshades have taken this trend one step further with floral geometric patterns. These quirky and eye-catching designs are ideal for those wanting a fresh and naturalist vibe to their home.

Bold Rattan

This lightweight material which fits easily over existing light fittings is perfect for casting light patterns across a room. Choose an intricately woven design to create an impressive focal point that your

guests cannot fail to notice. A great shade for ceiling lights in a conservatory or office. Team with a vintage lightbulb for a retro effect. For an alternative revived material, try bamboo or shell shades.

Sumptuous Silk and Velvet

Add a touch of glamour to your home with a velvet or silk lampshade. This luxurious fabric suits both the bedroom and living room. Best used for a table or floor level lamp so that its luxuriousness can be appreciated up close and personal. We love a deep purple velvet shade for creating light in an intimate reading corner.

Cutting-edge Sculptural Shapes

Sculptural lampshades are bold, incredibly modern-looking and often appear more like works of art than mere lampshades. Ideal for homeowners who want a surrealistic or contemporary vibe within their home. These types of shades are incredibly versatile and work well for ceiling lights, wall and floor lamps.



Need a little home inspiration? These interior design bloggers will help you reinvent your home while adding a splash of 'cool'.

Mad About The House

madaboutthehouse.com
For over two decades Kate Watson-Smyth has been writing about interior design for some of our top broadsheets, offering a smart look at bringing the perfect touches to any inside space.

DEAR DESIGNER

deardesigner.co.uk
Often adventuring to the more voluptuous side of chic, Carole King's blog provides almost a decade's worth of top tips.

Alice in Scandiland

aliceinscandiland.com
As you would expect, a passion for Scandinavian design is what flows through in Alice Collyer's engaging and inspiring blog.

FROM EVIJA WITH LOVE

fromevijawithlove.com
This design blog takes the idea of DIY, upcycling and reuse of materials as a blank canvas for creating interiors that are original, affordable and personal.

Emma Jane Palin

emmajane Palin.com
Another self-titled blog, but one that allows design maxims to come to the fore in this inspiring archive.

FRESH DESIGN BLOG

freshdesignblog.com
Cost is a key buzzword for Rachel Newcombe in her modern and contemporary interior design blog which, since 2009, has been offering affordable touches for ambitious homeowners.

The Design Sheppard

thedesignsheppard.com
With a view towards redesigning what you already have, Stacey Sheppard's blog has recently enjoyed a huge upsurge in popularity.

CATE ST HILL

catesthill.com
Cate's self-titled blog is based on simplicity of style, and presents everyday objects in stunning ways as a route to achieving design stories that invigorate and excite.

Girl About House

girlabouthouse.com
Sarah Mailer's obsession with gold touches comes through in this aesthetically rewarding blog that leans on aspiration and luxury.

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LOCAL NEWS

from your neighbourhood

LOCAL NEWS BILLERICAY



Residents form action group to fight relief road

A group of Billericay residents have formed The Frithwood Lane Action Group (FLAG) to fight against a relief road proposal.

The draft local plan includes a new road running through South West Billericay to ease congestion in parts of the town and to facilitate 1,700 homes.

On October 14, nearly 200 residents from across the town came together to show their strength of feeling against the proposed road.

Members of the group feel that they are being kept in the dark regarding plans for the lane.

According to Sue Woodland, spokesperson for FLAG, elected local councillors have been invited to Frithwood Lane and asked to explain how residents will be affected by the new road.

FLAG recognises that there are times of day when

traffic increases, however they believe the relief road will just spread existing traffic, causing more problems.

Sue said: "If the truth about this road is known then councillors need to start being honest with the residents that elected them. If they don't know then they surely have a duty to find out and start representing the electorate before voting for a plan they don't truly understand."

"To blight this existing community, ruin a quiet lane and create what looks to be a busy, and potentially dangerous junction at Tye Common Road on our doorstep is irresponsible."

Some residents disagree with the group and would welcome the relief road.

As the magazine went to print, a decision on the relief road proposal was due.



Teenager claims British title for second time



A teenager from Billericay has become British fencing champion for the second time after he won the under 20 championships in Nottingham.

Sebastian Pallier, 18, took the foil title for the second time at the Junior (U20) British Fencing Championships.

He's been fencing since he was nine years old and has been representing England and Great Britain since he was 12.

He competes in the foil which is a light blade, where you have to hit the torso of the opponent with the point to score.

Seeded 18th, Seb won his first two direct elimination bouts 15-8 and 15-2, before coming up against the current one ranked Junior, Dominic De Almeida, in the last 16 round.

In a tense bout, both fencers got their noses in front at times before they arrived at 14 all. Seb then delivered a faultless fast step-lunge to clinch the winning 15th hit.

After that, the Billericay boy progressed smoothly to the final, which he took 15-6.

Seb told **VISION**BillericayShenfield: "I was really pleased to win the championships, it was my aim before I started and it's pleasing as I did it the hard way."

"I went into the competition ranked third, but a disappointing group stage meant I dropped to 18th and had a harder route to the final so I'm especially pleased to win."

"I felt good about my chances as I have recently gone full time, so I was confident."

"The last 16 game against the top ranked competitor was tough but it always is close between us. I was pleased to come out on top."

"I want to become the best I can at the sport and have my targets for the season."

"The long-term goal is to compete for Great Britain at the Olympics one day."

Robber leaves empty handed after threatening man

Essex Police are calling for information following a robbery in Billericay.

On October 16, a victim reported a man had entered his home in Grosvenor Gardens at around 5.40am and threatened him before leaving.

The victim was unharmed and police believe the suspect left empty handed.

Anyone with information is asked to call 101 quoting the crime reference number 42/150348/18 or Crimestoppers anonymously on 0800 555 111.

Decades in the making as friends launch debut album

A group of musicians from Billericay who have known each other for 20 years have released their first studio album.

The rock group called 3 Foot High launched their debut album on October 27.

Band members Tim Clark, Paul Davidson and James Gosling of Billericay got together in 2014.

Since then they have played at the O2 Academy and on the main stage at the Brownstock festival.

Tim told **VISION**BillericayShenfield: "We are really pleased to be ready to launch the first album."

"It's been a while in the making really as it nearly happened two years ago but we are excited to get it out there and see how it goes."

"We have been friends for 20 years and played football together when we were younger. Originally it was only myself and Paul who played but James came along for a jam, enjoyed it and went on to learn how to play bass."

"We have been a band now since 2014 and it's a real feeling of accomplishment to get it out there."

"We play just about anything but it's mainly rock. It all depends on how we are feeling."

The band regularly play gigs locally. See their Facebook page 3 Foot High.



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BILLERICAY TOWN FC

More comings and goings at the AGP Arena

Talented youngster Nathan Minhas is the latest arrival at the AGP Arena after the Ascot United player signed a two-year contract with Billericay Town last month.

Minhas will remain with Ascot until the end of the season. Ascot first team manager Jamie Tompkins said he was thrilled.

He commented: "We are delighted to see Nathan sign for Billericay Town and we would like to congratulate him on a thoroughly deserved move after the number of fantastic performances he has displayed since joining the club back in July.

"We would all like to thank Nathan for his contributions so far and he will go with everyone's best wishes but for now, we look forward to seeing his continued progression alongside the squad throughout the season."

As part of the deal, the clubs will face each other in a pre-season friendly at Ascot United ahead of the 2019/2020 campaign.

Meanwhile two players went the opposite direction as Simon Walton and Ben Gerring both left the Blues last month.

Walton made the move to Kent to link up with former Blues manager Harry Wheeler while Gerring has moved to Woking.

The Blues learnt their opponents in the first round of this season's FA Cup when the First Round Draw was made.

Dean Brennan's men faced a trip to National League side Chesterfield FC with the trip to Chesterfield due to take place on November 10.

However, before The Blues took their place in the First Round Proper of the competition, they had to negotiate a replay at Taunton Town after the sides drew 2-2 at the AGP. That match was played as Vision Billericay went to press.



#TogetherWeSailAsOne



LOCAL NEWS BILLERICAY

Photo credit: Nicky Hayes Photography



Street Pastors in Billericay and Brentwood continue to patrol the streets of the towns during the night time economy of Friday and Saturday nights.

This month we came across a young lady who had become separated from her friends and was very cold and wasn't wearing enough clothing for this time of year. We managed to provide her with a blanket and flip flops for her feet. We waited with her until her guardian came and collected her and everything was fine. None of us go out at night thinking we are going to need help. Situations change around us

sometimes which causes issues that are out of our control. In the end we found out that this young lady had not made bad decisions but still needed a few good Samaritans to look out for her.

Exciting news this month is that we have now launched Schools Pastors in Billericay School and will be supporting the great pastoral team there to look after the young people in school, the staff and teachers who are doing a great job. We will be in uniform in school on certain days and then out in the community looking out for anyone who may need some time with helpful listening people.

Warning after unlicensed puppy seller misled pet owner

A new puppy owner has warned others about an unlicensed pet seller in Billericay after she was hit with a £1,000 vet bill.

Emma Scott, 29, took to social media to let other would-be pet owners know that an unlicensed puppy seller was operating in the Crays Hill area of Billericay.

Emma bought Hendrix from what she believed to be a reputable and licenced seller. However, she says her golden retriever has been beset with health issues.

She said: "Since we got him he was very quiet and slept a lot for a puppy which we first thought may be the stress of moving.

"Turns out he had giardia, but I've had to pay over £1,000 in vets bills already – no insurance covers the first 10-14 days.

"I'm thankful I've saved his life and we all adore him, but it's devastated me that we had to go through this.

"I thought I was getting the puppy from a woman called Deb from a Pets4homes website, but it turns out she was an apparently well-known woman that buys puppies from puppy farms around the county and sells them on as if her own."

Basildon Council has confirmed it recently rejected a licence renewal for a property at Crays Hill.

A council spokesman said: "An application for a pet shop licence renewal in relation to Windermere, Crays Hills, Billericay, was refused.

"An appeal against the decision has since been submitted but a date for this to be heard has not yet been set."

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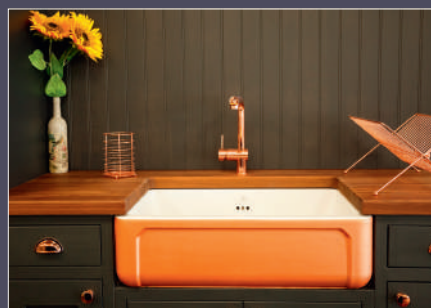
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Town gears up for Christmas

Families in their thousands will once again be taking over the town as an even more colourful Christmas Market has been planned.

With Billericay High Street closed to traffic for the day, the market, being held on Sunday, December 2, is set to be the most successful yet.

Organisers, Billericay Mayflower Rotarians, have been working for almost 12 months behind the scenes to stage a success for the 20,000-plus visitors expected.

The aim is to provide a day of entertainment as families begin their Christmas gift-buying.

Mayflower Rotary president Carl Johnson said: "The Christmas Market has become a great family day in the Billericay calendar. It's worth all the hard

work to see the youngsters having fun and old friends meeting up.

"It's a fabulous start to the festive season and a chance for everyone to get Christmas shopping off to a flying start in their own town."

Santa heads a parade opening the event at 11am before returning to his grotto.

This year, a Harley Davidson team of motorcyclists will provide the escort for the dancers, panto characters and bandsmen.

From a funfair to stages packed with entertainment, the accent will be on fun for all the family.

The organising Rotarians hope to at least match the £42,000 raised for good causes last year.

Football club inspires pupils

Billericay Town Football Club manager, players and staff took time out of their training schedule to visit a school and inspire pupils and help them consider their future.

The Blues turned out in force with owner Glenn Tamplin leading his team to St Michaels School in Chelmsford as part of its Schools in the Community programme.

Glenn was joined by star players as well as manager Dean Brennan. They answered questions about the club and provided advice about their future as part of the club's programme.

Glenn said: "It is all about the community and I was very proud to be a part of this day and be able to bring the players as well to spend time with the children.



"I wanted them to take away from today that it is all about hard work and not just talent.

"I hope they have been able to learn something from the event."





LOCAL NEWS

from your neighbourhood



Dance class renamed following BBC row

A dance class which has been asked to open a class in Shenfield following the success of their Brentwood class have had to change their name following a clash with the BBC.

Formerly named Strictly Curved, the BBC believed the class could be associated with *Strictly Come Dancing*.

Dance teacher Teresa Lawrence said: "The BBC said we could be misleading the public to think we would be associated with them. I've never done ballroom.

"It was called that because we are strictly curved.

"They've trademarked strictly so you can't use it in any way, shape or form."

A spokesperson from the BBC said: "We're fully supportive of someone running dance classes and wish them luck, but it's important the public isn't misled and don't mix up an independent dance business with something endorsed by the BBC."

The classes were set up to give people of all ages and sizes the opportunity to dance and have fun

without being judged.

Teresa continued: "I'm a dancer of 22 years and have attended other people's classes. People do look at you and comment.

"I know how people feel because it's quite overwhelming going to a class knowing everyone is going to be slimmer than you.

"I wanted to make something that anyone could attend which included some fitness."

As a size 24, Teresa understands more about how the body works different for people of different sizes.

She explained: "Your body moves differently if you're a size 24 than it does if you're a size 12. I have that understanding."

Teresa has now put forward two names to see if they can be trademarked – BoCoDanz and BoCoDance. They stand for body confidence dancing.

There are hopes that the classes will be rolled out over the UK and other dance teachers will come on board to inspire others to get up and dance.

Race night being held to fund school

Shenfield High School PTA are holding a race night this month.

On November 16, a fun and interactive race night will be held for the local community. Doors will open at 6.30pm ready for the first race at 7pm.

Bets on the night will be 50p per bet.

Tickets are £5 per adult and £1 for concessions. Children must be accompanied by an adult. The money raised will go to the school.

You are asked to bring your own refreshments.

Tickets can be reserved by emailing the PTA at shspa@shenfield.essex.sch.uk



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Great for getting the office group together, book the Office Lunch which includes a four-course lunch with all the trimmings in the private function room, with live entertainment for groups of 25 or more, priced at £44.95.

Greenwoods' legendary party nights kick off in December with selected dates available for you to party in the stunning Garden Suite with mulled wine reception, four-course festive dinner, half a bottle of wine per guest, and dancing to our resident DJ, priced from £53.95. Or if you fancy something a little different: book for our Comedy Dinner Show and enjoy a hilarious night watching the antics of the *Fawlty Towers* tribute characters creating Christmas chaos while you have your festive meal, available on December 5 for £45.

The Butlers & Bubbles Night is the ultimate girl's night out: enjoy a prosecco reception, have your festive meal served by gorgeous Hunks in Trunks and then party like Cinderella until midnight to our resident DJ.

For more information and to book your Christmas event with us, call the events team on 01277 829990 or see advert on page 55.

Café stops supermarket food going to waste

St Peter's Church in Hutton has opened a drop-in café serving food and hot drinks sourced from food that would otherwise be thrown away by supermarkets.

Marks and Spencer has been supplying the food to Daily Bread.

Lisa Whymark, community outreach worker for the church, said: "We try and give out the fresh food to families or individuals we know could do with some food. We also try and distribute suitable food to the homeless."

"We decided to set up a café as a place where people could come and collect food if they needed it but also get some company and a change of scenery."

The café charge for hot drinks, cakes and pastries and toast is served for free.

Lisa continued: "Everyone who works in the café are volunteers linked to the church and we are going to make it a community hub for anyone to come along to for food, company and refreshment."

Project receives funding from Waitrose token scheme

A charity has received funding after being chosen as one of the projects for the Waitrose Community Matters token scheme.

Who Let the Dads Out? will receive £250 funding which will be used to fund a soft play and sensory area.

Who Let the Dads Out? is a nationwide charity with groups in Shenfield, Billericay and a newly formed Basildon group.

José Qureshi, who helps to run the Shenfield group, said: "The £250 raised from Waitrose makes a huge difference to us enabling us to keep going strong and although we are a little-known charity, the fact that the people of Billericay support us motivates us to keep ploughing on with our plans."

Every month this branch donates £1,000 to be shared by three local causes.

Basildon MIND	£450
The Mill Meadows Society	£300
Who let the Dads Out?	£250

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BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



There is something very special about a town where people take the time to look after those most in need, especially its children. Brentwood is particularly good at this – I’ve written before in this magazine about the superb charity Special Needs And Parents (SNAP), and Spargoland where hairdresser Ian Marshall provides a calm space where children with autism and high anxiety can have their hair cut.

A few years ago, a group of parents sat around a kitchen table and discussed the need for a school for children with severe communication difficulties. It is extraordinary what can grow from such kitchen table meetings – because now, only five years later, the doors of Grove House School on Sawyers Hall Lane in Brentwood are open and ninety pupils aged from eight to 17 are happily enrolled and learning.

As a former vice-chair of governors at a school for children with autism in London, I know it is vital for all teachers and education staff to understand issues around autism and other special educational needs.

The government has funded three voluntary sector organisations, such as the Autism Education Trust which has so far trained more than 130,000 school staff, and published new content for all initial teacher training courses that includes a particular focus on special educational needs training.

As I discovered when I visited last month, half of the Grove House pupils are on the autistic spectrum and have significant difficulties with social communication and high anxiety make it extremely difficult for them to learn and thrive in a mainstream school. Walking around this calm, well-ordered and spacious school, I could see why it offers just what these children need at such an important time of their lives.

The next stage for Grove House will be looking at how it can prepare its older students for the workplace, through onsite vocational training. Given the extraordinary amount they have achieved in the past five years, I very much look forward to finding out what they will achieve in the next five.

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WHERE THERE'S A *Willoughby,* there's a way

She's gone from teen model to national treasure, but for Holly Willoughby the biggest challenge is yet to come as she gets ready to enter the jungle.

Willoughby's ascent to full-blown daytime doyenne has been nothing short of remarkable. The classic 'girl next door', she has enchanted viewers across the widest of demographics, although with a sense of comfort – be that when discussing women's lifestyle, parenting, health or the home.

Yet now she's setting out on a whole new path, and to the Australian Outback, no less, to join Declan Donnelly in filling in for the Geordie's beloved but troubled sidekick Ant McPartlin on the new series of *I'm a Celeb... Get Me Out of Here!*, which begins in November.

While the challenges of a frenetic work schedule down under are a world away from the well-trodden mechanics of the *This Morning* TV studio, at least the 37-year-old won't be forced to canoodle with cockroaches or munch on maggots (all part of what lays in store for the real 'celebs' as part of the show's legendary Bush Tucker Trials).

Yet the likeable Sussex-born presenter is approaching things with an open mind.

She said: "I couldn't be more excited to have been asked to stand alongside Dec for the next jungle adventure. I love Ant and want to send him my best wishes and support for a continued recovery, and these are big shoes, not to fill, but just to keep warm for a little bit; but I'm going to give it my best shot."

Willoughby is arguably better equipped than most – she knows her way around a TV studio like few others in light entertainment, even if this one is littered with critters, koala bears and acacia trees.

"Of course I've been out of my comfort zone so many times in the past and it's probably where I thrive best," she says. "Right back to the early days of modelling for Pretty Polly, it was all a new experience, and the best decisions in life often come about as the result of trying different things."

Producers hope Willoughby will hit it off with buddy Donnelly in the same way that she did with her self-proclaimed "best friend in the world" Phillip Schofield, who she has co-presented *This Morning* with since 2009, their natural charisma evident for all to see. "You couldn't do that many hours of TV together, with all the different subjects, without there being some sort of relationship that's utterly real," said Willoughby at a recent BAFTA event to celebrate 30 years of the popular breakfast show.

"Dec and I know each other very well too and I'm sure there will be a lot of banter and laughter firing between us – I can't wait to get started."

Willoughby is taking all the family to Australia for what promises to be a memorable busman's holiday, and yet there's no let-up upon her return, with the self-confessed fashionista having recently become an ambassador for Marks and Spencer. Holly's Edit is part of the brand's Autumn Must-Haves campaign, with a focus on affordability (prices range from £19.50 to £99). "Keeping busy whilst exploring new angles is everything to me as I never want to stop... not even for a jungle meal."



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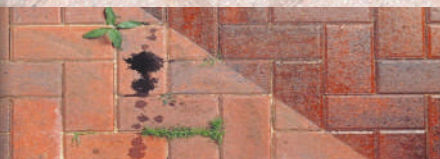
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Spruce up CHRISTMAS

GARDENING

Why festive fun at Christmas should begin with your choice of tree

As a centrepiece for the most special of seasons, you can't really lodge a statement any stronger than a Christmas tree. A beacon of festive fanfare, the tree we choose acts as a meeting place for family, friends and loved ones, so why not, ahem, 'branch out' this year on something special:

Norway Spruce: Our most traditional and best recognised Christmas tree that, to the surprise of some, grows happily in the UK (despite its name). It offers flailing green arms and an aromatic scent that lends itself to awkward hugs with Auntie Beryl.
A cost-effective, attention-grabbing tree, but one that sheds its needles quickly, so get your Hoover at the ready.

Nordmann Fir: The increase in popularity of this tree is largely down to the fact it doesn't shed its needles like a number of others. A symmetrical shape, it's glossy, soft and a winner with the kids.
Slightly more expensive than the spruce, this tree is also fragrance-free.

Blue Spruce: This one does what it says on the tin – a prickly, cactus-like spruce that comes with a sumptuous blue/grey tinge.
Typically a medium-sized little number, it's not overly kid-friendly, but adorned with lights probably ranks as the best looking of the lot.

Serbian Spruce: With better needle retention than the Norway Spruce, this attractive tree looks as though it's been dipped in a pot of wood polish, such is the sheen that comes up from its branches. If you don't have a lot by way of decorations or lights, this tree will do the hard work for you.

In terms of maintenance, follow these quick rules to keep your tree looking tip-top:

- Keep outside or in a cool place for as long as possible before use
- If keeping it in water chop a couple of centimetres off the stump first
- Water it every day





IRON LADIES

Don't fear those dumbbells, ladies, lifting weights can be a huge benefit to your body as you age. The word 'weightlifting' may evoke visions of sweaty, ripped, slightly insecure men in dingy gyms, Arnold Schwarzenegger in spandex, and every bloke ever at the World's Strongest Man competition.

But don't let these preconceptions stop you from partaking in an exercise which could transform your life. After all, it's a well-known fact that past the age of 35, women begin losing muscle mass, a process which accelerates drastically post-menopause.

What is less known is how you can replace and maintain muscle. Surprisingly, cardio alone isn't ever going to restore what you've lost – it will simply keep you slim and tone muscle you already have. It is only by lifting weights – also known as strength and resistance training – that you build new mass.

If you're still not convinced, know that the benefits of weightlifting go beyond just altering your appearance. Pumping iron not only keeps your muscles strong, but increases bone density as well, reducing the

risk of fractures, particularly as you get older. You will also find that other activities like gardening and walking become far easier; it can also build confidence and help you lose weight as the increase in muscle mass boosts your metabolism.

Naturally, you don't want to end up looking like you've been overdoing it on the steroids, so rest assured that women do not have the testosterone levels required to build massive muscles. Instead, look at weights as an investment into your future health... one that could offer freedom, vitality and bingo wing-free arms.

TOP TIPS TO GET STARTED:

- ↔ Always warm up first
- ↔ Spend time with a trainer to perfect your form
- ↔ Keep it fun with a group class
- ↔ Don't do too much too soon
- ↔ Train different areas on different days to keep your body balanced and allow for recuperation



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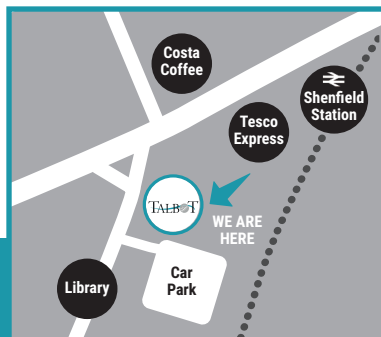
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JACKET

TRENDS FOR MEN THIS WINTER

The jacket is one of the most versatile, reliable and classic items that you can have in your wardrobe. A good jacket will take a nondescript pair of jeans and white T-shirt combo and make it a statement look.

David Beckham, Marlon Brando and David Gandy to name but a few of the male celebrities who know how to work a jacket to their advantage.

BIKER JACKET

Synonymous with motorcyclists, this edgy style is often cropped, black and studded. Ideal for those wanting to appear youthful, sexy and a little bit mean.

Best worn with slim fitted or skinny jeans and a statement T-shirt.

BOMBER JACKET

A flashback to the 90s, the bomber jacket has seen a massive surge in popularity in recent years. We recommend looking for one made from soft leather to add a touch of elegance to this manly look favoured on screen by Wolverine.

AVIATOR JACKET

Originated in the air force, this *Top Gun*-inspired style of jacket has barely changed since it was first produced. A bulky jacket with a sheepskin collar, it is mostly found in shades of brown with a contrasting coloured lining. Definitely one for the winter months, keep cool underneath with a lightweight jumper or long-sleeved T-shirt.

WESTERN JACKET

A fairly new development in the world of men's leather jackets, the western is slowly becoming a popular piece due to its stylish and modern appearance. Perfect for those wanting to relive the nostalgic feel of the 70s. Also, readily available in suede and denim.

VARSITY JACKET

Similar in shape to the bomber jacket, the varsity was inspired by school and university sportsmen in the 50s. Most appropriate for a casual day date or Sunday afternoon at the local.

SEASONAL

Beauty Trends

REVEALED

Get gorgeous for autumn/winter with these beautifying trends, including even some for the man in your life.

Luscious hair

Show off your shiny, luxurious hair this autumn as blow-dries make a comeback. Think big, think voluminous, think like you just stepped out of a salon.

Boardroom beauty

Sophisticated, clean beauty is back in as matte skin, muted lips and perfectly groomed brows combine to create the perfect power look. Fellas, don't be afraid to run a comb through those unruly brows for your own take on boardroom beauty.

Statement lip

For the last few years lips have been decidedly understated, either delicately glossed or hushed in fleshy tones. But the statement lip is back, so grab your lip liner and scarlet lipstick and prepare to pout til spring.

Longest lashes

It's easy to look sallow and tired in winter, which is

why it's a great idea to open up those peepers with a little lash accentuation. Now we're not talking about stick-on lashes that weigh down your eyelids, but more a combination of perfectly-applied mascara and individual fake lashes applied just at the corners in order to create that gorgeous Sixties-inspired look.

Pore-free skin

Flaky winter flesh with dark shadows under eyes isn't a good look for guys or gals, which is why you need to prime. This requires decent exfoliation, plenty of moisturiser and, naturally, a decent primer. Add concealer for where it matters and flourish in pore-free perfection.

Grunge goddess

This autumn/winter isn't all about high-gloss glamour, as grungy makeup makes a triumphant return. So sharpen that kohl eyeliner and revel in the rebel look which requires minimal skill whilst offering maximum impact. Team with a muted lip, flawless skin and dishevelled hair, don your surliest of scowls and hit the town.

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WINTER Weekenders

GET IN THE CHRISTMAS SPIRIT WITH A SHORT BREAK IN ONE OF THESE FESTIVE CITIES.

Bath, Somerset, UK

Majestic and grand, the historical city of Bath makes a glorious pre-Christmas destination. Whether you want to shop, sightsee or simply relax, Bath has it covered, boasting a wealth of high-end boutiques and branded stores, incredible historical sights – in particular the perfectly preserved Roman Baths – and the considerably more modern Thermae Bath Spa – Britain's only natural thermal spa. Plus, from November 22 for three weeks, the city hosts its nationally renowned Christmas market, helping you maximise your festive fun.

well-known of which are in the Old Town Square and the appropriately named Wenceslas Square (December 1), visitors can amble among the many stalls drinking potent mulled wine and perusing an abundance of hand-crafted trinkets and gifts. So if you're after the quintessential Christmas experience, this is it.

Geneva, Switzerland

For those looking for a proper winter wonderland, look no further than Montreux, a resort town on Lake Geneva. Surrounded by the majesty of the snow-capped Alps, the shores of the lake come to life with scores of rustic chalets bedecked with twinkling lights as part of Genève Marché International de Noël, the annual Christmas market (from November 24). The Swiss take Christmas very seriously and remain true to their roots with wreath making, biscuit decoration and the singing of traditional festive hymns.

Prague, Czech Republic

They call it 'the city of a hundred spires', and with its beautiful Baroque buildings and assortment of Gothic churches, Prague has a certain magic which becomes all the more potent when winter blows in (snow in December is not uncommon). Famed too for its Christmas markets, the oldest and most



GO BONKERS FOR

BOARD GAMES

Board games are having a massive revival with gaming aficionados and families alike wanting to re-live their childhoods with classic, simple games that bring hours of joy with no internet connection needed.

OPERATION

A testament to it's brilliance, this game has barely changed since it was first created in 1965. A game of physical skill that tests the players' fine motor skills and hand-to-eye coordination, we hope this game remains a firm favourite with families for many years to come.

CLUEDO

What's not to love? Mystery, murder and logic all in one suspenseful game. Originally named Agatha Christie – The Game, then changed to Murder before finally settling on Cluedo as a pun on Ludo. This game has been revamped over the years, but we still love the original cast of Colonel Mustard and Professor Plum.

BATTLESHIPS

Originally a pencil and paper game which dates to the First World War, it was made into a plastic board game by Milton Bradley in 1967. So popular was this game that it has been re-invented to electronic versions, video games and even a film. We still love the original HIT! MISS! version though.

SNAKES & LADDERS

This iconic game is a much-loved classic from most people's childhoods. A great introduction to the competitiveness of real life; a game where emotions run high... and low.

SCRABBLE

No board game wish list would be complete without the legendary Scrabble; one of the biggest selling board games of all time and loved by all ages. Created over 70 years ago, this simple word game is as educational as it is fun.

Did you know every hour at least 30,000 Scrabble games are started across the world?



WHAT'S ON

in your area

The Billericay Twins Club

The Christ Church, Perry Street, Billericay, CM12 0NX

Every Monday, 10.30am – noon

Have you got or are you expecting twins? The price is £4 per family. Visit www.billericaytwins.co.uk or call Amanda on 07939 147707.

Christmas Fayre

Mayflower Hall, Chapel Street, Billericay, CM12 9LR

November 10, 11.30am – 2.30pm

There will be artisan stalls to browse around, selling craft items, decorations, homemade cakes and preserves.

Charity Lunch

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

November 10, 12.30pm – 1.30pm

A snack lunch and drink for £4.50. The proceeds this month are going to the Remus Memorial Horse Sanctuary. There is no need to book, all welcome. Please call 01277 622297 for more information.

An Exhibition of Dolls Houses and Models

WI Hall, St Edith's Lane, Billericay, CM12 9BU

November 17, 10.30am – 4pm



This event is organised by Billericay Miniatures Club.

Admission is free, with donations going towards research into polycystic kidney disease. Contact Janet on 01277 622297 for more information.

Music and curry night – Fundraiser for St Francis Hospice

Shenfield Cricket Club, Via Post 22A Chelmsford Road, CM15 8RQ

November 17

Keeley Smith will be providing the entertainment.

Entry is £10. Contact Steve Roach on 07952 498009 to reserve your space.



Giant Family Fun Day/Bazaar

Hannakins Farm, Rosebay Avenue, Billericay, CM12 0SY

November 25, 10am – 3pm

See Father Christmas and Mickey Mouse. There will be stalls selling gifts and crafts, face painting, tombola and lots of games to play. There will also be a free craft table. Proceeds from the event will go to Great Ormond Street Hospital in memory of Chloe.

Greenwoods Hotel & Spa Christmas Sparkle Shopping Night

Stock Road, Stock, Ingatestone, CM4 9BE

November 28, 5pm – 10pm

Come and browse the fabulous beauty, home, fashion and food stalls. The hotel will all be dressed up for Christmas so come and enjoy a festive mulled wine. Entry is free. For more details, visit greenwoodshotel.co.uk

Equity Release Information Seminar

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

November 28, 7.30pm – 9pm

This evening will provide information about equity release plans. After, there will be a Q&A session.

To register contact Samantha on 01277 633123 or go to www.eventbrite.co.uk/e/equity-release-information-event-tickets-48337325241

Shenfield Christmas Fayre

Hutton Road, Brentwood, CM15 8

December 9, noon – 5pm

It is a real community affair. More information is available at www.brentwood.gov.uk/events



PUZZLES & TRIVIA

PUZZLES

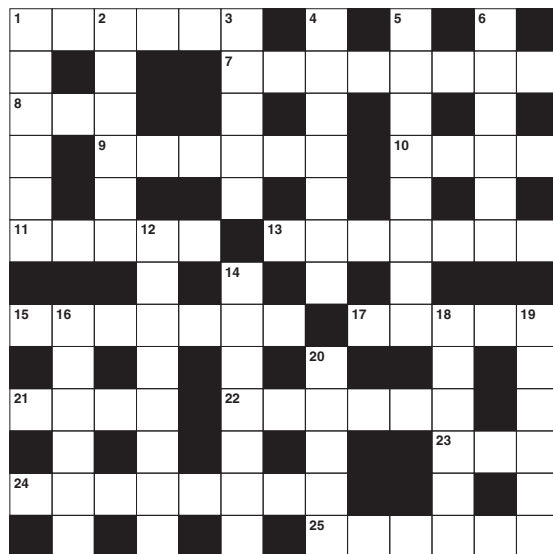
Answers can be found on the Contents Page 4

ACROSS

1. Feeling of fondness (6)
7. Containing less oxygen than usual (of air) (8)
8. Title of a married woman (3)
9. Sightseeing trip in Africa (6)
10. Deceiver (4)
11. Test or examine a metal or ore (5)
13. Coatings (7)
15. Get too big for something (7)
17. Long-legged wading bird (5)
21. Bowed stringed instrument (4)
22. Chess piece (6)
23. Increase the running speed of an engine (3)
24. Large snake (8)
25. Deep gorge (6)

DOWN

1. Thin layer of sedimentary rock (6)
2. Locks lips with (6)
3. The ___ Gatsby: F. Scott Fitzgerald novel (5)
4. Followed behind (7)
5. Wealthy (8)
6. Fix (6)
12. Aromatic plant used in cooking (8)
14. Up-and-down movement on water (7)
16. Workers' groups (6)
18. Fish hawk (6)
19. SI unit of thermodynamic temperature (6)
20. ___ Hayes: US soul and funk singer (5)



DID YOU KNOW

▶ A bolt of lightning lasts on average for about one 10,000th of a second but could light a 100-Watt light bulb for three months

▶ The monsoon climate results in high annual rainfall totals exceeding 1.5 metres (5ft) in many places

▶ Rainbows are caused when rays of light from the sun hit water which reflect some of the light back

▶ Lightning travels through the air at around 270,000mph

▶ Clouds will either be composed of ice or water droplets depending on the height of the cloud and the temperature of the atmosphere

▶ Lightning reaches temperatures of around 30,000C

SUDOKU

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

Christmas Sparkle Shopping Event

Wednesday 28th November
5pm - 10pm

Come along to our popular festive shopping event, a great opportunity for you to browse a wide range of unique stalls to find the perfect Christmas gifts for friends & family!

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RAW

deal

Make your own healthy sweet treats to combat those sugar cravings... it's easier than you think.

Sugar awareness week 12th - 18th November

Pecan Pie Energy Balls

The ideal post-gym snack, this easy recipe makes 12 yummy balls. Place 1 cup of pitted dates, 1 cup of pecans, 1/2tsp of sea salt and 1/2tsp of pure vanilla extract into a food processor, and blitz until it forms a dough. Roll into 12 balls and pop them into the fridge until gym o'clock.

No-bake Brownies

Think unbaked brownies can't be tasty? Think again. Place 2½ cups of pitted dates, 1½ cups of walnuts, 6tsp of cacao, 1tsp of vanilla extract and 2tsp of water in a food processor and blitz until smooth. Press mixture firmly into a baking pan. Now in a bowl, mix ¼ of a cup of cacao, ½tsp of vanilla extract, 2tsp of coconut oil and a ¼ of maple syrup, before layering on top of brownies. Refrigerate for at least two hours before cutting into squares.

Banana Ice Cream

Got a bunch of too-ripe bananas? No problem. Just peel them and pop in a freezer bag, then, when you want some sweet, creamy soft-serve style ice cream, take them out and pop them in the blender.

Tahini Flavour Fudge

Sweet, fudgy with a nutty kick, and preservative free, all you need is a mixing bowl and a freezer. Place 1 cup of tahini, 4tsp each of cacao, coconut oil and raw honey, 1tsp of vanilla extract and a little coarse sea salt in your bowl. Mix, press into a baking pan and freeze.

Chia Pudding

High in protein and omega-3, chia seeds are a super-duper food. Place 6tsp of chia seeds, 2 cups of coconut, almond or cashew milk, ½ tsp of vanilla extract and 1tsp of maple syrup in Mason jar. Shake to combine and place in the fridge for at least two hours before eating topped with berries.



A Classic Cuisine with a Modern Twist

EPHESUS
GRILL & BAR

Ephesus Grill & Bar's name comes from the ancient city of Ephesus. Founded in 10 BC by King Androclus, it came to epitomise the Golden Age of Greece and was regarded as a role model in the ancient world for culture and art.

Mediterranean cuisine has become very popular over the last few years in Essex, with many towns able to boast about having plenty to choose from. Ephesus Grill & Bar is the newest to open in Billericay and is fast becoming a popular restaurant amongst locals, with many travelling from out of town to taste what they have to offer.

With fresh ingredients throughout, Ephesus Grill & Bar offer all your Mediterranean favourites such as Iskender, Mousakka, Mixed Grill Kebab, and with plenty of sides on offer too you won't be left feeling hungry.

The relaxed yet attentive service provides for the perfect evening of food and drink. If you are planning

to visit Ephesus Grill & Bar on the weekends they provide entertainment with traditional Belly Dancers and a DJ on Saturday evenings to provide the ultimate Mediterranean dining experience.

This is one of many reasons Ephesus Grill & Bar is very popular with big groups for dining, private functions and celebrations such as birthdays and Christmas Parties, so book well in advance if you are planning to visit over the coming weeks. We are open throughout Christmas.



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Photo credit: Tesco

Festive FOOD TRENDS

Top food trends for Christmas 2018

Would you like to really wow your family and friends this Christmas?

Traditional seasonal fare will no longer cut the mustard (excuse the food pun). Supermarkets are embracing a whole host of funky food trends that will tantalise your taste buds.

MAKE WAY FOR PIGS IN DUVETS

Pigs in blankets have always been a firm favourite on the Christmas dinner table but this year they have been taken to a new level with the arrival of Tesco's pigs in duvets. These savoury delights are essentially the same recipe of sausages wrapped in crispy bacon but with the added pleasure of being encompassed in golden puff pastry.

Alternatively, why not try Asda's Extra Special Ultimate Pig in a Blanket which is a foot long and flavoured with ginger, nut and pimienta.

GO VEGAN WITH A VEGGIE-BASED WELLINGTON

With this lifestyle choice becoming increasingly popular in 2018, all the big supermarkets are creating a selection of mouth-watering vegan options that the whole family can enjoy.

Try Waitrose's Beet Wellington which contains marinated beetroot encased in vegan puff pastry or Tesco's Cauliflower variety that is spiced with turmeric.

COAL FOR DESSERT

The charcoal trend has dominated the beauty market this year and is now set to take on the food industry as well.

Heston from Waitrose has created Profiter Coals; these glowing black profiteroles filled with a flame-coloured mandarin orange crème patisserie and adorned with popping candy will be a showstopper at any dining table.

ONE FOR THE KIDS

If you have children, grandchildren, nieces or nephews you may have noticed that unicorns are somewhat in demand with the youth of today.

Make their Christmas Day complete with Tesco's chocolate Unicorn Cake.



Photo credit: Waitrose



Photo credit: Waitrose



NOT JUST

for Christmas

The Pet Owner's Checklist

A new pet can bring unfathomable quantities of joy, laughter and affection into our lives, but before you make the leap, there are a few pointers always worth bearing in mind.

✓ FIND THE RIGHT PET FOR YOU

If you find yourself dreaming of a leaping Labrador when you live in a studio apartment, it's worth being honest with yourself about whether this is appropriate. Big dogs need space, exercise and lots of love, so if your home is cramped and you work all day, a cat may be a more sensible option.

✓ BUY THE ESSENTIALS

Before bringing your beloved furball home, make sure you've got the basics: somewhere to sleep, something to eat, something to play with and everything required to keep it safe.

✓ PREPARE TO PROTECT

From checking for holes in your garden fence to stocking up on flea and worming treatment, protecting your pet is an ongoing process. You may

also need to buy an engraved collar or tag with contact details, and by UK law all dogs must be microchipped.

✓ KEEP IT REAL

One glimpse into any animal shelter tells you why it's so important to think carefully before getting an animal. Sometimes circumstances may change unexpectedly, but for the most part the scourge of abandoned pets can be avoided by making sure your choices are well thought out and informed.

Firstly, be honest about how much time you have to devote to your new family member as they will need lots of love and attention.

Secondly, be realistic about the financial demands. While day-to-day costs are reasonably low, there can be unexpected extras like insurance, treatments and grooming.

Lastly, be honest about why you want the animal. Is it a fad, or do you really crave the responsibility and joy that comes with looking after a life? After all, as soon as you buy a pet you become their world, and it's only fair that their first home is their forever home.

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FAST AND FURY-OURS

As festive fight night – December 1 – edges ever-closer, Tyson Fury prepares to let his fists do the talking.

It's the most talked about fight of the year - British bad-boy Tyson Fury going toe-to-toe with Alabama-born Deontay Wilder for heavyweight bragging rights and to move into pole position for an almighty goliath showdown against Anthony Joshua in April of next year.

Although Joshua admits he has to fight Wilder to be considered the ultimate heavyweight champion of the world, boxing fans on this side of the Atlantic are drooling over the prospect of a match-up against Fury, and with it the pairing of two boxers who couldn't be further apart in terms of their appeal.

Joshua is the gentleman of the ring, tough but with a temperament everyone admires. Fury is the fiery gypsy king who polarises opinion – and yet arguably has the most to prove as he recovers from a career-threatening drugs ban and numerous personal problems.

Fury's next step to reaffirming the mental and physical strength he believes will lead him to knocking out AJ is to see off the challenge of American challenger Wilder, and some challenge it is.

First, he has to battle a partisan LA crowd at the Staples Center, then rally against his opponent's perfect boxing record: 40 fights, 40 wins, 39 by knock-out.

Fury, 30, who stands at a colossal at 6ft 8", has been typically bullish in the lead-up to the fight.

He said: "For me, Deontay is just another obstacle to be knocked over on my journey."

With that customary devilish grin, he adds: "I'm a time traveller – I've seen the future and I know what happens.

"That's why I don't fear anyone; because I already know how this turns out.

"But listen, I'm going in the ring with one of the best punchers the sport has ever seen. Do I respect him, yes; but do I know how to beat him? Of course."

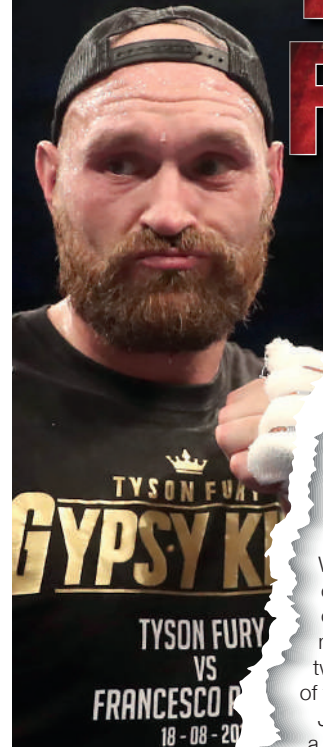


Photo credit: William Cherry/INPHO/REX/Shutterstock



SPORT

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No one likes to think of anything untoward happening to their property, but it's a sad fact of life that fires, floods and other accidents happen and when they do you'll want to know that you have the property protection you need to put your house in order.

Buildings Insurance

Buildings cover pretty much does what it says on the policy tin; it protects your building's physical structure – the walls, the roof, the foundations as well as the fitted fixtures such as the kitchen, bathrooms and fitted wardrobes. A typical policy will help you should your home be affected by fire, flood, subsidence, water leaks, storms and other unfortunate events such as damage from a falling tree.

Depending on your location and your circumstances, you may wish to add some additional protection options

to your cover. Popular ones include accidental damage, legal expenses cover in case you become involved in a legal dispute over your property – say with builders working on your property – and unoccupied property insurance. Unoccupied property cover is an essential extra if you are planning to leave your home vacant for an extended period of time; typically, around 30 days or more.

Contents Insurance

Home contents insurance – also known simply as contents insurance – protects the things in your home. From your curtains to your TV, should they be lost or damaged due to eventualities such as fire, flood, theft or even an explosion or a lightning strike then your contents policy will pay for replacements.

When taking out a contents policy – be it as a standalone policy or as part of a combined contents and buildings home insurance package – you'll have a few options for your cover; New for Old, Indemnity Cover, Accidental Damage Cover & Personal Possessions Cover.

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BLACK FRIDAY SALE

FAIL TO
PREPARE,
PREPARE
TO FAIL

Black Friday is set to be the biggest shopping day of 2018 with Cyber Monday leading the way for online shoppers. Big brands will have been gearing up to this bargain bonanza weekend for months but that doesn't mean that small businesses cannot benefit too. All that is needed is a little bit of careful planning and preparation.

FAIL TO PREPARE, AND PREPARE TO FAIL

Make sure you have sufficient stock to deal with the increase in demand. Not being able to provide what you have promised will result in frustrated and unhappy customers who will not do business with you again.

BE TECH READY

Your IT systems may be able to cope with the day to day demands of your business but are they up to the task of a massive traffic surge? Be sure to test your systems prior to the big day; no one wants their website to crash on Cyber Monday.

MAXIMISE SOCIAL MEDIA

Keep your customers informed of your Black Friday plans ahead of the day itself on your social media platforms. Run a competition or a giveaway to encourage users to share your posts and increase views.

REWARD YOUR LOYAL CUSTOMERS

Email marketing is key to raising awareness of an event or big sale. Since the arrival of GDPR earlier this year, sending out mass emails to everybody and anybody is a big no-no, instead focus on targeting your loyal customers with personalised emails that contain exclusive discounts, offers or rewards.

INVOLVE YOUR EMPLOYEES

Ensure that all your employees are informed about your plans for both events. Any specific offers, special delivery promises or extended opening hours. The last thing you need is overwhelmed and unknowledgeable staff.



REACHED YOUR HALF-CENTURY? HOW TO PLAN FOR RETIREMENT

Once you reach 50, it's time to get serious about planning your retirement. True, it could still seem ages away, and you may not be thinking of giving up work anytime soon. However, putting a retirement plan together will help you understand what your finances will look like when you decide to take life easy.

Retirement planning isn't just about getting your money organised, although that's vitally important. Depending on your circumstances, you may want to think about completely changing your lifestyle, moving home, travelling the world, or simply putting your feet up. And like all big projects in life, the more time you can invest in thinking it through, the better.

Start by taking stock – Getting financial advice will help you get a true perspective on how your pension planning is shaping up. We will help you work out the value of your current plans, including your state pension entitlement. If you've lost track of pensions held with past employers, now is

a good time to get them traced. If you've several pension plans, we will be able to help you work out if it would make sense to consolidate them.

And don't just think about pensions; having money in ISAs will help in planning your retirement income tax-efficiently.

Do your sums – Don't leave it until the last minute to work out how much money you'll need to live on in retirement. Some costs will go down, like travel to work, but others like utility bills are likely to increase as you spend more time at home. Factor in the cost of the travel, holidays and hobbies you're likely to want to pursue when you have more time.

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.



Who do you think becomes the guardian for your children?

It's never too early to make provisions for your children

YES it is difficult but it is essential to face the possibility that young children could be left without parents to care for them. Who would you want to look after your children if you were to die? If you do not decide, the local authorities and courts will decide for you. Their idea of the 'best' care for your children may be very different from yours. Be aware too that an unmarried father does not automatically become guardian to his children.



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Local Mortgage Adviser Nominated for National Equity Release Award.

Locally based in Billericay, Samantha Wicks, owner of Best Mortgage Solutions is a highly revered and respected member of the Equity Release Council.

Samantha's approachable manner, intellect and caring disposition has brought her to their attention and was recently notified that she had been nominated for the National Equity Release Award for the Adviser of the Year. In addition, she was recently invited to the Houses of Parliament to discuss plans on social care funding and long-term care.

Her motivation is based upon a desire to help the local community and clients nationally who are worried about debt, financial concerns and for some, frustrations with unfulfilled dreams. Clients who want to help their children and grandchildren either to get onto the property ladder or help fund education and university costs.

She therefore, made it her mission to educate the local community on the benefits of Equity Release within a safe framework of legislation and transparency.

Because of Samantha's desire to help the local community understand more about equity release, she has organised a seminar to take place on 28th November.

To reserve a seat for this special event either turn to the 'What's on' page for more information or contact the office on 01277 633123.

"I invest time with my clients to discover their wants & needs and then set about working with the provider(s) to make this happen".
Samantha Wicks



Samantha offers a free initial consultation. Please contact the office on 01277 633123 to arrange an appointment.

Equity Release will reduce the value of your estate and can affect your eligibility for means tested benefits.

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Best Mortgage Solutions Ltd is an Appointed Representative of Intrinsic Mortgage Planning Ltd which is authorised and regulated by the Financial Conduct Authority



YOUR GAS



THE NOOSE TIGHTENS AROUND POLLUTING VEHICLES IN BRITAIN'S CITIES.

Those of us who own gas guzzlers breathed another audible sigh of disappointment recently when the government introduced new legislation relating to car emissions on vehicles made before 2015.

The new rules apply to both petrol and diesel engines, with emissions surcharges, extra parking fees and tax increases meaning that, overnight, your pride and joy sat on the driveway suddenly felt less proud and not quite as joyful.

While the initial 50 per cent surcharge on parking applies at first only to diesel cars in central London, those driving petrol cars will feel the pinch too, albeit at a lesser level, and it's inevitable other local authorities will follow Westminster City Council's lead. Indeed, Camden and Islington councils look set to go one step beyond by applying extra charges for all vehicles of any age.

From next year, clean air zones in central London and Birmingham will impose a daily toll of £12.50 on most of Britain's 13 million diesel cars, with an estimated £50/week being added to running costs for the average driver. Other cities – Nottingham, Leeds, Derby and Southampton – are expected to follow suit.

The government's anti-diesel drive is all part of the April 2019 launch of the world's first Ultra-Low Emission Zone (ULEZ) in central London. To move through the area without charge, petrol cars and vans must meet the Euro 4 emissions standard, while for diesel cars it's Euro 6. And if you think those fines are harsh, be grateful you're not driving an HGV – it will cost you a cool £100 a day to transport it around London, and that's before you've even filled up at the pump.

Even electric vans don't escape scrutiny – the government has realised that these vehicles tend to be heavier than their diesel counterparts and that produces its own challenges. The solution – more taxes.

Anybody got a spare pushbike?

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I have just had a bathroom, en suite and downstairs toilet completed by Ace Bathrooms. From the very beginning with Graeme helping me to pick everything I needed, to Paul and his team fitting it all, I am very happy and would highly recommend!

Nicola Moss



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