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TORVILL AND DEAN

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Olivia
COLMAN

A look at the actress' glittering success



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Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Billericay Shenfield. Being an old romantic at heart I enjoy St Valentine's Day. I'm lucky enough to have a wife I adore and who I always try to show my appreciation to - regardless of the month. I'm also very lucky to have a job I love. I was speaking with a friend the other day who was telling me how much they dreaded Mondays. It's fair to say my friend isn't happy in his career. I felt sympathy for him but couldn't relate to his predicament because I love what I do, so much so that it doesn't feel like work most of the time. I see meeting local businesses, chatting with local people and generally feeling a buzz about what each day will bring as a genuine privilege. I get to speak with an array of local business owners every day from bathroom fitters to boutique owners, roofers to restaurant owners, accountants to Zumba teachers. The successful ones all have one thing in common. They are passionate about what they do and the service or products they deliver to local people. I'm pleased that **VISION** acts as a bridge to bring local people together with these businesses and vice versa. It's the most satisfying part of running this business and long may it continue. In local news, a man has been selected for the World Transport Games, Billericay FC's manager has left the club and we hear the latest from the Street Pastors.

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DOWN: 1. FORGETFULNESS, 2. DELVE, 4. MEDIAN, 5. INTERSECTION, 6. OCULIST, 7. EXPANSIVENESS, 8. EXPERIMENTAL, 14. CONSIST, 16. NOTION, 18. OBAMA



Breaking THE Ice

To the children of the 1980s, spectacular ice skating duo 1984 Sarajevo Olympics. But are still inspiring today's youth... *On Ice*. It is a love affair with the

Jayne Torvill and Christopher Dean will always be the who glided and pirouetted their way to gold glory at the 35 years on from their incredible win, the inseparable skaters every Sunday night in fact, as head judges on ITV's *Dancing on Ice* the duo just can't break.

The 11th series of *Dancing on Ice* may have attracted illustrious stars such as Westlife's Bryan McFadden and *Neighbours* icon Mark Little, but few among them can match the achievements of the show's head judges, Jayne Torvill and Christopher Dean, who wowed the world with their stunning Bolero back in 1984.

In an age where it is not uncommon for sports stars to break out from their chosen field and embark on a televised adventure into the ballroom, ice rink or jungle, it may be hard to comprehend just how innovative Torvill and Dean have always been. Indeed, their announcement following the Sarajevo Olympics that they would be turning professional – to remain eligible for the Olympics they were not allowed to earn money from the skating – was seen as a shocking move, and even professional suicide. But as Torvill reveals, the pair had always planned to take their partnership in a more creative direction.

"We always had the idea that we wanted to produce our own shows and tour," says Torvill. "That's what we did initially – we took a year after the Olympics to get that all going together with a really good, strong group of skaters and formed our own company."

Few could have predicted how popular their shows would prove to be – the duo toured the globe tirelessly with their spectacular ice extravaganzas. They even made a return to the amateur arena for the 1994 Olympics in Lillehammer, Norway (following a change in eligibility rules), an exercise that would prove controversial when one of their lifts was deemed to be against the rules, eventually landing the skating heroes in third place.

That Scandinavian adventure would prove to be their final competitive outing, and in 1998 they would hang up their skates professionally, only to be lured back as coaches for the first series of *Dancing on Ice*, in 2006. "Initially we signed up just to coach the celebrities and choreograph," says Torvill, "but then we were asked if we'd like to demonstrate the moves and we said yes, and then they said 'well, can you demonstrate to music?' To that we said 'ah, so that means we're performing.'"

"Although we were nervous we actually really enjoyed it. We realised performing is what we enjoy most, so the performances got longer and more intense as the show progressed."

After all this time, it is clear Torvill feels honoured to be so respected by the British public, and this was backed up by a tremendously well-received biopic screened on Christmas Day. And as icons go, the duo have excelled – successful in their day and inspirational to a whole new generation now. "It's never not been a pleasure doing this, and we are as grateful today as any time before," she adds.





HAPPY Valentines DAY

A HEART-SHAPED HISTORY

February 14 is traditionally the day that flowers and chocolates will be winging their way to loved ones. But how did this annual expression of affection come to occupying a permanent spot on our calendars, and just who was this Valentine in whose name we send cards and presents?

It's a day on the calendar that elicits high emotion. Although not a global phenomenon, in the UK, Valentine's Day is an annual event celebrated via the exchanging of gifts and cards between loved ones.

There are multiple stories about the origins of the mysterious saint to whom the 14th February owes its name. The Catholic Church currently recognises three different saints by the name of Valentine, or Valentinus – all of whom were martyred.

Could Valentine's Day be named after the man who defied the Roman Emperor Claudius' decree that marriage be outlawed for young men and continued to perform marriages in secret? Or could it be the Valentine who allegedly helped capture Christians escape from the Romans, and may have sent handwritten notes signed 'From Your Valentine' to his love interest while he himself was imprisoned? Whatever the truth of the matter, all sources agree that Valentine was a sympathetic and romantic hero.

It was in the Middle Ages, however, when the figure of Valentine became one of the most popular patron saints. The oldest concrete appearance of the relationship between Valentine's Day and romantic love was in Geoffrey Chaucer's 1382 poem *Parlement of Foules*.

Modern Valentine's Day is less about Chaucer and more about cards, with the Greetings Card Association estimating that one billion cards are sent each year, making Valentine's Day the second-largest holiday of the year.

Despite such a patterned history of romantic reverence, just remember, the real question isn't whether you dare send something on Valentine's Day... it's whether you dare not!

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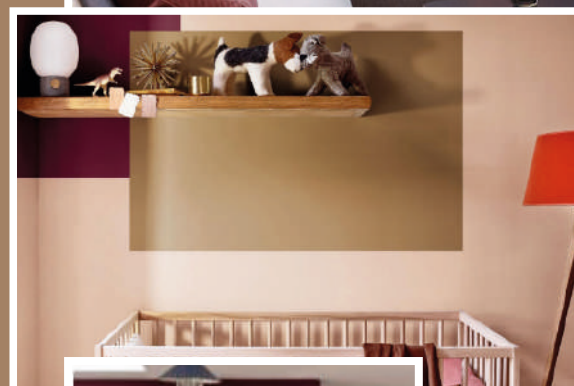
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HOME & DIY



The Dulux Colour of the Year 2019 has been revealed as Spiced Honey. This gorgeously rich and warm tone has been chosen to reflect a mood of positivity and optimism for the year ahead.

WHY WE LOVE THIS SHADE

Spiced Honey is a warm amber tone that has been created to express the beauty and richness of natural honey. It is an incredibly versatile colour that can be used to create different ambiances depending on the other colours that you team it with. It is the perfect

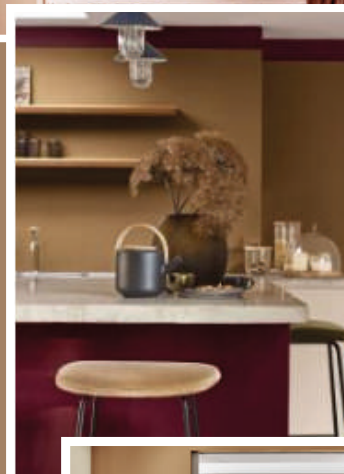
colour to banish any lingering negativity and start afresh.

WHAT SHADES DOES THIS COLOUR COMPLEMENT?

Pair with soft pastels such as pale pink or muted grey to create feelings of calm and tranquillity; perfect for the bedroom or conservatory. Alternatively, team with bold colours such as rich reds and oranges for a luxurious and vibrant vibe.

HOW TO USE THIS COLOUR IN YOUR HOME DÉCOR

A statement wall feature is a quick and affordable way to add this colour into any room, or if you prefer patterned designs, pick up some Spiced Honey wallpaper. Don't shy away from bold designs as this flexible colour can cope with them.



WHY YOU SHOULD EMBRACE UPHOLSTERY

If you like to keep the colour of your walls neutral, there are more subtle ways to introduce this colour into your home. Why not invest in a Spiced Honey sofa which can act as the focal point of your living room? Crisp white walls work perfectly with this and create an almost Scandinavian feel. Ideal for those wanting a chilled-out vibe. Alternatively, try smaller home accessories such as a Spiced Honey lampshade or rug.



Photo credit: www.dulux.co.uk

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Unlike other double glazing companies, who often sub-contract or outsource, we prefer to use our own installation teams, who specialise in installing windows, doors and roofline products for customers in Essex and the surrounding areas.

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Our committed staff and high quality double glazing products puts us ahead of our competitors. We value all our customers which is why from initial enquiry, through to installation and after care, we're here for you every step of the way.

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Pulling down the shutters

A simple invention that can fulfil so many requirements when it comes to letting the outside in, from filling a room with light to transform a room, to helping preserve sleep, throwing a different type of light on a space, or simply just window decoration.

In recent years, the variety of blinds on the market has provided homeowners a number of new design ideas – here are some of the best:

Venetian blinds: The most popular style; horizontal slats with supporting string or strips.

Vertical blinds: Long slats, often used with patio doors or floor to ceiling windows.

Panel blinds: Large strips of material for large windows and doors.

Pleated shades: Similar to Venetian blinds but offering an accordion-like finish.

Roller blinds: A long, highly economical strip of material on a roll.

Roman blinds: A traditional yet fashionable horizontal blind that forms into a stack of material when raised.

Tie-up shades: A curtain raised in one or two places.

Solar shades: A virtually transparent roller shade that preserves light but keeps out heat.

Blackout blind: A roller blind that blocks out all light; good for kids and nurseries.

Skylight shade: A mini-blind within a Velux window.

Be choosy

To choose a blind that suits your room, consider:

- the style of your existing interiors
- the fabrics already present
- room colours
- environment (a kitchen blind, for instance, may need to be of a more hard-wearing material), and
- the purpose of the blind (decoration, light prevention etc)

Fit for purpose

When measuring for your blind, consider whether you want it 'top fixed', with the blind and brackets snugly and neatly within the window frame; or 'face fixed', where the blind sits outside the frame, a style that looks less neat but removes the danger of any light creeping in around the edges.



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VINTAGE GLASS
'Flat-pack' is not a word associated with anything in your decadent little boudoir. In fact, to turn the reflective knob into your bedroom feels like a trip back in time, to when champagne was sipped from coupes and cigarettes were the epitome of style. Some might call your taste 'chintzy', but you'd never listen to such philistines.

CHROME LEVER
So, practically perfect and perfectly practical in every way, you call a spade a spade, and call a door handle, well, a door handle.

HAND-PAINTED
You've a flair for bold design, and a personality to match. Your friends call you the 'quirky one' – a title you love – and always invite you to dinner parties to revel in your eccentricities and listen to your tall tales, such as the time you once haggled with a trader in a Moroccan souk for over an hour to obtain a most beautiful painted dome-shaped handle... which got confiscated at customs.

THUMB-TURN
Privacy is king, and you love nothing more than to steal half an hour away to read a book and drink a mug of tea, while the world – namely your kids – rages on behind the other side of a quietly locked door.

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Clean Bandits

HOME & DIY

We all crave a clean home, but employing a cleaner brings about the uncertainty of inviting in strangers. Here are a few tips to ensuring your home remains clean, not cleaned out.

Word of mouth

Like so many aspects of life, the best recommendations often come from those who have actually sampled products or, in this case, services. When sourcing a cleaner it makes sense to want to use the same ones as friends or family who can vouch for a job well done, but even online groups and communities – where you may not know the homeowners – are better than going in cold.

Your own online research

You can't just rely on the word of others – you need to do your own checks. Review sites can offer useful feedback, but when checking these, consider their date, and judge the tone of each to ensure the reviews left are genuine. If you're happy, ask for references.

Don't favour businesses over individuals

The process of sourcing a good cleaner occupies a category where, for many, there seems to be no preferred option between using a business – which has a number of individual cleaners under its watch – or a sole proprietor who simply works for themselves. Some clients like the reliability of a bigger business and the ability to report a problem to a manager rather than the individual themselves, while others prefer a more personal touch.

Lay a trap

In a move that some regard as controversial, some homeowners might leave a small amount of money on the floor (say, a £5 note). If the note has been picked up and left behind post-clean, you have someone you can trust.

Be clear and inspect work

For many, a satisfactory job will come about when instructions are clear and a post-clean check is done. And being upfront on feedback will mean your relationship flourishes just as much as your home.



LOCAL NEWS

from your neighbourhood



Photo credit: ITV Pic

Singer appears on The Voice UK

A singing star from Billericay appeared on *The Voice UK* recently.

Laуз took to the stage in front of coaches Olly Murs, Sir Tom Jones, Will.i.am and Jennifer Hudson.

Speaking on the show before her performance she said: "I come on *The Voice* because I feel like now is my shot. It feels surreal and kind of crazy but I'm going to give it all I got.

"I just don't really want to do anything else to be honest. I just want to sing and if I ever managed to be able to do that as my job it would just be insane."

Unfortunately her unique performance of *A Little Less Conversation* wasn't enough to get the judges to turn their chairs.

Following her performance she said: "I'm really gutted. Really gutted.

"Nerves probably got the better of me. I'm going to continue with singing definitely."

Will.i.am gave some feedback to the 17-year-old.

He said: "I wish I knew her name so I could say like listen, us not turning, don't take it personal, but you were spectacular."

Residents outraged by station car park price increase

People in Billericay have expressed their concerns following a price increase to parking at Billericay station.

Sara-Jane Shore, who has a monthly parking permit at the station, was recently informed that the cost would increase from £125 to £158.

She said: "Daylight robbery. There is no justification for this extreme hike. Absolutely appalled."

A Greater Anglia spokesperson said: "New prices at some station car parks across the Greater Anglia

network came into effect on January 12. Some prices have been frozen while others have gone up or down.

"We are currently investing £25million on improving car parks at our stations, including installing Automatic Number Plate Recognition (ANPR) at 20 car parks, adding an extra 1,782 spaces, fitting LED lights, improving CCTV and security and re-tarmacking."

According to the spokesperson, Billericay station car park will be extended, subject to planning permission, and has had an ANPR installed.

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LOCAL NEWS BILLERICAY



Street Pastors continue to patrol the High Streets of Brentwood and Billericay.

We have had a great time at Christmas and New Year. We have walked the area on every Friday and Saturday over that period and have tried to help, care and listen to anyone that we have come across or has found us in need of help.

It is very important to us that we continue to offer this volunteer service with the support from our community.

We do not judge anyone and will always try to help people without taking them on as our own clients as we like to signpost people onto other agencies for longer term help.

We not only come across people that have too much to drink but also people just going through rotten issues in life. If, however you need a bottle of water, a lollipop, some flip flops or first aid we are very happy to help.

We are finding that one of the most important things we can do is offer a listening ear as we have

time for our community and are not in any other hurry to get anywhere.

We believe that if we show care to people then sometimes issues that are building in people's lives might subside. We also find that low level intervention in stressful circumstances can prevent violence breaking out, people getting injured and ambulances not having to be called. We will continue to do this as long as we believe it is a help.

On New Year's Eve we received a visit at our safe hub at St Marys Church in Billericay by the new Chief Constable of Essex Police BJ Harrington.

He was very affirming as to what we do across Essex and wanted to express his thanks and wish us a Happy New Year. He took a selfie and shared it on Twitter.

You can follow us on @BillericaySP or on Facebook.

We are about to start training again so if you are a church attending Christian, over 18, ready for a challenge then why not get in touch? Email Billericay@Streetpastors.org.uk or call 01277 514876.



Ladies Night being held to raise money for life-saving treatment

A fundraiser is being held to raise money for a Billericay woman to try and save her life.

The Ladies Night, being held on Friday, March 22 at Ramsden Heath Village Hall, will be raising money for Hope Stringer.

Hope has recently found out that her sarcoma, which was first diagnosed in 2014, has returned.

Hope said: "I was lucky enough to enjoy three blissful years in remission in which time I got back into my career, went on amazing holidays, got engaged and even started to plan my wedding.

"Unfortunately, a routine scan revealed the news that it was back and had metastasised to my lungs.

"This is now classed as incurable as it's inoperable and there is no conventional medicine available here that is known to be effective long term. This is how the Go Fund Me page came about."

Her family and friends are trying to raise enough money for Hope to get treatment abroad.

Hope continued: "After extensive research we realised there are other treatments available abroad which cost a lot of money.

"Initially I found it really difficult seeing the page being posted and shared everywhere and seeing my face all over the internet as I just didn't want to be

that tragic story that you see so often.

"But since having time to process this new journey I have been put on, I am so grateful to have the biggest army working tirelessly to make this happen for me whilst I take the time to concentrate on myself and keeping my mind and body well ahead of the battle.

"The support we have received as a family since starting it really has been incredible."

Angela Jasper and Emma Hinds are both helping to organise the event.

Angela said: "Both Emma and I are very good friends with Hope's fiancé.

"We are holding the fundraiser as we are passionate about Hope and we want to try and save her life.

"We would like to raise a minimum of £1,500."

Emma added: "We really want to help give Hope a chance to live a long and happy life."

On the night there will be a singer, DJ, magician, photo booth, bar and a raffle.

Tickets will be available online in the near future and will cost just £15 each.

Emma said: "We are really looking forward to a fun and successful night for everyone."

If you would like to donate to Hope's Go Fund Me page, visit uk.gofundme.com/4e4j8-hopes-fund



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BILLERICAY TOWN FC

LOCAL NEWS BILLERICAY

Brennan bids farewell to the Blues

Photo credit: Nicky Hayes Photography



Just four months after taking over at the JAGP Arena, Billericay Town FC have parted company with manager Dean Brennan and assistant manager Stuart Maynard.

The move comes after The Blues lost six out of eight matches in all competitions leaving them 13 points off leaders Torquay United. The move followed a meeting between Brennan and the club's board to discuss performances, results and other related matters.

Chairman Daniel Groves said the news was regrettable but the right decision for all concerned.

He said: "After a meeting this morning between myself, senior management and Dean it was clear there were differences between us that could not be resolved and it was therefore decided to part ways, whilst this is disappointing. We would like to thank Dean and his team for all the hard work and effort they have put into the club and wish them all very best for the future. BTFC will make an announcement regarding the role of manager at the club in the coming days."

Speaking after the news was announced, Brennan admitted he was disappointed.

He commented: "We have always given our all to BTFC and although disappointed we would like to thank the club for the opportunities they have given Stuart, myself and my team. The supporters have been exceptional and we will miss them. We want to wish the club every success in the National League South."



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Queen Colman

Playing the monarch would be a daunting task for most, but surely not BAFTA-winning actress Olivia Colman? As she prepares to succeed Claire Foy in *The Crown*, the talented star reveals how she copes with the pressure of being the nation's latest dynamic doyenne.

Helen Mirren, Julie Walters, Dame Judi Dench... British female actresses who have elevated themselves well beyond the pages of a film or TV script. Their impact in purely dramatic terms is there for all to see, and yet they are so much more than that... warm, funny, down-to-earth and, very often, self-deprecating. Perhaps that's why we have taken them into our hearts... we feel they are 'one of us'.

"I've never taken myself seriously," begins Colman, who is about to return to our screens in series three of *The Crown*. Netflix have kept the release date a closely guarded secret, but while fans will have waited well over a year since the last instalment, season four is expected to follow on closely behind.

Colman, as Queen Elizabeth II is, in many ways, the perfect choice. With her very British face, cool but entirely likeable demeanour and measured clipped accent, there is certainly something very regal about the Cambridge-educated star. "They gave me a great voice coach who made sure I spoke like the Queen," she reveals. "It was just a case of learning the lines and trying to copy exactly what they did. And Claire Foy let me know I could call if I needed to."

Assuming the role of a living icon is never going to be easy, particularly when you are also taking over from an actress who won a Golden Globe for her interpretation of the character. "It's a challenge but that is what this game is about. It's a case of putting you up there with the prospect that you might fail... but I've been taking chances ever since I became an actress, and I'm fine with that. Nervous, but fine," she laughs.

Of course, *The Crown* barely scratches the surface of the Norwich-born actress's achievements. Her prime-time TV mastery includes award-winning shows *Broadchurch* and *The Night Manager*, while current period drama *The Favourite* landed Colman the Golden Globe award for Best Actress in a Motion Picture Comedy or Musical, for her portrayal of Queen Anne.

"I am certainly ticking off as many members of the Royal Family as possible," she jokes. "It's lovely to get the accolades and to hear an appreciation of your work, but really it is the acting first and foremost that gives me the thrill. Everything beyond that is wonderful, but I always want to focus on the product itself."

Colman admits to also spending time focusing on keeping her emotions in check. "I have a sneaking suspicion that audiences have seen me crying a little bit too often in the past couple of years," she admits.

"If something touches me, I cry. That's it. I'm a bit raw, a bit rubbish really," she explains. "Often a director will say to me, 'I don't think this is a scene where your character cries'. And all I can say is, good luck with that."



LOCAL NEWS

from your neighbourhood

Civil servant recognised in New Year's Honours List



A dedicated public servant has been recognised in the New Year's Honours List. Department for Work and Pensions (DWP) employee Simon McKinnon, from Shenfield, has been honoured with a CBE for public service.

Simon joined the department in 2008 and now works as interim chief digital information officer.

He said: "I am really delighted to be recognised in this way. I have been privileged to have worked on a range of digital projects over the years with some

great colleagues, both in digital and across the wider DWP. I see this honour as a reflection of the amazing things DWP and digital have achieved."

The news comes as 13 staff across DWP have been named in the Queen's New Year's Honours List 2019. They have been honoured for going above and beyond in their day to day duties, making a real difference to the lives of countless individuals.

Visit www.gov.uk/honours/honours-lists for more information.

Man pleads guilty following fatal collision

A man from Hutton has pleaded guilty to causing death by dangerous driving after he hit a pedestrian on a zebra crossing.

Ian Carney, 35, admitted the offence at Basildon Crown Court on January 4.

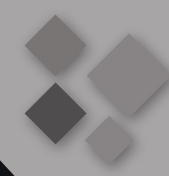
The incident happened at around 7.10pm on Thursday, January 4, 2018, when Damian Brzoscikowski was walking across a zebra crossing in Rayleigh Road, Hutton, when he was hit by Peugeot 2008.

Members of public quickly rushed over and gave Mr Brzoscikowski first aid before he was taken to hospital.

The driver, Carney, was arrested at the scene. Sadly, Mr Brzoscikowski died two days later in hospital.

A post-mortem examination found that his death was caused by a severe traumatic brain injury.

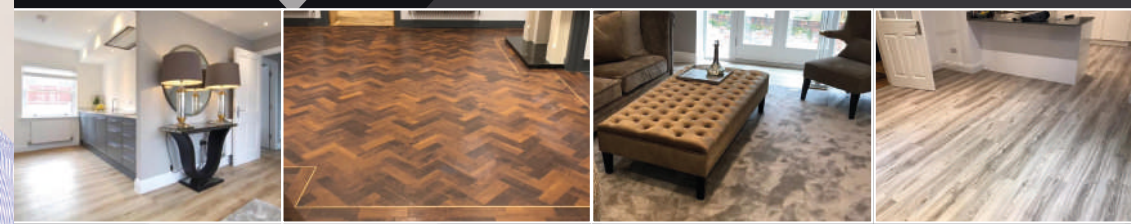
Carney is due to be sentenced at the same court on Friday, February 22.



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Residents warn of invalid petitions to save library

People in Shenfield are being warned of petitions to save the library that are invalid.

The library is one of many across Essex that could be run by volunteers as part of Essex County Council's plans to change the future of the libraries in the county.

A group called Save Shenfield Library has been set up to campaign to save the library.

A member of the group said: "There are many petitions that seek to save Shenfield Library. Unfortunately, many of these are invalid.

"There is currently only one valid petition to save Shenfield Library. It has been through checks so it can be mentioned in the House of Commons and put up on Essex County Council's website."

A paper copy of this petition is held at several shops and cafes in Shenfield. They include Onaplate;

Dickeson & Fone; Winslows; Shenfield Wine Company; Martins; Rose's Bakery; Woodys; A Gilmore & son greengrocer; Hutton Road Fisheries; Shenfield Bakery; Martins; Millets; Shoe Doc dry cleaner; New Image; Clean shop; Sincerely Yours and Liquorice.

It can also be accessed online by visiting cmis.essexcc.gov.uk/essexcmis5/Petitions/tabid/106/ID/112/Save-Shenfield-Library.aspx

A spokesperson from Save Shenfield Library continued: "The petition can be signed by anyone who lives, works or studies within the administrative boundaries of Essex and is over 12 years old.

"Please consider signing this petition if you haven't already. All other petitions to save Shenfield library are invalid."

Have you lost a son or daughter?

Gone Too Soon is a local bereavement support group for parents who have lost a son or daughter, of all ages, in any circumstances and for however long.

Meetings are held on the third Monday of each month at Reids, 66-68 Laindon Road, Billericay, CM12 9LD from 7pm to 9pm.

Lyn Wilson believes there is not enough support in the local community for parents, so she started the group 18 months ago.

Parents are now travelling from outside the Billericay area, including Shenfield and further afield to attend.

By coming along to the meeting, parents have the opportunity to talk to people who can relate and understand how it feels to lose a child and offer support through the grief journey.

Lyn started the group after losing her son. She says

it is a very isolating situation and knows how hard it is for families to come to terms with such devastating news.

During the meetings, Lyn is now introducing different ways to help parents including having taster sessions of Tai Chi, meditation, complementary therapy, speakers, or learning a new activity/hobby to try and help release stress, anxiety, frustration, panic attacks and the numerous emotions that are combined with bereavement.

Parents are given a warm welcome in a friendly safe environment and Lyn is more than happy to meet up with parents prior to the meeting to introduce herself and help them feel more comfortable about coming.

For further details or a chat, please contact Lyn on 07387 805406, email lyn-currie@hotmail.co.uk or visit www.gonetoooonline





BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



Photo credit: Parliament TV

You may read this expecting the latest on the political machinations surrounding the UK's withdrawal from the European Union. Unfortunately, long lead-in times for a monthly publication mean that I am writing this a day after the government won the confidence vote in the Commons, and by the time it is published, well, who knows what will have happened.

The debates about Brexit are taking up a considerable amount of Parliamentary time, but that does not mean Members of Parliament are not discussing and developing many other items of business. Since returning after Christmas, I have contributed to debates on the ongoing roll-out of welfare reform, increasing support for those with autism and learning disabilities as well as working closely with the Attorney General, the Rt. Hon. Geoffrey Cox QC (who gave a tub-thumping speech in the Brexit debate) as his Parliamentary Private Secretary.

The extraordinary amount of work to be done in Parliament is fortunately not getting in the way of my constituency work. I have had some useful discussions already this year with local councillors and campaigners about Essex County Council's consultation on local libraries, some important talks with local business and the future of High Street, ongoing development work in Brentwood and, of course, talking to schools and young people around the area.

I am due to hold a mock Parliamentary debate for sixth form politics students in February, and have brought in the expertise of my Right Honourable Friend, the MP for Epping Forest, Dame Eleanor Laing – Deputy Speaker of the House of Commons – to preside over proceedings. I hope this will be the first of many such debates for sixth formers, offering enrichment activities to young and aspiring politicians. They live in interesting times for the study of the subject.

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GARDENING



Gifting a bunch of flowers is a gesture in itself. But next time you send a bouquet, tell them how you really feel using this comprehensive guide to their traditional meanings.

Anthurium: The ideal flower someone who has been a wonderful host, these brilliant red, exotic beauties symbolise hospitality, happiness and abundance.

Carnation: These cute and ruffled blooms actually represent pride and beauty, while their different colours have a host of other meanings: white – innocence and pure love; red – admiration, pink – motherly love; yellow – disdain.

Chrysanthemum: A bouquet staple, these impressive flowers have a simple meaning – honesty.

Daffodil: Want to tell someone you love them but don't know how? Daffodils are the flower of unrequited love.

Forget-Me-Nots: As the name of these delicate blue buds would suggest, forget-me-nots represent true love, longing and memory.

Lavender: Not just for tucking into your knicker drawer, the fragrant lavender actually represents devotion.

Lilac: Think you might be falling for someone? Lilacs symbolise the first emotions of love.

Lily: Often thought of as a funeral flower, the fragrant, majestic and ethereal lily actually represents purity of heart, and when displayed at a funeral means that the departed's soul has been restored to innocence.

Lily-of-the-valley: These buoyant little bells are an ideal token for a recent birth as they symbolise sweetness.

Peony: The ultimate passive-aggressive statement, charming and oft included in a bouquet, Peony actually represents anger.

Roses: Red: love, Light Pink: grace, Coral: desire, Dark pink: gratitude, Peach: modesty, Cream: charm and thoughtfulness, White: a heart touched by love, Burgundy: beauty, Purple: enchantment, Yellow: infidelity.

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Wednesday 6th March 2019 at 6.30pm

with Mr Raghu Ram Vindlacheruvu,
Consultant Neurosurgeon
& Mr Mahesh R Akula,
Consultant Orthopaedic Spinal Surgeon.

A guide to hip and knee surgery.

Thursday 7th March 2019 at 6.30pm

with Mr Matthew Hearth,
Consultant Orthopaedic Surgeon.

A guide to thyroid disorders.

Wednesday 13th March 2019 at 6.30pm

with Mr Taleb Jeddy,
Consultant General Surgeon.

Worried about varicose veins?

Thursday 21st March 2019 at 6.30pm

with Mr Vijay Gadhvi,
Consultant General & Vascular Surgeon.

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FIRST AID Essentials

Keeping your cool in a medical emergency can be a daunting task but if you know basic first aid and have access to a well-stocked first aid kit, it could mean the difference between life and death.

Performing the 3 Cs in an emergency first aid situation

- ✓ Check for dangers before rushing to help
- ✓ Call for emergency help asap
- ✓ Care for the injured individuals

Knowing the ABCs of CPR

When performing CPR, you must check their Airway – is it un-obstructed? Breathing – are they breathing? and Circulation – do they have a pulse (this can be checked at the wrist, carotid artery or groin)?

The Heimlich manoeuvre

Choking can cause death or permanent brain damage in a matter of minutes. To remove an object from a choking victim, straddle them from behind using a bear hug so that your hands are interlocked tightly beneath their breastbone. Thrust upwards to remove air from their lungs until you have successfully removed the lodged object.

Identifying concussion

If the victim has suffered a head injury you must check for signs of concussion. The most common symptoms are unconsciousness following the injury, feelings of nausea and/or lethargy, short-term memory loss and disorientation.

Treating a burn

Burns are extremely common, especially in children, but many people still do not know how to treat them correctly. First and second-degree burns should be immediately immersed in cool water (not ice cold) for a minimum of 10 minutes. It is imperative to not use any creams or ointments on the affected area.



Do you suffer from PORTION DISTORTION?

A study by the Diet Plate, a portion-controlled weight management system, has shown that a portion-controlled diet can make you six times more likely to lose weight than a standard weight loss diet.

As a nation we are eating portions far bigger than the recommended amount, so it is no wonder that we are suffering from an obesity and diabetes crisis.

So, do you know how much you should be eating?

Breakfast

One serving of cereal should be 30g, which is about half a cup. The average adult eats nearly 50 per cent more than that, serving themselves 44g per bowl.

Lunch

A cheese sandwich is a quick and easy lunch but with a healthy portion size of bread being one slice and the recommended serving of cheese being around 30g which is the size of a matchbox, most shop-bought



varieties contain far too much saturated fat and too many calories.

Dinner

One piece of pizza contains on average 300-400 calories, so a maximum of two pieces should be consumed in one setting.

Fill the rest of your plate up with salad and you can enjoy this treat without piling on the pounds.

Snacks

Unsalted nuts are a healthy and nutritious snack, and a great alternative to crisps, but they are high in fat and calories so only one tablespoon is recommended per portion.

The average chocolate bar is 45g, yet the serving recommendation is only 25g.

Drinks

A healthy portion of wine is 125ml, but most pubs and restaurants now only serve 175ml or 250ml as standard measures. A 125ml is actually less than one fifth of a bottle.

For more information on the Diet Plate visit www.thedietplate.com



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BED & BOOZER

Exploring the new UK trend of gin and beer hotels... fancy a visit?

Little more than a couple of years ago, the craft beer revolution opened up whole new demographics to a range of new flavours – avocado IPA anyone? – and sure enough, it was to follow that the next trend would come along soon after, rumbling around the corner like a barrel out of brewery. But while gin has captured the public's imagination in much the same way as the hoppy beers and ales before it, the notion of specialist, artisan and craft-drinking excursions – and there are many – leaves drinkers with one specific problem... getting home.

That's because unless you're overly keen on public transport, being an allotted driver when a bunch of your mates are getting sozzled on a vat of the Old Grumble Belly isn't fun.

As a result, those boffins at BrewDog (the Scottish brewers who really kickstarted the commercialisation of the craft beer trend, with their industry-leading Punk IPA) have opened the



world's first craft beer hotel. Crowdfunded, to reflect the company's solid community morals, it comes with taps in each room, even mini-fridges in the shower, and even a spa that uses beer-infused products.

Sadly, for us Brits, the hotel is in Ohio, but its overwhelming success in the first few months of operation are already leading the drinks giant to pitch up with the same idea a little closer to home.

And for IPA overnights, consider gin, and a rapid burst of hotels already here in the Home Counties for purveyors of the finest distilled spirits going. Try The Distillery in Portobello Road, the boutique gin hotel above The Princess Victoria in Shepherd's Bush, or perhaps head out of town to sample a number of pop-up sleepovers, such as Hotel du Vin's wildly successful Slingsby Gin takeover in Wimbledon... it's all waiting for you.

Indeed, the fun only stops when waking up the next day with the world's worst hangover...

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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.

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A TOP-NOTCH CV

A stand-out-from-the-crowd and well-written CV offers a great opportunity for an interviewee to open up, paint a picture of themselves and ensure they're invited through the door for an interview, but getting your curriculum vitae spot-on requires more than just documenting your life story. Here are a few things to consider:

KEY INFO – WHO ARE YOU AND WHAT CAN YOU DO

Wow your potential employer straight away by spelling out who you are and your personal details, skills and achievements. Use the first 50 words to sell yourself before going into a bit more detail later on.

THE DIFFERENCE BETWEEN EXPERIENCE AND LIFE HISTORY

Focus most on recent achievements, and outline briefly the key points. After all, an employer isn't interested in the C you got for GCSE home economics. Remember, your CV is an introduction to who you are, so keep it to two pages and no more than that. The real 'you' will get a chance to impress face-to-face.

PERSONALITY

The design and tone of your CV is important.

When you consider how many bland black and white applications an employer will get, if yours uses colour, perhaps with sprinkles of style, professionalism, humour and honesty, you could find yourself fast-tracked straight onto the shortlist.

INTERESTS

Giving someone a job is about the work they'll do but also their ability to fit in socially, so ensure you list interests, passions and any pursuits you like to undertake away from the office.

REFEREES AND A GOOD PROOFREAD

List appropriate names for references, but check with them first that they're happy to be listed. And always ensure your CV is proofread – a misspelt word or sloppy grammatical error alone may lose you the opportunity to impress face-to-face.

Make it eye-catching. Different from the rest so employers can remember you...be creative.

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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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Roisin McCorry
Head of Family Department
roisinmccorry@mplaw.co.uk



Angela Sharma
Senior Associate Solicitor
angelasharma@mplaw.co.uk



Jessica Thrower
Associate Solicitor & Mediator
jessicathrower@mplaw.co.uk

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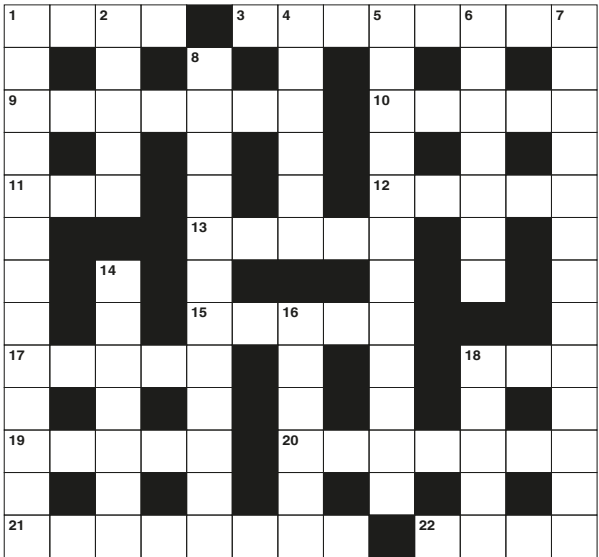
PUZZLES & TRIVIA

ACROSS

1. Become dim (4)
3. Creature that eats both meat and plants (8)
9. Not tense (7)
10. Outdo (5)
11. First woman (3)
12. Rule (5)
13. Leases (5)
15. Frenzied (5)
17. Type of spear (5)
18. Be in debt (3)
19. Kick out (5)
20. Set apart (7)
21. Paying a debt (8)
22. Young woman (4)

DOWN

1. Absent-mindedness (13)
2. Research deeply (5)
4. Maiden (anag) (6)
5. Junction (12)
6. Type of optician (7)
7. Ebullience (13)
8. Based on untested ideas (12)



14. Be made of (7)
16. Concept (6)
18. Barack ____ : 44th US President (5)

DID YOU KNOW?

- ▶ Without saliva, food tastes very different to what you would expect, or in some cases, you might not be able to taste it at all.
- ▶ A lemon contains more sugar than a strawberry. It's estimated a strawberry contains 40 per cent sugar, compared to 70 per cent in a lemon.
- ▶ You can tell if an egg is hard boiled or raw by spinning it. A hard-boiled egg will spin and stop quickly, but a raw one will not due to the liquid inside the egg.
- ▶ It is thought that the pea is the oldest vegetable, dating back to the Stone Age.
- ▶ A cucumber is approximately 95 per cent water.
- ▶ Rice paper isn't actually made using rice.

SUDOKU

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



WHAT'S ON

in your area

Free teacher's open morning

Barleylands, Barleylands Road, Billericay,
CM11 2UD

February 9, 10am - 12.30pm



Are you a primary school teacher looking for an innovative outdoor learning experience? Then come and meet our education officer in the Farm Park on February 9.

Take a tour of our outdoor classroom and learn how we link our themed days to the curriculum. Free entry for you and your family.

With limited spaces available you must email karen@barleylands.co.uk to book.

Fundraising quiz night

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

February 9, 7pm - 10pm

The return of our popular brain workout, but don't take it too seriously; it's not *Eggheads*. Come along on your own and we can put you into a like-minded team. Or, form your own team of 8.

Bring your own drinks, glasses and nibbles. Non-members are always welcome.

Tickets £8 each available from John Allen – 01277 231305.

Saraswati Puja 2019

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

February 10, 2pm - 7pm

A celebration of literature, art and culture. There will be prayers, Anjali and home cooked food.

Free event for the community. Voluntary donation is welcome with heartfelt thanks.

Secondary taster event – Shenfield

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

February 13, 2pm - 5pm

Interested in teaching? Why not come to one of our taster events? These have proved very popular, as it gives you a chance to experience a working school environment.

We are running them with our partnership schools to give you the chance to experience life in school and discover whether teaching may be the career for you.

To join us at Shenfield High School, Shenfield please contact becky@billericayscitt.com

For more information please visit our website: www.billericayscitt.com

Messy Church

Emmanuel Church Billericay, Laindon Road,
Billericay, CM12 9LD

February 17, 10am - 11am



A monthly service especially for young families.

Breakfast from 9.30am. For enquiries please contact us at messychurch@billericaychurches.org

Gone Too Soon

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

February 18, 7pm - 9pm

Bereavement support for parents who have lost a son or daughter, all ages.

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

For further details or a chat, please contact Lyn on 07387 805406, email lyn-currie@hotmail.co.uk or visit www.gonetosoon.online

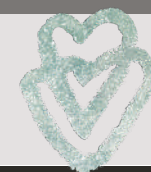
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(SUPER) BOWLED OVER



SPORT

THE POPULARITY OF THE SUPER BOWL HAS NEVER BEEN GREATER – HERE'S WHY

There will be a lot of bleary-eyed people at work across the UK on Monday, February 4, because these days the NFL Super Bowl is not just a huge event on the American sports calendar, it's a truly global entity.

At the start of February, the \$1.6bn Mercedes-Benz Stadium in Atlanta will host the NFL's biggest event, the Super Bowl, in its 53rd year. The venue is the revolutionary home of the 2017 runners-up Atlanta Falcons and its Major League Soccer sister-team, Atlanta United, who won the MLS Cup this year, and the show will be big.

Such is the warm embrace of the NFL over the past decade – with matches being played in iconic stadia not just in the US but on these shores too – that the UK has taken the sport to its heart. Since 2007, London has hosted at least one NFL match each year, with the first five being played at the new Wembley Stadium.

The Miami Dolphins operated as the home team when they were defeated by the New York Giants in October 2007, and 29 of the 31 franchised teams have ended up in the UK.

In 2017, 300,000 fans attended the four sold-out games at Wembley and Twickenham, and the unfinished New White Hart Lane ground of Tottenham Hotspur should add another venue in 2019. And the popularity? Well, the latest figures show that both Sky Sports and the BBC viewing figures for the sport increased by 80 per cent between 2015 and 2016.

It's fitting that this year's semi-finals pitched together four of the NFL's most respected sides – five-times winners the New England Patriots, and number one seeds in the AFC, the Kansas City Chiefs. Meanwhile, the other semi-final showcased 2010 winners New Orleans Saints and 1999 victors the Los Angeles Rams.

With all vying for glory at the start of February, there's a lot to play for and even more for UK viewers to watch. Hotdogs at the ready.

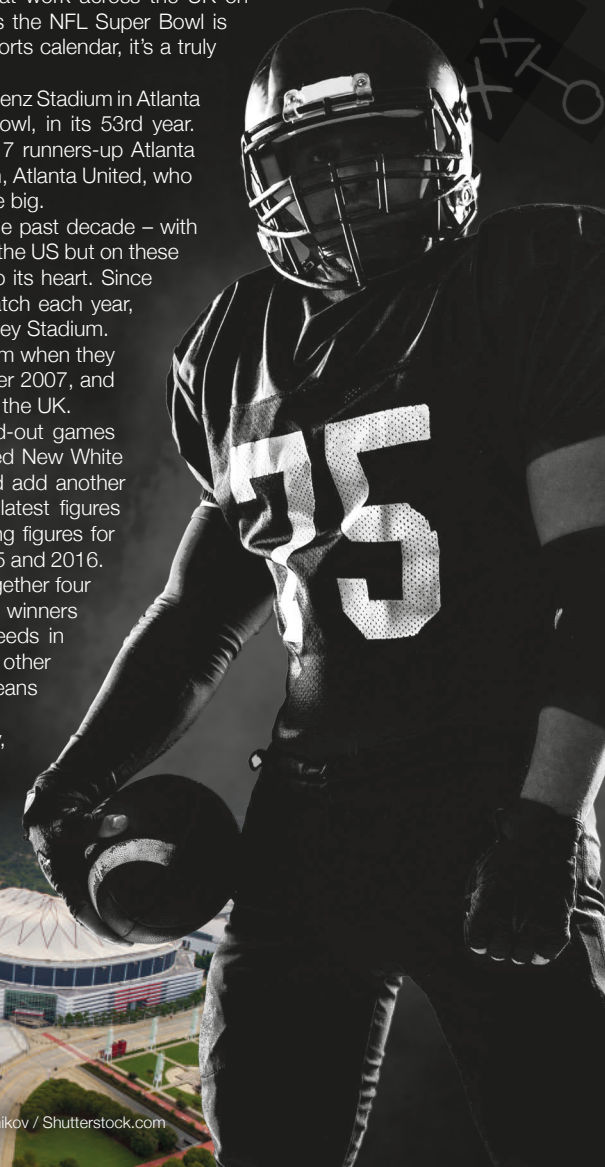


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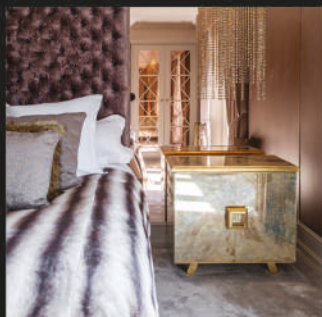


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