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DANI DYER

Shooting to fame after Love Island



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Editor's notes...



Nik Allen, Editor

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

Thankfully spring is just around the corner and I'll be looking forward to the lighter mornings and longer days.

One of the things I like about this time of year is that it feels like we all get out and about a bit more.

During the winter months it's easy to sit down by the fire watching TV. But come spring time there seems much more to do in the community. More events, opportunities to socialise and from a magazine point of view, more to publicise.

One of the best things about running this magazine is the role I get to play in promoting things that are happening in the community.

Be that a school fete, charity event or outdoor concert. And of course, in our local news section we get to highlight all sorts of people doing great things in the community from charity fundraisers to local businesses scooping awards.

We thrive off the news and stories you share with us - it's what makes the local aspect of our **VISION** magazines so popular.

So, if you have any news you want to share with us please don't hesitate to drop me an email.

I can't guarantee it'll go in the magazine, but I can guarantee everything that we receive is considered and greatly appreciated.

Thanks for reading and playing a part in our magazine's continued success.

Nik

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“The charity’s work stretches well beyond putting a lump of foam on the end of your nozzle”

Photo credit: Jonathan Hordle/REX/Shutterstock

£1 BILLION

RAISED OVER THE LAST 30 YEARS

You think you nose quite a lot about Red Nose Day? Here’s a potted history of a modern fundraising institution.

The 1980s were a dark, crusty, sometimes snuffly period where noses were concerned. Despite being accompanied by the radiant Princess Diana, Prince Charles’s hooter was seemingly on the front of every newspaper, Barbara Streisand’s snorter was helping her to the top of the charts, and even the striking coal miners found themselves at the septum of nostril-led nastiness... ‘What do you do if the government gets up your nose? Picket.’

But then, in 1988, something changed. Richard Curtis – for so long sticking his finger up the schnozzle of the establishment courtesy of his iconic *Blackadder* character – paired up with occasional funnyman Lenny Henry to start a new fundraising concept that had comedy at its heart.

It was called Comic Relief. It invited celebrities to challenge, entertain and host; it offered schoolkids and community leaders the chance to get their creative juices flowing; it implored TV watchers to dig deep for the less fortunate in society; and rallied around TV editors to free up screen time and resources for a total tee-hee takeover.

It’s now a project that runs every two years, with merchandise, one-off specials (such as *Comic Relief does The Apprentice*) and outward-bound pursuits (notably this year it’s a wealth of celebrities, including Jade Thirlwall and Leigh-Anne Pinnoch from Little Mix, *Strictly* judge Shirley Ballas, former MP Ed Balls, and TV presenters Dan Walker, Anita Rani and Alexander Armstrong, climbing the 19,000ft peak of Mount Kilimanjaro). There’s also a showpiece event at Wembley Arena, with 2019 welcoming heavyweights from the comedy world: Jimmy Carr, Rob Beckett, John Bishop, Romesh Ranganathan, Alan Carr and others.

And let’s not forget the noses themselves – 11 new stonkers such as Sir Schnoz III, The Abominable Snoseman and Hairy Nostroll, all of which can be brought to life with augmented reality on your smartphone through the Red Nose Day app.

Since Red Nose Day 2017, nearly 15 million people across the UK and some of the world’s poorest communities have been helped, and an estimated two-and-a-half million of those are children and vulnerable adults.

While the project uses Red Nose Day as its centrepiece – and in the past 30 years has raised over £1 billion for charitable causes – the charity’s work stretches well beyond putting a lump of foam on the end of your nozzle. Right now, the organisers are reaching out to anyone who wants to get involved ahead of the big day on March 15. A mobile phone Red Nose Day giving page is a simple and hassle-free platform for raising funds – past that it’s just a case of how far your imagination will take you in dressing up, performing, baking, physical challenges, parties, apple-bobbing... anything goes for the red nose.

From raising £15 million in its first year, to a record high of £108 million in 2011, the growth in Red Nose Day’s popularity has been Pinocchio-esque. Can it reach new heights – or is it lengths – this year?

With your help, perhaps.

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NO MORE THE



A look at the history of April fools, and how to get one over on your friends or family.

April 1 – April Fool's Day. It's one date on the calendar the practical jokers all come out in force for, and avoiding the traps can be tricky.

The provenance of April Fool's Day – it's not really a day as you only have until noon to construct your web of deceit – is sketchy to say the least, but some believe it originates in 16th Century France. Previously, the 'New Year' began on April 1, but once the Gregorian calendar was introduced, that annual event went back to January 1.

This calendar change was met with some resistance, leading those who took up the change to mock and play tricks on people who didn't, thus referring to them as 'April Fools'.

The first recorded reference to the day was in 1686 when the writer John Aubrey called it 'Fool's Holy Day'; and 12 years later, newsletter printer Ichabod Dawks wrote: "Yesterday being the first of April, several persons were sent to the tower ditch to see the lions washed."

That particular prank continued into the 18th and 19th centuries where those easily-led were invited to view this supposed annual ceremony... only to find that they been sent on a fool's errand.

Since the invention of the TV, the BBC have tested out a number of 'ideas' on the nation, including their famous spaghetti plants – which was so successful, viewers wanted to know where they could obtain one of their own – and 'Smell-o-Vision', where smells were to be broadcast alongside programmes!

For a simple prank of your own this year, buy a packet of a sandwich biscuits, such as Oreos or custard creams, and replace the filling with toothpaste. Offer them around your friends, family, or even work colleagues and wait for their reaction.



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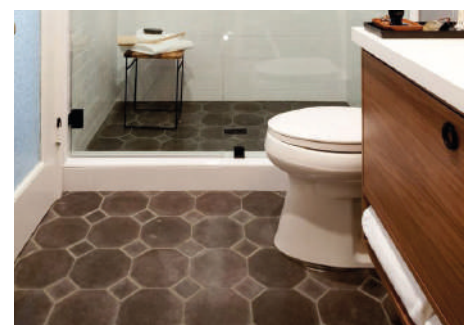
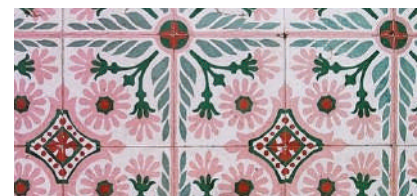
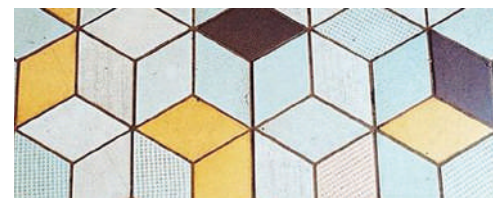
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Trendy TILES



HOME & DIY

From kitchen flooring to bathroom walling, tiles can transform a room from dull to decadent. And this year sees the emergence of tiles featuring in every room in the house; from being used as a feature wall, to a chimney breast, even as a headboard in the bedroom.

Let's check out this year's top trends.

Patterned Tiles

Moving away from last year's preference for monochrome and neutral greys, 2019 sees bright and bold patterned tiles dominating the showrooms. Tribal patterns are bang on trend and work well in primal shapes and rich, earthy colours.

As well as individual patterned tiles, creating your own patterns using a selection of tiles will also be popular and allows homeowners to put their own stamp on their interiors.

Artisan Tiles

Homemade style tiles are ideal for use in period properties or for those wanting to create more character in a modern home. Use this trend in your kitchen to create a more rustic feel or in the bedroom for a relaxed, sensual vibe. Vintage patterns are a popular choice and are ideal for lovers of all things retro.

Geometric Tiles

By introducing different shaped tiles into your home, you can maximise or minimise space depending what you want from a particular room. Geometric tiles can be used in a small bathroom to make the space appear bigger and hexagonal tiles work brilliantly on the floor to create a unique focal point.

Textured Tiles

3D tiles are set to be massive this year, especially with those wanting a more futuristic feeling in their home. Use sparingly as a feature in the chosen room and team with a neutral décor to avoid overcomplicating the overall look. Alternatively, sculpted surface or embossed tiles can completely transform a space.



Photo credit: www.konmari.com

CLUTTERED HOME?

SOLVE IT MARIE KONDO STYLE



Okay, so Chinese stole a march with their adoration for fengshui, but look sharp and get tidying, because Marie Kondo is here to change all that.

Marie Kondo is the clean queen wowing homeowners with a message that is as full-on as it is reserved. Is it her slight frame, her softly-spoken voice, or perhaps just a persona that almost effortlessly pushes homeowners towards minimalist magnificence? However she does it, the impact of her KonMari method – inspired by the spiritual practice of Shintoism and built on the premise of surrounding oneself with things that bring joy and satisfaction fairness... plus a little help from Netflix – represents a genuine cleaning revolution.

"It comes down to making home a warm, joyful place," she says, attempting to crystallise what, for some, is a seething, simmering mass of mental and physical torment, all brought about by a failure to be able to stay on top of housework.

"There are many different strands to what we do,

but to condense it, we represent what is contained in a house in five distinct sections: clothing, books, paper, komono (kitchen, bathroom, garage, miscellaneous) and finally sentimental."

Kondo, 34, who originates from Tokyo but now lives in LA with her husband and two children, asks people to decide if an item sparks joy or not. If it doesn't, it should be thrown away.

She also believes the house has its own part to play. A petite woman with an abundance of energy – the Mary Poppins of cleaning as she has become known in some quarters – will always thank a house for allowing people to exist and flourish in it... that is, before binning its contents in a whirlwind of cleaning expertise.

Subsequently, Kondo has been embraced by an ever-increasing global gathering of home junkies, spreading warmth, homeliness and a joyful Japanese aesthetic across the Western world.

And as for that language barrier... "Let the cleaning do the talking," she says... and it does.

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HOME & DIY

Colourful KITCHENS

The kitchen is the heart of the family home, and yet because it is an entirely practical space, cabinets and counters often have a uniform feel, leaving little room for embellishments or personal touches. But that doesn't mean you can't brighten up your kitchen, you just need to know how.

ADD A SPLASH OF COLOUR

Turn something mundane – such as a row of hanging utensils – into a feature by painting the wall behind them, or simply choose a statement wall to paint in your favourite hue.

CHOOSE BRIGHT ACCESSORIES

A bright red kettle or mint green fridge is a great way to perk up your cooking space, particularly if you're mired in a sea of oak.

AS ABOVE, SO BELOW

Kill two birds with one stone and cover up those chilly kitchen tiles with a vibrant rug (select one with durable fibre to sustain spills), or if that's not your style, paint the ceiling instead.

LIGHT IT UP

Get yourself a gorgeous pendant light, or vintage lamps with coloured cords and exposed bulbs; or even just some colour-changing fairy lights.

GET EDGY

Sideboards, door frames and windowsills are the perfect way to add colour when your choices are limited.

COLOURFUL CROCKERY

Dishes, serving plates and even cooking utensils are a brilliant way to bring the colour – just try to stick to similar shades to stop it from feeling messy and chaotic.

TILES FOR MILES

Fill in small spaces between units with hand-painted tiles for a unique and quirky feel.

BECOME THE ATTRACTION

You know what they say: if you want a job done, do it yourself. In which case, don your most bombastic kitchen apron and brightest pair of marigolds and become the star of the breakfast bar.





PANTONE COLOUR OF THE YEAR

Living
Coral

Living Coral has been chosen as the Pantone Colour of 2019; but how can this cheery tone be incorporated into the home, and what mood does it create?

So, it's that time of the year when one team of boffins, situated in the otherwise nondescript town Carlstadt, New Jersey, begin a global influencing campaign that affects our lives more than we might imagine.

Yes, the Pantone Colour Institute has chosen Living Coral (16-1546) as shade tone to represent 2019. It's said it conveys a calm feeling of warmth, with its marine qualities offering freshness, invigoration and femininity.

Executive director at the institute, Leatrice Eiseman, had this to say about the panel's selection: "Colour is an equalising lens through which we experience our natural and digital realities, and this is particularly true for Living Coral."

"With consumers craving human interaction and social connection, the humanising and heartening qualities displayed by the convivial Living Coral hit a responsive chord."

With our oceans and wildlife under constant threat of pollution, and a hot topic of discussion that will play itself out across the year, it is perhaps fitting that this colour has been chosen.

And in terms of how this choice will influence our daily lives? Consider everything from interior furnishings, phone designs, wallpapers, nail varnishes and, especially, the fashion market, whose job it is to be continually responsive to emerging trends.

And for those who think this year's tone is perhaps a bit, well, pink, consider Pantone's final observation: "Living Coral is evocative of how coral reefs provide shelter to a diverse kaleidoscope of colour."

So, basically, if you don't like it, just use it as a base for other colours.

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Hairdresser a cut above the rest

A hairdresser from Billericay has been crowned as one of the best in the world after scooping a gong the International Hairdressing awards.

Jim Shaw, who owns Essensuals Toni & Guy in the High Street, won the award for Best International Men's Commercial Collection at a prestigious ceremony in Madrid.

The International Hairdressing Awards are described by many as the Oscars of the hairdressing industry and they were created to honour talented hairdressers, showcasing hairdressing at its creative best.

For Jim to enter and subsequently win the Best International Men's Commercial Collection he had to submit four commercial men's images, which were

then assessed by a jury panel prior to deciding on the finalists.

Three finalists were then announced before the five members of the jury had scoring the collections to decide on the category winner.

Jim said: "To win the Best International Men's Commercial Collection category in the International Hairdressing Awards is surreal, I just can't believe it."

"Winning the award means the world to me, I worked so hard for it and I can't thank everyone enough for their support and encouragement to enter the awards. What an incredible start to 2019."

For more information on the awards visit for more information, visit www.ihawards.com

Youth council proves Billericay's Got Talent

Over 100 guests watched some of the cream of Billericay's young talent perform at an evening showcase event on January 25.

Singers, musicians and dance groups showed off their impressive skills during a two-hour performance.

The event took place at the Canon Roache Centre in Laindon Road and was hosted by Youth Town councillor Joe Short, who ensured every act got a

rousing raise of applause.

A raffle was held raising over £225 to help boost funds for Billericay Town Council's project to renovate the skate park in Lake Meadows Park.

Prizes included afternoon tea for two donated by Greenwoods Hotel & Spa, VIP tickets to a match day at Billericay Town Football Club, lunch for two at The Chequers pub and Bespoke Beauty vouchers.



Photo credit: FountainFotos

Woman's business helps others struggling with hair loss

A woman from Billericay has set up her own business to help others following her journey with breast cancer.

Claire Coleby was first diagnosed with breast cancer in 2015. She was told they had got all of the cancer and she should carry on with her life.

Unfortunately, in May 2016 she was diagnosed with secondary breast cancer and after three years of chemotherapy on and off, in April 2018 her hair started to thin, so she decided to shave it off.

Claire explained retail therapy didn't exist for cancer patients or for people with little or no hair.

She said: "The head-wraps I found were dated and depressing when at these times people need to be uplifted.

"I decided to start making them myself and that's

where 1970Wraps started. I source all of the material and every head-wrap is made by me with love."

From the beginning Claire knew she wanted to donate head-wraps to people, so for every three wraps that are sold, one is donated.

To this date, over 100 wraps have been donated to people going through hair loss.

Claire is hoping to work more closely with hospitals and charities to take her business from strength to strength. She is also hoping to donate as many head-wraps as possible, to make people's journey through hair loss a little more positive.

1970Wraps are not only for people with hair loss, they also make a great fashion accessory.

Hair wraps can be purchased or donated by visiting www.1970wraps.com

Man donates Bring it to Win it prize to charity

A man from Billericay who won a £250 voucher to spend at a local charity that refurbishes household electrical appliances and furniture for resale has donated his prize to a domestic abuse charity.

Phil Withers entered the prize draw when he donated a television at the Barleylands Recycling Centre during the weekend of January 5 and January 6.

Residents were offered the chance to win a £250 voucher as part of Basildon Council's campaign to encourage refurbishment and reuse of electrical items.

Every electrical item donated was entered into a prize draw to win a £250 voucher to be spent at the Lighthouse Furniture Project in Brentwood.

Phil said: "So much can end up in a black sack so any opportunity to reduce waste going to landfill is good. We live in such a throwaway society so it's good if we can reuse items where possible. I'm also pleased to be able to help local charities."



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BILLERICAY TOWN FC

LOCAL NEWS BILLERICAY



Photo credit: Nicky Hayes Photography

Déjà vu for the Blues

It was a case of déjà vu for Billericay Town last month as Harry Wheeler returned to the club just a few months after he was sacked by the Blues.

Wheeler and assistant Jamie O'Hara replace Dean Brennan and Stuart Maynard and the returning manager told the club website he has unfinished business at the AGP Arena.

He commented: "This a great club with a great squad and I want them to realise that and I'm not looking at coming back and making massive changes, every player has the chance to show me they are playing

for their shirt, I'm looking forward to being back and hopefully doing what's needed to start pushing Billericay

back up the table where they should be."

O'Hara returns to the club just a month after he quit and he took the reins for the 2-2 draw at Concord Rangers before Wheeler rejoined the side.

Chairman Glenn Tamplin said: "It was made well aware that me and Harry had our differences that resulted in Harry leaving the club. We have spoken at length and what happened is in the past. I'm so pleased that he has returned to finish the job he started and is joined by Jamie who was worked hard completing his coaching badges.

"Jamie still has plenty to give on the pitch so will return as a player/coach and will play a massive part on and off the pitch as we look to push to get back into the play-off places."



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ON PATROL WITH... THE PASTORS

Street Pastors have continued to patrol Billericay High Street every Friday and Saturday night from 9pm using our safe hub at St Marys Church, which is a great community asset looked after by the local Church of England leadership.

It's a very good, strategic location for us to be able to operate from and we are grateful for being allowed to continue in this way.

As most of the readers know we go out to help, care and listen to people with no other agenda than that.

We are supported by the local council and police in what we try and do and in no way would we want to do anything that may be considered as detrimental to the night time economy.

We care about everyone we meet but that does not mean we go out looking for problems so we can help. If everything is going well for everyone that is great.

Nor do we go to other towns and adopt their problems or issues and bring them back to our town. We only seek to help where we can.

This month we have mainly found that due to post Christmas financial issues and the weather it has been mainly about listening to people who are



going through rough patches in life and trying to be a helpful encouragement to those who are struggling with health and mental health issues.

Our Schools Pastors continue to build relationships with the young people and staff at Billericay School and our Rail Pastors continue to help out on Greater Anglia Rail Route.

We are now recruiting so if anyone is interested please email Billericay@streetpastors.org.uk or follow us on Facebook or Twitter where more information will be release.

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Gang of thieves jailed for 90 months



Photo credit: Herts Police

A gang of Romania distraction thieves – including a convicted murderer – were jailed for a total of 90 months after targeting elderly and vulnerable people in Hertfordshire and Essex, including Billericay.

Marius Mereson, Razvan Dorosin and Carmen Feraru were told by a judge that their behaviour would “make decent people weep”.

Mereson, Dorosin and Feraru pleaded guilty to conspiring with others between July 31 and November 7 last year to steal bank cards, cash and other personal items.

Prosecutor Sarah Gaunt said 16 people were targeted with a total loss of £19,790.

She said: “They (the offences) were carried out on a planned basis, particularly focussing elderly and vulnerable persons.”

The gang would tell the victims they had dropped cash. In one case a 90-year-old man was hugged by a woman. While the victim was distracted members of the gang would steal wallets, purses and cash.

The thefts were carried out in Waltham Cross, St Albans, Billericay, Bishop's Stortford, Hatfield, Hemel Hempstead and Berkhamsted.

The judge jailed Mereson for 32 months and Dorosin and Feraru each for 27 months.

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As father/daughter partnerships go, this one is pretty unique – they both have the same name, for starters... Kind of.

Danny and Dani Dyer have constructed between them a rather old-school assault on the senses, with the latter even looking to usurp her West Ham-supporting dad in terms of column inches and social media followers.

While Danny Dyer has evolved from terrace casual chav to Queen Vic landlord, Mick Carter's daughter, Dani, the diminutive model, has ascended slowly into the public's consciousness. And it was last year's appearance on *Love Island* that saw the Essex starlet gain equal footing alongside her illustrious father.

Along the way, the 22-year-old has become regarded as one of the leading faces for Generation Z, and has found herself a spokesperson for modern feminism.

"I don't like to take all that stuff too seriously, but I am on the side of the girls, certainly," she says. "I've always grown up with very strong role models, and I feel I have inherited that for myself. Gender doesn't really come into it – it's about who you are and what you do with it."

Speaking about her winning stint on *Love Island* – during which time she met and fell for fellow contestant Jack Fincham – Dani admits it was a positive learning experience.

She said: "Relationships in the villa are probably always going to be perfect because you're in a surreal situation. That's all you have, each other. There is nothing outside to affect that. You come out of the villa and then have to re-learn about each other."

Sure enough, she and boyfriend Jack have had their fair share of ups and downs, but embracing her father's dogged spirit has, thus far, ensured the couple have moved mountains in terms of surviving a permanently high-profile existence. That time in the spotlight was lengthened further by reality spin-off *Jack and Dani: Life After Love Island*.

Speaking of mountains, her next challenge is exactly that... climbing Mount Kilimanjaro for Sport Relief. "I'm not going to lie – I am bricking it," she says. "All I know is that it's a really big mountain and it takes ages to climb. I've never climbed anything before."

To follow, Dani has a book release set for April. Her self-improvement guide *What Would Dani do?: My Guide to Living Your Best Life* is an optimistic, positive slab of advice and experience. There's also the maintaining of her record-breaking clothing range – her collection for In The Style drove half a million visitors on its day of launch, with over 70 per cent of stock sold in just 24 hours. Add in a constant demand for media work, and Dani's worth has never been greater.

She said: "It's lovely to be appreciated and have the responsibility. Actually, I'm scared of my followers – I don't know what to do with them. It's been overwhelming, having people being kind and supportive... and I will make sure I am kind and supportive back."



Dani in Demand



LOCAL NEWS

from your neighbourhood



Girl cuts hair for charity

A schoolgirl from Hutton has donated 12 inches of her hair to the Little Princess Trust.

Jasmine Elliott, aged nine, asked her parents if she could cut her hair for the charity who provide real hair wigs to children and young people who have lost their own hair due to cancer treatment and other illnesses.

Jasmine's mum, Kel, said: "She just asked out of the blue. We kept asking her if she was sure and we got the same reply.

"She has always grown her hair so this will be the

first time having it really short.

"She was excited to have it cut. We are very proud."

Jasmine had her hair cut on February 15.

She had hoped to raise £100 for the charity, but at the time of writing had raised over £700.

Kel added: "She asked to raise £100. Online we have got just over £600 and about £150 in cash.

"We are over the moon with donations."

To donate, visit www.justgiving.com/fundraising/jasmine09

Kitchen destroyed in house fire

A kitchen in Hutton has been destroyed following a fire.

Firefighters were called to reports of a fire at a property on Mount Avenue in Hutton on February 12 at around 4.10pm after a passerby noticed smoke coming from the property.

When they arrived, fire crews entered the property with breathing apparatus to search the property.

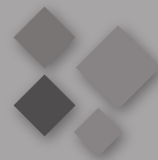
They quickly located the source of the fire and

confirmed no one was in the house.

Firefighters worked to extinguish the fire, and this was done by 5pm.

The cause of the fire has been recorded as accidental, and is thought to have started after the switch on a kettle was accidentally turned on and became stuck, causing the element to overheat and catch fire.

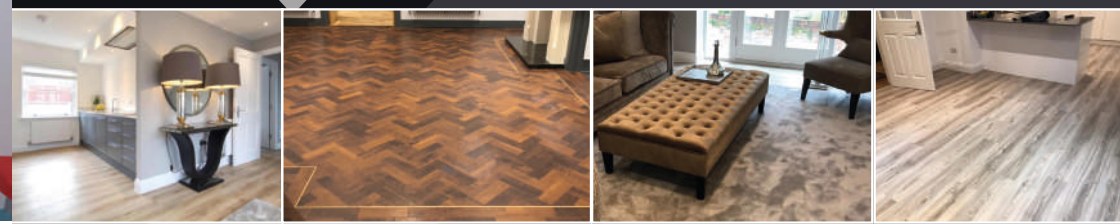
The kitchen has been completely destroyed.



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Rotary Club donates to charity

The Rotary Club of Brentwood a Becket made a donation of £1,372 to SNAP recently to help create and install a soft play area to help encourage social interaction and imaginative play for visiting children.

Working with a specialist equipment company, SNAP created a vibrant and versatile play area that made the most of a small area.

Karen Boath, SNAP director (family services), said: "We really have got the best possible outcome we

could have hoped for. This is a great addition to our centre. Both the SNAP team and all our families are very grateful to the Rotary Club of Brentwood a Becket for helping to make this possible and for their continued support of SNAP services in the local community."

Members of the club are very aware of the importance of this facility to families in the area and are willing to help any way they can to help SNAP thrive.

New Crossrail boss vows to get the job done



The new boss of Crossrail has vowed to get the job done although he admits commuters in Shenfield will not benefit from direct services to central London and Heathrow until next year at the earliest.

The project, which is Europe's largest infrastructure project, will connect Shenfield in the east to Reading in the west with direct services into central London and to Heathrow, although the service was meant to be open last December.

The new chief executive of Crossrail, Mark Wild, says his job is to "now is to focus on the future and get the job open".

The planned royal opening in December 2018 was cancelled in August and a revised launch date of autumn 2019 has also been abandoned.

The east-west railway linking Shenfield and Abbey Wood with Heathrow Airport and Reading includes 10 new underground stations and more than 40km of tunnels beneath central London.

Mr Wild said: "I can say for certain that I don't think there is any chance of it opening in 2019.

"It's very disappointing that we didn't open in December as we had planned. My job now is to focus on the future and get the job open."



LOCAL NEWS SHENFIELD



BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



I recently had the pleasure of arranging a mock Parliament for local sixth formers. This is a debate held along House of Commons conventions and is an excellent way of introducing young people both to the workings of Parliament and to the processes of formal debate.

This, I feel, is more important than ever. Online platforms have made public argument a far more prominent feature of life than it was in my day. Too often this is conducted through short caustic comments conducted without reference to accurate information. Learning how to make your case in an intelligent, convincing and civilised manner is an essential life skill that more young people should have the opportunity to learn.

In was in this spirit of bringing mature debate into the open, that I hosted the first of what I hope will be a series of mock Parliamentary debates for sixth form politics students from our local secondary schools. Twenty-eight young people from Brentwood County High School, Anglo-European School, Shenfield High

School and Brentwood School, were kept in order by none other than the Deputy Speaker of the House of Commons, Dame Eleanor Laing, MP for Epping Forest.

The students were divided into two parties, the Stars Party and the Stripes Party, with the Stars forming the Government and the Stripes the Opposition. The motion was "This House would legalise assisted dying".

Parliamentary debates involve many rules and protocols, and the students soon got the hang of "bobbing" (standing up to try to catch the eye of the Speaker so they will be called to speak) and "interventions" (formally requesting to interrupt the person speaking to make an additional point in the debate). After some excellent speeches and interventions the motion was passed by the narrowest of margins – not unexpected for such a difficult subject.

It's clear our local schools are fostering students interest in politics and debating, and I hope this will prepare more young people to stand up and speak out on what they believe, and not join the nasty culture of hiding behind anonymity on social media.



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Embrace Eco Gardening

It can become all too easy to rely on pesticides and nasty chemicals to treat our garden and deal with any unwanted pests, but surely there must be an alternative that is better for us, our garden and the environment?

Mulching beverages

Rather than buying expensive pesticides which can cause more harm than good, why not try mulching beverages instead. Simply save up any used ground coffee or tea leaves and sprinkle around you garden or add to your compost heap. This will not only deter insects from eating your produce but also enrich the soil in your garden.

Copper control

Slugs can be a real nuisance in the garden; munching on flowers, plants and vegetables alike. Luckily there is a common household object that can easily deter them from your prized plants.

Copper coins. Slugs just hate to crawl over copper so a border of pennies around the soil of your seedlings can protect them from these hungry creatures.

Homemade deterrent spray

The problem with many pesticides is that they kill all insects in their proximity, even the beneficial ones. It is better for your garden to simply deter pests from the crops they will destroy rather than eliminate all bugs from your garden completely. Make a DIY natural spray yourself by soaking chilli peppers and garlic in oil and water, leave for a few days to stew and then spray the offending insects.

Feed your lawn with stale beer

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Thursday 7th March 2019 at 6.30pm
with Mr Matthew Hearth,
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A guide to thyroid disorders.

Wednesday 13th March 2019 at 6.30pm
with Mr Taleb Jeddy,
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Worried about varicose veins?

Thursday 21st March 2019 at 6.30pm
with Mr Vijay Gadhi,
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FIGHTING Inflammation

It's one of our body's greatest enemies, with age increasing your chances of encountering arthritic symptoms, from seven per cent up to the age of 45, to over 50 per cent of people in retirement. The symptoms are common and often unrelenting – joint pain, tenderness, stiffness, inflammation, weakness and muscle wasting.

But while doctor-prescribed medication can alleviate some symptoms, there are simpler, more natural ways we can help ease the pain.

Eat – Fatty fish such as salmon, mackerel, sardines and trout are high in Omega-3 fatty acids and are proven to decrease joint pain and morning stiffness.

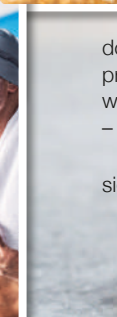
If fruit and veg is more your thing, garlic, broccoli, spinach and grapes should be sought out.

Ginger is also known for its ability to block the production of substances that promote inflammation, while berries and walnuts will offer you instant improvement.

Drink – In recent years, tart cherry juice has really come to the fore as a rapid healing drink against the ills of arthritis. In a recent US study, participants who drank around 250ml of tart cherry juice a day significantly decreased symptoms of osteoarthritis and inflammation, compared to those who took a placebo.

Exercise – As with any sort of whole-body improvement, exercise must play a part alongside diet and hydration. Movement plans for arthritis are many and varied, but you need to focus on low-impact aerobics, strength training, regular stretching and subtle building of muscle mass.

The good news is many of these exercises are subtle and discreet – consider an office chair as apparatus to do seated push-ups against, take short walks, practise Pilates, yoga and Tai Chi. Also consider water-based exercises, low impact movements – such as in cycling – and suspension training. Combined, these natural remedies can significantly lessen the impact of arthritis.





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Glen H

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Geocaching is effectively a digital treasure hunt on a massive scale. A geocache, or cache as it is also known, is a small, sometimes tiny, waterproof box that has been hidden somewhere outside. Geocachers (players) use a global positioning system to either find or hide these caches for other users to find. Geocaching can take place anywhere outside in the whole world.



HOW CAN I GET INVOLVED?

It is incredibly easy to get started and all you need to play is a handheld GPS and your own two legs. You can quickly create an account at www.geocaching.com and then when you are ready to play, simply enter your postcode and locate your nearest geocache. Then get searching.

WHAT DO I DO WHEN I LOCATE A GEOCACHE?

When you find your chosen cache, it will most likely include a log book along with a small trinket or sometimes even several trinkets. You can then write a message in the book and the date that you found it. You can either leave it at that or if you want to take one of the hidden treasures, you then replace it with a different item.



WHAT ARE THE BENEFITS?

- Suitable for all ages and fitness abilities
- Gets participants outdoors and experiencing nature
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- Geocaching events are a great way to meet new people
- It's free and a great activity for families to do together



TRAVEL

VOLUNTOURISM

According to a recent survey, 84 per cent of millennials said they would like to travel abroad for a volunteering holiday. Brought on by a combination of wanting to truly experience a new culture and the desire to break free from the confines of excessive consumerism; voluntourism has never been more popular.

Experience full cultural immersion

You may think that you explore the local culture when you go abroad but do you really? Most volunteering holidays require you to stay with a host family; eating their home-cooked meals, taking part in their day to day lives and learning about their traditions.

Learn a language

Worried about the language barrier? Don't be. The easiest and most effective way to learn a new language is to be surrounded by local people whose English may be limited. Forced out of your comfort zone, you will be surprised at how quickly you pick up common words and phrases.

Gain a new perspective on life

Sometimes we can all get stuck in a rut, professionally and personally. Volunteering will open your eyes to the problems and difficulties that people less fortunate than yourselves face daily. You will come home with a fresh and positive outlook on life.

Making a difference

When choosing a volunteering holiday, don't be afraid to ask questions about sustainability and the impact your work will have on the local community.

Opportunities available

If you are an animal lover, why not volunteer to help the monkeys in South Africa or the orangutans in the Borneo Jungle? Alternatively, you could sign up for the rebuilding programme in Nepal if you don't mind getting your hands dirty. And for those who want to give something back to the younger generation, volunteering as a teaching assistant in Kerala would be ideal.

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WHAT'S ON

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Billericay Dogs in association with naturopath and healer Britta Hochkeppel invite you to come and discover the best way to keep your dog healthy with natural treatments and products, how to treat a dog suffering from behavioural problems, and simple tips to keep your dog healthy and happy.

For more information on the Doggy Health and Wellbeing Day call Abby Knight on 07917 003695 or email abby@abbyknight.co.uk

Climate and the evolution of early man

Shenfield Parish Hall, 60 Hutton Road,
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March 5, 7.30pm for 8pm

The Essex Rock and Mineral Society (ERMS) will be hosting a talk by Dr Phil Hopley (Birkbeck College, London) on Climate and Early Hominin Evolution.

If you are interested in anything to do with rocks, minerals, fossils, planets etc then please come along and meet other people who are just like you. Members free, non-members, £4.

For more information, visit www.erms.org

Strictly Stars at Greenwood's

Greenwoods Hotel & Spa, Stock Road, Stock,
CM4 9BE

March 16, 7pm – midnight

Experience one of TV's favourite stars Strictly's Oti Mabuse and professional dancer Marius Lepure as they perform a selection of the show's most popular dances with delicious three-course dinner, £89 per person. Call 01277 829990 for details or visit greenwoodshotel.co.uk

Gone Too Soon

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

March 18, 7pm – 9pm

Bereavement support for parents who have lost a son or daughter, for 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.gonetoosoon.online

Mother's Day Carvery

Greenwoods Hotel & Spa, Stock Road, Stock,
CM4 9BE

March 31

Treat your mum to a delicious three-course carvery lunch served in our stunning Garden suite with popular vocalist Idriess. Each mum will be served with a complimentary glass of pink prosecco.

Cost is £49 per person, children aged between three and 12, half price. Call the Events team on 01277 829990 for details or visit greenwoodshotel.co.uk

Mother's Day Afternoon Tea

Greenwoods Hotel & Spa, Stock Road, Stock,
CM4 9BE

March 31

Enjoy afternoon tea consisting of homemade sandwiches, cakes and scone, served with a choice of tea or coffee and live music from popular Essex vocalist Charlotte Inglis

Cost is £32.50 per person. Call the Events team on 01277 829990 for details and to book.



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Giving IT BACK

THE WORLD'S MOST GENEROUS BILLIONAIRES



1 Bill Gates (\$35billion)

The world's most prolific giver, 63-year-old Gates regularly donates to healthcare, education and IT sectors, as well as generously supporting developing world projects, particularly in attempting to eradicate poverty in Africa. And at the end of November he gave £727,000 to Dundee University to help male contraceptive research.



2 Warren Buffet (\$31billion)

Warren Buffet's contributions towards healthcare, education, AIDS prevention and sanitation in underprivileged areas make the business brain the world's second biggest philanthropist.

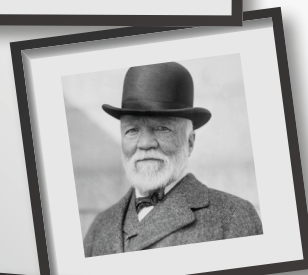


3 Li Ka-shing (\$10billion)

Education and healthcare are subjects close to Li Ka-shing's heart, with the 90-year-old Hong Kong business magnate the owner of a portfolio that includes transportation, real estate, financial services, retail, energy and utilities.

4 Andrew Carnegie (\$10billion)

Peace through education is a concept that was particularly dear to the long deceased industrialist Andrew Carnegie, whose legacy of business trumps even Gates's, and saw him give away his entire fortune (closer to \$100billion if factoring in inflation) to charitable causes across the globe.



5 Azim Premji (\$8billion)

The software entrepreneur is a passionate and loyal supporter of education and healthcare projects and has so far given away over half his estimated £15billion fortune.



The Giving Pledge

A number of billionaires, including our very own Sir Richard Branson, are part of an exclusive club put together by Bill Gates, who have all signed up to giving more than half their fortune away.

Others involved in the pledge include Vladimir Potanin, a Russian mining oligarch, tech entrepreneur Elon Musk, Facebook founder Mark Zuckerberg, and Hasso Plattner, another software genius, from Germany. Over 180 individuals have now pledged to hand over more than \$500billion in total. As Virgin chief Branson stated: "Stuff" really is not what brings happiness. Family, friends, good health and the satisfaction that comes from making a positive difference are what really matter."



DOES YOUR MONEY NEED A PERSONAL TRAINER?

If you're determined to make 2019 the year you get into shape, you might want to think about giving your finances a makeover too. Sometimes we can all benefit from a little help and encouragement to ensure our finances are fit and healthy. We can help you see things more clearly and put in place the right financial plans for your future.

Toning up your savings. At some stage in our lives we are all going to need savings to fall back on. As we head towards the end of the tax year, it's a good idea to maximise the amount you're saving into your ISA. The allowance for the 2018-19 tax year is a generous £20,000, and the tax benefits are attractive.

Adding pensions muscle. Whatever stage you've reached in your working life, it's worth reviewing your pension provision. Remember, if you want a carefree and comfortable retirement, it's up to you to provide for it. The state pension will only ever be a safety net and won't do more than cover the basics.

Maintaining 20:20 vision on your protection plans. It's worth keeping life policies under review, as over the years your circumstances change. It pays to check you have enough cover for your current situation. There are policies that cover death and critical illness, provide an income if you're unable to work due to an accident or sickness, and ones that can protect your mortgage payments. If you've recently bought a house, had a baby or changed jobs this could mean you need to think about a different type of cover to meet your new needs.

Flexing your investments If it's been a while since your investments were checked out, this could be a good time to revisit your portfolio. We will ensure that your investments remain in line with your risk profile and, if necessary, rebalance your assets to ensure you achieve your financial goals.

So, make 2019 the year you keep your financial plan fit and well. Why not schedule a review meeting? Please contact Andy Costin, Independent Financial Adviser, on 01277 654153.

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



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

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As a landlord you're in a unique position in that your property isn't a home, it's a business. From a large stately home to a city-centre flat, regardless of your property size you'll want to protect your investment. That's where landlord insurance through Coversure comes in, helping to protect you from a range of risks that modern-day landlords face.

Considering your property could be affected by unruly tenants, natural disasters and thieves, it's crucial to ensure you get the correct level of protection. Below we'll highlight the key components you should consider including in your cover.

Buildings Cover

This does what it says on the tin and helps to protect you against the costs to repair or rebuild the property if it is damaged or destroyed by fires, flood or accidental damage. This forms the cornerstone of most property insurance based policies.

Contents Cover

Do you furnish your property for your tenants? If you

leave contents in your rented property, contents cover is crucial to keep you protected. From sofas to white goods, with contents cover you can gain financial assistance with repairing or replacing your contents.

Rent Guarantee

As a landlord, if you're not getting rent, you're losing out on your investment. So if anything forces your property to be vacant, such as renovation or repair, rent guarantee can continue to provide an income to you.

Liability Cover

If a tenant or a visitor ends up gaining an injury, becomes ill or damages their possessions due to a fault of your property then you could be held accountable in a court of law. Landlord's liability cover helps to protect you against the compensation from these claims.

Want To Know More?

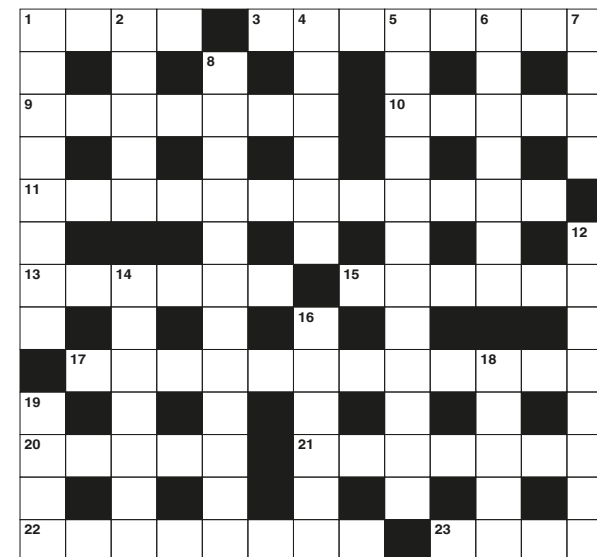
The team at Coversure Brentwood can assist you with all your landlord insurance needs, simply call Coversure Brentwood on 01277 295504 today.

ACROSS

1. After the beginning of (4)
3. Allocated (8)
9. Mythical being (7)
10. Gaped (anag) (5)
11. Style of blues (6-6)
13. Embody (6)
15. Measure of heaviness (6)
17. Unhappy (12)
20. Imitative of the past (5)
21. Organic nutrient (7)
22. Moving at speed (8)
23. Sums together (4)

DOWN

1. Sit on eggs (of a bird) (8)
2. Ballroom dance (5)
4. Narrow drinking tubes (6)
5. Enhancements (12)
6. Pestering constantly (7)
7. Fathers (4)
8. Adequate (12)
12. School pupils (8)
14. Artist (7)
16. Not level (6)



18. Shy (5)
19. Curved shape (4)

DID YOU KNOW?

- ▶ The largest bone in the body is the femur
- ▶ Your nose and ears will continue to grow for your entire life
- ▶ Over 700 strains of bacteria have been detected in the human mouth
- ▶ More than 10 muscles are working at the same time when walking
- ▶ Like finger prints, tongues also have their own unique print
- ▶ The average speed of a sneeze is around 100mph
- ▶ Fingernails grow around twice as fast as toenails
- ▶ Your skull is made up of 22 bones

SUDOKU

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



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SPORT

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AN ORIGINAL ENGLAND ICON

The passing of Gordon Banks in the middle of February offered the nation a chance to reflect and admire arguably the most iconic keeper the England football team has ever had.

Across two World Cups the Sheffield-born stopper wrote his name into Three Lions folklore – first, repelling West Germany at Wembley in 1966 as Sir Alf Ramsey's men lifted the Jules Rimet Trophy; then four years later, in Mexico, making a seemingly impossible save to thwart the great Pele.

In truth, England's World Cup win on July 30, 1966, was built around 10 other footballers, and as for the best save ever, it's doubtful... and these are facts the impossibly modest Banks reminded people of regularly in what is half a century since.

His humility was only one part of his character. Banks was a dominant, strapping, resilient, battling keeper from an altogether different era, where footballers were everyday folk, and retirement often led to opening a pub rather than going after the much-vaunted 'media work'.

He starred for Leicester City at the time of England's greatest game, and despite surprisingly being allowed to leave the Foxes little more than a year after that Wembley win, went on to make almost 200 appearances for Stoke City, prolonging his international career until the age of 35.

His retirement from the game was ultimately forced on him after a car crash in October 1972. He lost the sight in his right eye, and with it, the ability to perform fully as a keeper, despite stints thereafter in the US and Ireland.

Although he took up coaching and management roles, his experiences were never going to match those as a player and he left the game, returning later as an ambassador for Stoke City and regular member of the Pools Panel.

Banks passed peacefully away in his sleep on February 12, 2019.

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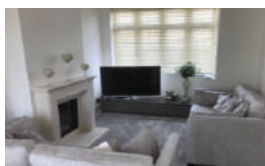
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