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Editor's notes...



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

There's an old Chinese saying: "May you live in interesting times."

It's meant as a curse, not as a pleasant wish, and we are certainly living in 'interesting' times if that's how you want to describe it. Never in my lifetime has the United Kingdom been less united.

Historians tell us that the last time we were this at odds with each other was back in the 1600s during the Civil War.

There's certainly nothing civil about the way many people are carrying on at the moment.

Both sides of the political divide have shown some truly awful behaviour.

I was told a great story by an old friend recently. He's a Remainer in his 30s and his next-door neighbour in his 60s wants to leave the EU.

He told me he's had many civil debates over a cup of tea with his neighbour. Both putting forward their points and listening to those shared by the other. No shouting. No name calling. No one throwing milkshakes and no one being labelled a snowflake.

That's because they respect and like each other as people and can see beyond political standpoints.

I say more power to the pair of them. We can disagree without descending into duels.

That's what we need more of in the future if the UK is to come back together.

Nik

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DOWN: 1. HALUCINATION, 2. KEBAB, 4. POLISH, 5. REPRODUCTION, 6. THREATS, 7. FEATHERWEIGHT, 8. FRONTISPIECE, 14. PERTURB, 16. ASTHMA, 19. IDIOM



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Donald 'TRUMPS' London

Amid the pomp and protest, it is hard to say definitively whether President Trump's recent trip to the UK was a success or not. But in the spirit of 'all press is good press', his was arguably one of the most compelling and entertaining state visits in our country's illustrious history.

Around 9am on June 3, 2019 there was an unfamiliar roar in the skies over London as Airforce One made its descent into London's Stansted airport. After stepping off the bulletproof behemoth with First Lady Melania, President Trump did as many former US presidents have done and headed to Buckingham Palace for the beginning of a three-day state visit, where he was officially welcomed by Her Majesty.

In many ways, the visit was unremarkable. There was an impressive gun salute performed by members of the King's Troop Royal Horse Artillery and the marching of the guards; there were official photocalls featuring a changing parade of senior royals; a customary banquet; a trip to Downing Street and a joint news conference to discuss the politics of the day and, finally, attendance at a poignant commemoration of the 75th anniversary of D-Day.

But behind every handshake, camera click and pearly white smile there was a pervasive whiff of controversy and rebellion. Some of this came from Trump himself who reignited a feud with the Mayor of London, Sadiq Khan, by referring to him as a "stone cold loser who should focus on crime in London", in a tweet sent moments before he landed on British soil. He also provoked a backlash by suggesting that our beloved NHS would be "on the table" in the event of a US/Britain trade deal. And let's not mention him breaking royal protocol by patting the Queen on the

back during their lavish banquet.

For once though it was left to the public to upset the apple cart. Gathering in their thousands to protest the President's presence, they unveiled an impressive, if juvenile, array of anti-Trump memorabilia including the famed baby blimps, an effigy of him on a golden toilet and even loo roll embossed with his face.

Unperturbed, the President proceeded with his usual confident charm. In his presence the Queen appeared to be relaxed and jovial, while the clamour of the protesters outside Downing Street led him to comment to Theresa May – according to a lip reader – that the gathering was "very small" adding, "last year we had thousands."

As a nation, this 'glass half full' ethos is surely what we now need to adopt as we look ahead to life post-Brexit. Trump's visit, if nothing else, suggests that a trade deal between us and our American cousins is already in the bag, which is positive in the event of no deal. Inevitably there will be naysayers who will suggest such a deal will spell the end of the UK, but they also said that when we opted out of adopting the Euro...

Trump is, if nothing else, a charismatic and engaging world leader whose bullish brand of diplomacy seems to get the job done. And perhaps it will be a similarly brash and blonde alpha male who leads this country into its next uncompromising era.

CHANGE OF GEAR

With the 27th series of long-running British TV megalomaniacal motor show *Top Gear* airing last month, there are two new presenters in the ranks, alongside existing petrolhead Chris Harris.

As Matt LeBlanc and Rory Reid have departed the terrestrial version – they continue to host the online spin-off *Extra Gear* – the BBC have taken the opportunity to inject back into the format a dose of sarcasm and silliness.

Step forward comedian/TV presenter Paddy McGuinness and former England and Lancashire cricketer Andrew ‘Freddie’ Flintoff in a show that Harris says “will be a little bit different, more relaxed and approachable, but just as motoring mad.”

“When you have part of your audience that doesn’t know too much about cars – or maybe doesn’t even want to – we have previously had to inject some humour into the parts of the show which were more serious,” he continued.

“However, these two are brilliant and when we are together there is so much fun and laughter.”

McGuinness seconded that statement, all the while remaining keen to promise the millions of ever-loyal followers that the show

hasn’t been changed drastically.

“There are a few differences to the format but only in the case of the foreign trips that we go on, and in our interacting with the locals.” The comment may well be taken as a rebuffing of the controversial approach towards past overseas ventures, notably where Clarkson, Hammond and May were accused of intentionally antagonising those they encountered.

While petrolheads will be reassured of a stronger focus on the cars themselves, the humour that’s been sadly redundant since the show’s enigmatic long-serving trio departed promises to return, not least with Flintoff having already been filmed for the show crashing out of a race of electric cars in Mansfield’s town centre. *Top Gear*’s revved up irreverence may well be its salvation.

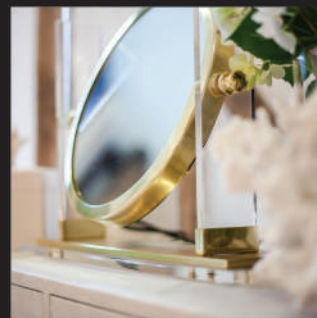
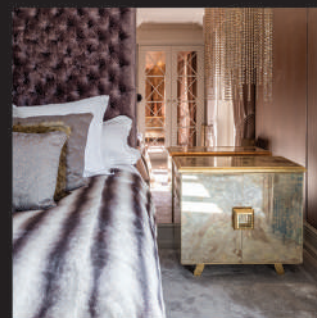


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THE PERMISSION MISSION

They say failing to plan is planning to fail, and that's no better evidenced than when it comes to making changes to your home.

For many even the thought of planning permission provokes images of complicated architectural plans, horrendous legal fees and an abundance of red tape. Yet in truth, whether you are building something new, altering a building or simply changing its use, the process can be easier than you think – indeed, it can even be completed online. The main elements are:

- > A Standard application form
- > A Location Plan (which shows the site area) and a Site Plan (which shows the proposed development in detail)
- > An Ownership Certificate, as it's important to prove the proposed planning permission is for something you actually own
- > A Design and Access Plan, detailing the style and vision for your project, as well as how this fits in with existing surroundings
- > An Application Fee, for the correct amount, so that representatives can move your application forward

It's important to have an exact vision of what your plans are from the off. Repeated changes or alterations will have a profoundly bad effect on your budget, as well as incurring significant time delays.

Finally, while there are plentiful stories of retrospective planning permission being granted on properties where owners have gone ahead and got work done in the hope of getting the green light further down the line, there are just as many cases where local authorities have insisted walls, room and sometimes entire buildings are returned to their previous state.

It's proof enough that the old adage 'it's better to ask for forgiveness than permission' doesn't ring true in every case.

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Not only are shop bought cleaning products expensive but many also release harmful chemicals that can cause headaches, throat and eye irritations, and even cancer. And don't even get us started on how they aggravate allergies.

But what is the alternative? An unclean home? How about using a store cupboard staple instead?

Use as a multipurpose cleaner

White vinegar is ideal for cleaning sinks; simply pour onto a sponge and wipe over the whole area. It is also brilliant for removing limescale from taps. Add a few drops of lemon juice if you are not keen on the smell.

Get streak-free glass

No need for a separate window cleaner, just spray some white vinegar onto any mirrors, windows or shower screens and wipe with a lint-free cloth or even more frugally, with an old piece of scrunched up newspaper.

Soften stiff towels

After a few too many washes, your once soft towels can become stiff from overexposure to detergents; counteract this by using white vinegar instead of fabric softener next time you wash them.

Combat lacklustre looking leather

Mix equal parts white vinegar and boiled linseed oil in a spray bottle, shake and spray evenly. Spread over the total surface area with a soft cloth, leave for five minutes and wipe over with a clean one.

Vanish ballpoint pens marks

Remove ballpoint pen from walls or desks with a quick dab of undiluted white vinegar.

Clean your window blinds

Simply don a pair of white cotton gloves, dip your fingers in white vinegar mixed with equal parts hot water and then slide your fingers along each blind, removing any stubborn grime as you go.

Do not use white vinegar to clean

- Frosted glass
- Limestone, natural stone or marble worktops

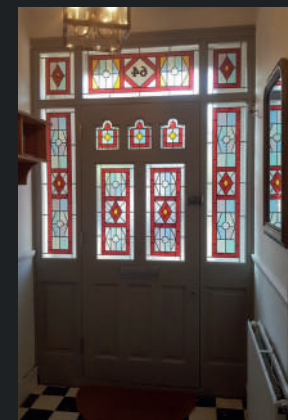
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It's an announcement that will have come as no surprise to any of our planet's ocean-dwelling creatures, many of whom bob about in a perfect, perennial paradise of water and waves. But while it was recently voted the world's most relaxing colour, does this blissful emblazoning of blue actually serve a purpose to a front room in Watford?

The answer appears to be yes... that is, if you listen to the experts at the University of Sussex. They teamed up with papermakers GF Smith to survey 26,000 people, each being quizzed on their emotional response to a variety of different colours and shades.

It was found that when surrounded by shades of dark blue, heart rates fell, stress levels dropped and positive, relaxed emotions were allowed to come to the surface. In contrast, colours such as red brought about tension, passion and anger; white offered

notions of cleanliness and the need to maintain clear space; while respondents subjected to black were more likely to bring on feelings of fear or depression.

Elsewhere, green is supposed to evoke the future, while orange and purple stand for luxury.

"Colour has always had an intrinsic relationship with our culture and is woven into our consciousness," John Haslam, GF Smith's joint managing director said.

"The story of colour maps a particular history through our cultural development – telling a much larger story about the way we perceive, value and cherish colour.

"The study underlined that colour is as much about substance as it is about beauty. The fascinating results and their relevance all add up to inspiring the world to think differently about the role and value of colour in our lives."

from FASHION HOUSE to HOME



Dolce & Gabbana's return to design sensibilities with Smeg is perhaps one of the more pleasing style collaborations of recent years, and the latest in a long line of brand extensions that see fashion and function collide, with spectacular results.

Here are a handful of collaborations and product extensions for every room in your house:

The kitchen: DOLCE & GABBANA AND SMEG

Tiresome teapots, tardy toasters and bland blenders have been revived as true items of fashionista food finesse in this most unique of collaborations. The hand-painted designs offer echoes of high contrast and holiday happiness. There are also reflections of the circus and canal boats, with intense irreverence abound.

The living room: DIESEL AND MOROSO

Moroso, the contemporary furniture maker, have teamed up with fashion heavyweight Diesel to present a range that is a mass of delicious contradictions. From simple shapes echoed with eccentric designs, and a collection split between dark underground tones and the brilliant beauty of nature, there is something for everyone... particularly the person who wants to find a fabric lizard staring at them as they sit down at night to watch *Coronation Street*.

The bedroom: VERSACE

From bed linen to towels, cushions to ashtrays, Versace's extension from the core world of clothes fashion now embraces hundreds of products, most of them with a characteristic gold edge... and a price tag to match.

The bathroom: CHRISTIAN DIOR

It may be over six decades since one of the world's leading fashion designers passed away, but the Dior brand lives on, with clothes, fragrances, interiors and accessories as plentiful now as any time in the past. To prove it, how about this double-sized bathroom towel? Just don't expect any change out of £1,000.



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Style and taste

Brushed concrete walls, clean lines and elegant lighting instantly bring an atmosphere of calm and reflection to this stunning space, mirroring that of a high end Mayfair gallery.

It is clear that attention to detail and ensuring the customer, 'an experience', was not lost on collectors and entrepreneurs, Grant and Stacey Fernley, founders of the gallery. But what sets Piece apart from other galleries however, is the warm welcome that greets you at the door. Staff are informed and accommodating, but whether you are searching for inspiration, a new addition to your home or simply having a post brunch browse, the vibe is extremely relaxed and friendly. The art is a mixture of globally sourced, cutting edge contemporary art, with a nod to the more traditional masters.

The vision behind Piece Gallery was to bring art from across the globe to seasoned and first time collectors, interior designers and those with a desire to bring expressive pieces into their home. The works of Piece speak to you regardless of your style or taste. The perfect piece can create an instant colour palette or a focal point for your interior.

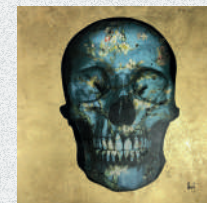
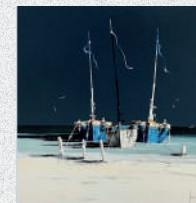


The additional allure of Piece, is not only the artwork for visual pleasure, but a unique collection of homeware accessories. The rich scents and spices of Tanzanian landscapes alight the sense with stunning hand poured candles.

Whether you are searching for a gift as special as your friend or family member, Piece will help with your selection and package it beautifully – all you have to do is surprise them!

The team will happily assist with a commission, so any artist you are drawn to can create a piece just for you. Pop up evenings will feature existing and local artists and works are on rotation, so there is always a reason to stop by. What was once reserved for a trip to London or overseas can now be found on your very own doorstep. with an open invitation to browse or buy...

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LOCAL NEWS

from your neighbourhood



Soldier competing to win Miss Essex next month

A soldier from Billericay is in the running to be named Miss Essex. Corporal Georgie Goodey will compete at the beauty pageant being held on August 11. The 24-year-old hopes to be able to break the stereotype of women in the army. She explained: "I thought it'd be good to be a normal female and do the job that I do. It's nothing like I've ever done before. "I wish I had more time to do fundraisers but trying to manage my job as well is quite difficult."

Georgie, who is also a British weightlifter, is supporting Combat Stress, a charity providing support to veterans from every service and conflict. She continued: "I was medically downgraded for nine months with the army and I reached out to them. They were critical in keeping me in the army. "I've also got friends who have suffered from PTSD and they've been helped by them so it's close to my heart." To donate, visit www.justgiving.com/fundraising/georgie-goodey

Man suffers head injuries following assault

A man in his late 50s was seriously assaulted on High Street last month. The incident happened just after 11pm on Saturday, June 1 where the man was assaulted walking along the road. He was found with head injuries outside the Billericay Constitutional Club and taken to hospital to be treated for non life-changing injuries.

Essex Police would like to speak to anyone who has any information about the assault. If you have information, contact PC Jo Shuttleworth of Basildon Local Policing team on 101 quoting crime reference 42/86175/19. Information can also be given anonymously to independent charity Crimestoppers by calling 0800 555 111 or visiting crimestoppers-uk.org

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Family bring cardiac screening back to town

A family from Billericay helped to bring two days of specialist cardiac screening to Essex recently in memory of a local man.

James Patterson died suddenly in March 2000 from a previously undiagnosed heart condition. He was aged just 28 and a seemingly fit, healthy and sporty individual.

After his death, his family, led by parents Peter and Gillian Patterson, became involved with Cardiac Risk in the Young (CRY).

They have worked tirelessly to raise funds and awareness for the charity and its ongoing mission to prevent young sudden cardiac death.

Supported by many members of their local community, they have raised over £82,000 to help fund cardiac screening sessions in the local area – and to date 1,300 young people have been tested.

Chief executive of CRY, Dr Steven Cox, said: "The death of a person is heartbreaking and devastating for any family. It is therefore essential that anyone

with a potentially fatal heart condition knows about it. Without this knowledge and, if necessary, appropriate treatment, they could be putting their lives at risk.

"Sport itself does not actually cause sudden cardiac death but it can significantly increase a young person's risk if they have an underlying condition. However, research carried out by CRY has also shown that a large number of these deaths will also occur when a young person is at rest or even sleeping, as occurred in James' tragic situation.

"CRY now tests around 30,000 young people, aged 14 to 35, annually. But we still believe screening needs to be extended to all young people.

"Although screening will not identify all those at risk, in Italy, where screening is mandatory for all young people engaged in organised sport, the incidence of young sudden cardiac death has decreased by 90 per cent."

Anyone aged 14 and 35 can register to have a free cardiac screening at www.testmyheart.org

News from the local policing team

This month your Community Policing Team have continued to respond to concerns raised by residents of Billericay around nuisance vehicles in Radford Way. We will continue to patrol and identify those causing issues. Please continue to report issues to us so that we can respond or follow up.

Patrols of licensed premises were increased due to a number of sporting events and we are pleased to report that there were no concerns raised to us and

everyone enjoyed the events without incident.

Billericay is soon to get a dedicated community special constable who will provide additional visible policing concentrating on concerns raised by the public. This will supplement the current establishment of special constables and community policing team officers within Basildon district. In addition, the town teams will be in place as of July with two dedicated officers for Billericay.

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ON PATROL WITH... THE PASTORS



Street Pastors continue to patrol in various Essex towns with the support of their communities and in partnership with the local police, council, Christian churches and Police Fire Crime Commissioner.

We have recently attended events to showcase what we do and continue to share the message that we have of enabling local citizens to help, care and listen to people in their community. There is a current hope to launch more Street Pastor groups into night-time economies that don't have this voluntary service.

We have extended this help to schools in Billericay and South Woodham Ferrers but are in consultation with several other schools in different districts to support the great pastoral work that already goes on. The idea is that we enable our volunteers to build relationships with the pupils and staff of the school during internal school breaks and then into the community around parks and shopping centres once those relationships are formed. We have interest from several other schools in Essex, so we hope to expand this work over the next few months.

Along with this we continue to support the rail network along the Greater Anglia route by engaging with anyone using the service. Our patrols continue to reach out to people who maybe going through some



bad circumstances in their life or are aware of someone else struggling. We offer low level listening skills and signpost to the Samaritans who are great at long-term support. We also had a great time at the 150th Anniversary for Ingatstone Railway Station where we met enthusiasts and Lord Eric Pickles.

If you want to know more about any of these projects, then why not follow us on Facebook or Twitter or email our coordinator at Billericay@Streetpastors.org.uk

Gavin and Stacey Christmas special announced

Gavin and Stacey fans were ecstatic recently after James Corden announced details of a Christmas special.

The BBC One show follows the romance between Gavin, from Billericay, and Stacey from Wales.

In a joint statement, Ruth Jones and James Corden said: "Over the last ten years we've talked a lot about *Gavin and Stacey* - where they might be today and what their lives might look like. And so, in secret we took the plunge and wrote this one hour special.

"We've loved revisiting Barry and Essex again and bringing the characters back together has been a joy. We're so excited to get the chance to work with our fabulous cast and crew once more and to give fans of the show a festive treat this Christmas. Thank you, BBC, for helping to make this happen."

Mathew Horne and Joanna Page, supported by the cast including James Corden, Ruth Jones, Rob Brydon, Larry Lamb, Melanie Walters and Alison Steadman, are all set to return for the one-off special.

Charlotte Moore, Director of BBC Content, added: "Everyone at the BBC is hugely excited to be welcoming back *Gavin and Stacey* to BBC One this Christmas.

"We can't wait to see what's happened to everyone over the last nine years, and what's next for one of the nation's favourite comedy families."

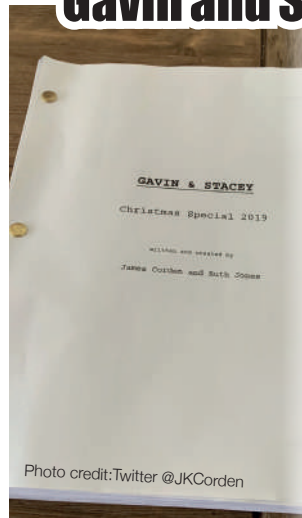


Photo credit: Twitter @JKCorden



LOCAL NEWS BILLERICAY



Ride for Helen raises thousands for charity



A woman from Billericay took part in Ride for Helen 2019 recently.

Josie Cubbin was alongside almost 1,000 cyclists taking part in the event at the The Crix in Hatfield, raising around £28,000 for the Helen Rollason Cancer Charity.

The 38-year-old took part with her family; husband Will, George, six, and Arthur, three, in his very own bike trailer.

Speaking about the event, she said: "We took part in Ride for Helen as a family last year and thoroughly enjoyed ourselves, so we definitely wanted to join in again."

"It is such a lovely friendly atmosphere and the kids love being outdoors; something as parents we will always encourage."

Helen Rollason Cancer Charity CEO Kate Alden said: "What a fantastic turnout with almost 1,000 supporters attending our annual Ride for Helen raising in the region of £28,000 for the charity, with sponsorship money still flooding in."

"We feel very lucky that our patron Ian Twinley, has kindly allowed us to use the beautiful grounds of The Crix in Hatfield Peverel as a starting and finishing point every year."

"I'd like to thank Essex Audi for the use of their vehicles as recovery cars, Wilkin & Sons for providing the medals and snacks for everyone taking part and Winfresh for donating bananas. Also Spokes Cycle Care and Repair in Chelmsford for their services and repairs and Eat Natural for donating their snack bars."

"We couldn't organise such an amazing and positive event without the help of our dedicated team of volunteers, staff, sponsors and supporters so thank you everyone for making the day so successful."

Police investigating 'unexplained' death

Essex Police are currently investigating an unexplained death after a man's body was found in a home in Billericay.

Officers and paramedics were called to Sun Street, on Tuesday, May 28 at around 9.55pm after concerns for the welfare of a man.

A spokesperson for Essex Police said: "We attended and sadly found a man pronounced dead at the scene."

"His death is being treated as unexplained and our enquiries are ongoing."

Tributes paid to town's former player and manager

Tributes are being paid to former Billericay player and manager, Justin Edinburgh, who passed away on June 8.

The 49-year-old suffered a cardiac arrest on Monday, June 3.

Leyton Orient, his current club, said: "It is with profound and utmost sadness that Leyton Orient announces its manager Justin Edinburgh has passed away."

The former Billericay manager began his managing journey with the Blues in 2003.

Former Billericay Town Chairman, Steve Kent, said: "He joined Billericay as manager, happy to start at the bottom. A top man and friend, gutted for Kerri, Charlie and Cydney."

Gary Lineker, who played with Justin during their time at Spurs, took to Twitter to say: "Deeply saddened to hear that Justin Edinburgh has passed away. He was an excellent coach and terrific fullback who was a delight to share a dressing room with and have as a teammate. Thoughts are with his family #RipJustin."

Leyton Orient announced a "period of mourning" and have opened the stadium to allow supports to leave their tributes.



Photo credit: Twitter @BenMapp02

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BILLERICAY TOWN FC

LOCAL NEWS BILLERICAY



Photo credit: Marc Keirch

Blues strengthen squad ahead of new campaign

Billericay Town manager Harry Wheeler has wasted no time in strengthening his squad ahead of the new season making two impressive acquisitions.

Hemel Hempstead club captain Jordan Parkes, who made it into the National League Team of the Season, is now a Billericay player.

Midfield maestro Parkes is also a free kick specialist and Wheeler said he was delighted to have secured his signature.

He commented: "I've followed Jordan's career since his Watford days and have tried to sign him a couple of times. He's more than proven at this level and is a player that not only will bring a lot of quality on the pitch but also bring a professionalism to the group, to the dressing room and a strong desire to win."

Town fans will also be purring after the club

secured the signature of Ronnie Henry, a centre back from League Two side Stevenage.

After he was released from Tottenham at the age of 17, Henry signed for Stevenage and became a key player in the side who won the Conference Final Play-Off in 2005. Henry also picked up the FA Trophy during his first spell with the Hertfordshire side.

After a two-year hiatus at Luton Town, Henry returned to Broadhall Way in 2012 and is now the club's all-time record appearance holder.

Wheeler was thrilled with the newest addition to his squad.

He said: "Ronnie is a Stevenage legend amongst other big clubs he has been at, he is a leader, a great club man, he will be a great addition with his vast league experience, he knows how to control games from the back and it's taken a while but I'm delighted to say he is now a Billericay Town player."



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LOCAL NEWS

from your neighbourhood

LOCAL NEWS SHENFIELD



Photo credit: Brentwood Borough Council



Chesney Hawkes opens popular Strawberry Fair

More than 5,000 people attended the Strawberry Fair on Shenfield Common last month, which was opened by the Mayor of Brentwood, councillor Keith Parker, and pop star Chesney Hawkes.

Visitors devoured 70kg of strawberries supplied by Doddinghurst Road Church and enjoyed the annual circus-themed event.

Brentwood Borough Council Leader councillor Chris Hossack said: "Everyone loves the Strawberry Fair which is the big event in the council's calendar.

"Every year it gets better and better and of course entry is free of charge. It's so important to celebrate the traditional family fun of this event. It's a chance for charities and local community groups to come and spread the word of what they can offer and it's a great

opportunity for schools and performing arts groups to show off their skills.

"It's a full-on busy day and one that is clearly thoroughly enjoyed.

"I must thank all those who helped make the day possible from our sponsors, Weston Homes, to Chesney Hawkes and all those who put on great displays of food, drink and entertainment."

At the event there were carousel rides, dodgems and performances from schools and clubs.

Alex Burghart MP attended with his wife Hermione and their two children.

He said: "The Strawberry Fair is a highlight of my year - it's a real treat. We're very lucky to have such an active community and council to put it on for us."



Public meeting being held to save library



Photo credit: RMC Event Photography

The Save Shenfield Library group is holding a public meeting on July 13 to raise concerns about its potential closure.

The meeting, being held at 10.30am at Shenfield Parish Hall, will be followed by a march to Shenfield Library at 11.30am.

A member of the group said: "Shenfield Library is still very much under threat, in spite of the almost 9,000 strong petition and many people joining hands around the library in April.

"Please come and join us if you want to keep an Essex County Council-run library in Shenfield."

Brentwood Borough Councillors and Essex County Councillors have been invited to the meeting to explain how they're supporting the library.

The county council report on the future of all Essex libraries will be published on July 10.

A spokesperson from Save Shenfield Library said: "We expect this report to say that the council will no longer pay for a library in Shenfield. And this report might not even be discussed by the full council, unless local residents turn out to show how strongly we oppose closure of the library."

Families are welcome to attend the public meeting and march.

There will be colouring in for children and a drink and small snack will be provided.

Organisers would also like to see children wearing their World Book Day costumes.

New sessions help to bring the community together

Residents at a care home in Brentwood were visited by 15 children recently as part of a new initiative.

The intergenerational baby and toddler groups

started on June 12 at Howard Lodge Care Centre on Beacon Hill Road.

The free of charge sessions are held in the community room where children and the elderly can participate in activities together, such as arts and crafts, sing-alongs and games.

The events are being held every fortnight with trained specialists from Barnardo's.

A spokesperson from Howard Lodge Care Centre said: "Intergenerational care has great benefits for reducing depression and isolation in the older generation. It can also help with greater mobility and physical skills.

"For the children, it helps develop empathy and build on language and communication skills.

"We hope these groups will benefit all who attend."

For more information about the sessions, call 01277 372095 selecting option four, or email lauren.bullock@stmichaelshomesltd.com

Shenfield football excelling on the national stage

Shenfield School's football reputation has gone to another level this season.

The school reached four national semi-finals with the U12 boys B team losing to a strong Kingsdale team at that stage. The U12 boys, U14 and U13 girls teams all made the final after tense semi-finals.

The U14 girls played their final at Stoke City FC against Thomas Telford. Having scored an early goal through Ellie Moore, unfortunately, Telford scored with seven minutes remaining and Shenfield ultimately lost a compelling game on penalties.

The U12 boys played Sandwell Academy School.

Going in 1-0 at half time Shenfield knew they needed to score, but Sandwell went on to win 3-0.

Shenfield's U13 girls met Crompton House CE School. The game ended 4-1 to Shenfield who were named national champions.

Team manager Mr Sapsford said: "We are so proud of all the team's efforts this season and hope all will have the hunger to achieve more of the same in 2019-20."



Photo credit: Playstation Schools Cup



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BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



Photo credit: Lanscap Photography/Shutterstock.com

This year marks the 25th anniversary of the National Lottery, and in that quarter century awards made by the National Lottery Community Fund in Brentwood and Ongar have helped multiple charities, schools and organisations to make things better for our local community.

In the past three months alone, £57,510.00 has been awarded to six community projects in Brentwood and Ongar. Ongar United Reformed Church gets accessible toilet facilities, Lambourne End Centre for Outdoor Learning is building a community welcome hub and café, and Little Warley and Childerditch Village Hall is getting a new ceiling. Hundreds of parents and children with special needs have been helped through the lottery funding received by Brentwood-based charity SNAP too.

Visitors to the Tipps Cross Remembrance Hall will be kept warm with a new heating system while Bentley St Paul's Primary School is installing a new gazebo as a social hub for local groups and organisations. And a small Brentwood-based charity, Ring20 Research and Support has been given funding to improve its

services for people with a rare condition linked to epilepsy.

The great thing about National Lottery Funding is how it can provide a vital injection of funds for individual projects via a straightforward application form. If you buy a lottery ticket, be it on a weekly or occasional basis, the money goes into a pot which gradually finds its way back to your life. You might not win thousands of pounds, or even a free lucky dip ticket, but if your church, Scout group, school or favourite charity has got a new roof, accessible toilet or additional staff for a special project, it's as likely as not some of the funding has come through the lottery fund.

Over three and a half million pounds worth of funding has come into Brentwood and Ongar in the last five years, supporting 58 projects, and it will continue to come in as new projects arise and applications for funding are made.

If lottery funding has made a difference to your life, let me know. Good news is a great way to celebrate this 25-year anniversary and I look forward to it continuing for years to come.

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They almost insist on every customer visiting the Walsall workshops to see their bespoke kitchen in progress, with the opportunity to make adjustments. Customers that travel are gifted with a stay at one of Birmingham's top hotels.

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A NOVEL *excuse*

Jeffrey Archer's ability to live a number of different lives in one is bettered only by his propensity to evolve and reinvent. As he prepares to return to the limelight this year with a series of books revisiting his popular *Clifton Chronicles*, we look back over the highs and lows of the former Conservative politician's life.

"Every morning when I wake up, I look out of the window of my home, down the River Thames and think about how lucky I am," says Jeffrey Archer. To those who want to interpret it as such, it sounds a very privileged, very Conservative view on life, but the facts are such that the 79-year-old's arrival at wealth, happiness and contentment has never come easy. Indeed, few have had to work harder than Lord Archer of Weston-Super-Mare, to give him his full title, in having to recover both financial stability and reputation over the past 50 years.

He said: "I think the route to true happiness has to be one where you've been tripped up a few times along the way. When something comes easily I'm not sure it ever feels like it is a trophy well earned."

Archer has had anything but a quiet life. After running the '100 yard dash' in 9.6 seconds for Brasenose College, Oxford, for a while it seemed as though the London-born student might become an athlete. Instead, he decided to go into the world of politics and, at the age of 29, became MP for the Louth constituency in Lincolnshire. The world seemed bright.

However, after ploughing his money into investment schemers Aquablast in the 1970s, and subsequently watching on helplessly as the Canadian corporation slid into liquidation, Archer found his entire wealth gone, with a debt of half a million pounds hanging over him.

"What motivates me is the sheer desire to achieve something, and that's sometimes where mistakes arise," he says.

"My biggest regret is not getting as far as I should have done in politics," he admits, perhaps part-referencing the *Daily Star* libel scandal in 1987, which brought down his political reputation. Some years later, he was found to have perjured himself in court, perverting the course of justice by using a false alibi after the tabloid newspaper reported time he had spent with a prostitute.

He jokes: "How can I complain, though, when the storytelling has gone so well? When I was in prison, I certainly met interesting people who were able to give me stories."

From debut effort *Not a Penny More, Not a Penny Less* in 1974 – written to stave off bankruptcy in the immediate aftermath of the Aquablast scandal – to further books *Kane and Abel* (his most successful to date), *First Among Equals* (which was turned in a 10-part screen adaptation by Granada Television), right through to the return of the *Clifton Chronicles* series – in the form of detective William Warwick in *Nothing Ventured* – Archer's novels and short story books have sold over 300 million copies in nearly 100 countries.

He admits: "I want to go on writing, but at my age I don't know just how much longer I have to do so. I don't fear death in any way at all, but I fear in the sense that I have still got things to do."



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Sprucing up your garden couldn't be easier (or cheaper) this summer, thanks to this brilliant guide on how to make a very stylish outdoor sofa from some basic wooden pallets.

Summer in the UK can be frustratingly difficult to navigate. In pursuit of a few sunny afternoons spent lounging in our oasis with the barbecue sizzling and the rosé chilling, we more than likely find ourselves dodging rain showers and taking cover from gale-force winds.

Given the sporadic nature of these occasionally clement evenings, it hardly seems worth splashing out thousands on garden furniture, and the good news is that you don't need to. In fact, not only can you make brilliant, dynamic DIY designs from unwanted wooden pallets, you'll find whatever you envision is completely customisable to your tastes, your time, and your garden.

DIY SOFA

What you'll need:

Three (or more) plain wooden pallets | An electric drill with screws | A small roller and tray | A paintbrush | Scatter cushions | Garden furniture chalk paint

How to make your pallet sofa:

Step One

Using your foam roller, layer your pallets in whichever glorious hue you have selected, using a paintbrush for those tricky to reach areas. Paint one side first, let it dry, then do the other.

Step Two

You'll need to stack at least two pallets to get your sofa to a suitable height – you may want to make your sofa higher using more pallets, or even double the length... it's all up to you – before fixing them together with your electric drill and screws.

Step Three

Add another pallet to the back of the bench to make your sofa back. Affix with screws.

Step Four

That's the hard part done. Now decorate your masterpiece in whichever way you choose with cushions, garlands and throws. Then relax... you've earned it.

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Echinacea is a group of herbaceous flowering plants that are part of the daisy family. They can be recognised by their showy heads of composite flowers and can grow up to 140cm in height.

HOW DO I SOW ECHINACEA?

Echinacea can be grown either from seed sown indoors and then moved outside after frost or directly in the garden in the summer months. You can also plant them as a potted plant.

HOW DO I GROW ECHINACEA?

- > Water thoroughly at least once a week
- > Protect your plants from extreme winds and direct sunlight
- > Regularly remove spent flower heads to encourage continuous flowering
- > Divide perennials when the plants become overcrowded to keep them at their best

WHAT IS THE BEST WAY TO USE ECHINACEA IN YOUR GARDEN?

Echinacea is a great plant for gardening beginners as all it really needs is a sunny, well-drained site in order to flourish. It is ideal for mass landscaping and it's also a great attraction for pollinators. Plus, they smell lovely.

WHAT PESTS AND DISEASES SHOULD YOU LOOK OUT FOR?

- > ALTERNARIA LEAF SPOT – recognisable by small, round reddish brown spots with white centres.
- > APHIDS – green, red, black or peach coloured sucking insects that leave a sticky residue on leaves.
- > STEM ROT – black or pale roots that appear mushy
- > POWDERY MILDEW – circular, white powdery spots on leaves and stems

DOES THIS PLANT HAVE ANY MEDICINAL USES?

Yes, Echinacea has been used in folk medicine for centuries and is known for its ability to strengthen the immune system and help ward off and treat colds.

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DOGS

Super Salmon

Ingredients:

(1oz per 10lb of dog) of salmon portions (incl. skins) | 1 squash | 1 head of broccoli (incl. stem) | 2 tbsp of olive oil | 2 carrots | 3 potatoes

- Peel carrots, cut broccoli stem and squash, take peelings for dog. Mix together and oven bake
- Cover potato shavings with 1 tbsp of olive oil and place in the oven
- Cover the salmon in the other tbsp of olive oil and pan fry at a medium temperature, skin-side down first. Once flipped, pull the crispy skin off and leave to cool for 15 to 20mins
- Finally, mix skins together then place in the dog's bowl

Caribbean Chicken

Ingredients:

6-and-a-half cups of water | 4 cups of rice | 3lbs of minced chicken meat | 2-and-a-half cups of frozen veg (no garlic or onions)

- Put chicken, veg and rice into large

saucepan with water and stir until smooth

- Bring to the boil over a medium heat
- Reduce heat, cover until rice is tender. Cool completely before serving. Store leftovers covered in the fridge

CATS

Fish Finesse

Ingredients:

1 tbsp of sunflower seed oil | 1 cup of canned mackerel | 1 tbsp of cooked organic brown rice | 1-2 tbsp of chicken or beef broth

- Put all the above into a food processor and pulse until blended
- Serve immediately - any leftovers can be refrigerated for up to three days

Meat & Veg Oats

Ingredients:

2 tbsp of cooked and mashed carrot | 1/3rd of a cup of cooked oatmeal | 1 can of sardines

- Mash all ingredients together and serve
- Again, any leftovers can be kept in the fridge for up to three days



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Flower Power



FOOD & DRINK

Flourishing flowers can serve as so much more than simply brightening up your garden. Why not utilise the edible ones in these delicious summer recipes?

Lovely lavender

You may be more used to flavouring your Sunday roast with a sprig or two of rosemary but lavender works brilliantly with lamb and is completely safe to eat. The sweetness of honey also works wonders with the rich fragrance of lavender flowers.

Dandelion delight

Most gardens have an abundance of dandelions so why not utilise them? The heads of these flowers are 100 per cent edible and we recommend chopping a handful up and adding to an omelette or Italian frittata. You can even add in some wild garlic if you have any in your garden.

Calming chamomile

Most known for its use in teas, chamomile flowers also work wonderfully in a summer jelly. Simply dissolve honey in a jug of boiling water and add a generous portion of the chamomile. Strain out the leaves once they have had time to steep and then add gelatine to set.

Top with tulips

Tulips are a gorgeous spring flower and their vibrant petals can perk up even the most lacklustre garden so it's a natural progression for creative cooks to add these flowers to their dishes. And all you need to do is gently sprinkle a selection of untreated petals over a summer salad and enjoy.

Elderflower mocktail

With people trying to cut back on their alcohol consumption, booze-free drinks are more popular than ever and what could be better than a freshly made, thirst-quenching cordial? Add a handful of elderflower heads and some lemon zest to a simple sugar syrup and leave to infuse for 24 hours or longer if possible, then dilute.

Poisonous flowers to avoid:

Daffodils | Hydrangea | Clematis | Azalea | Foxglove

Experience the wonder of wild swimming

Shockingly one in three people in the UK have not been swimming in the past decade. So, why the wide berth?

Well, according to a recent survey many find public swimming pools too expensive whilst others simply don't like using the changing rooms. But what if there was an alternative?

What is wild swimming?

Wild, or outdoor swimming, is essentially swimming in any natural bodies of water such as lakes, ponds, rivers or the sea.

Is it safe?

As long as you ensure that you take the adequate precautions, wild swimming can be just as safe as indoor swimming.

These precautions include;

- Always tell someone where you are planning to swim and if you are a beginner, we would advise that you always swim with a buddy or a group.
- Dress appropriately. If the water is

cold, then wear a wetsuit to protect yourself from hypothermia.

➤ Keep warm and dry clothes close by.

➤ Goggles are a good idea for seeing in murky waters.

➤ Do not jump straight into wild water. Instead ease in slowly to adjust to the temperature and check the depth.

What are the main risks involved?

Even if you take all the necessary precautions before embarking on your outdoor swimming journey, there will always be the risk of water-borne diseases and insects. In particular, you should be vigilant when it comes to ticks as you may not even realise that you have been bitten. Leeches can also be found in fresh water so be sure to cover any cuts with a plaster.

Where are some of the best places to swim outdoors in the UK?

- Gosford Lake Resort, Essex
- The Grantchester Meadows, Cambridgeshire
- The Barle, Somerset
- Shepperton Open Water Swim
- London Royal Docks

Blurred Vision?

WHAT IS A CATARACT?

A cataract is the clouding of the natural lens in your eye. The human eye has a lens, much like a camera does. It has a role in focussing light to enable vision. As one ages, the lens becomes less clear, and it is this "clouding" which is called a cataract.

HOW WOULD A CATARACT AFFECT MY VISION?

Cataracts can lead to poorer vision in the effected eye. In general, it may appear like looking through a frosted window.

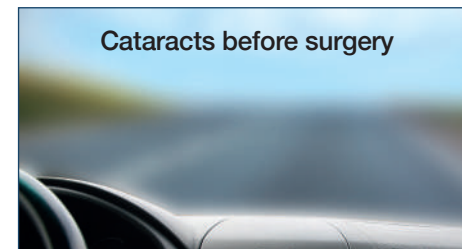
IS IT COMMON?

Cataracts are a natural part of aging and are therefore very common, but they can also develop due to a number of health conditions.

HOW CAN IT BE TREATED?

Cataracts are treated by surgery. The operation involves removing your natural

Cataracts before surgery



Cataracts after surgery



clouded lens and replacing it with a clear artificial lens. The majority of cataract surgery is done under local anaesthetic and is undertaken as a day case, requiring up to a four hour stay in hospital.

HOW SUCCESSFUL IS IT?

Cataract surgery is the most commonly performed and safest surgery worldwide. Over 450,000 cataract surgeries are undertaken in England annually with over 95% of patients experiencing improved quality of vision.

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Cataract surgery and ageing eye diseases*.

Thursday 11th July 2019 at 6pm
with Mr Aman Chandra, Consultant
Ophthalmologist.

This complimentary event is for anyone who is suffering with a cataract or ageing eye disease and would like to explore options for treatment (no laser).

The event will include a presentation from Consultant Ophthalmologist, Mr Aman Chandra, on the types of treatments that are available.

Women's health (urinary incontinence and prolapse)*.

Tuesday 16th July 2019 at 6.30pm
with Mr Yemi Coker, Consultant Gynaecologist.

This complimentary event is for women who have urinary incontinence or prolapse.

The event will include a presentation from our Consultant Gynaecologist, Mr Yemi Coker, on the types of treatments that are available. Physiotherapist, Mrs Linda Griffin, will also give a presentation on pelvic floor retraining.

*Presentation style event.

Varicose veins?

Thursday 18th July 2019 from 6.30pm
with Mr Vijay Gadhvi, Consultant General
and Vascular Surgeon.

This event is for anyone considering varicose vein surgery and would like more information regarding procedures and costings.

The event will give you the opportunity to speak to Mr Vijay Gadhvi, Consultant General and Vascular Surgeon, during a complimentary one to one advice session.

**Come along to these events to get
your questions answered or simply
listen to some good advice.**

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Do you need some 'MANTIVATION'?

Are you ready to end your unhealthy relationship with beer, takeaways and your sofa? Do you want to take control of your health once and for all before it's too late?

The good news is that by simply adopting a few better habits you can drastically improve your overall wellbeing.

Variety is the spice of life

Whether you already exercise or even if you've just now decided to start, it is important that you alternate workouts. Not only will this stop your body from becoming used to the same activity, but it will also help keep you motivated and enjoying exercise.

Buddy up

Most women love a fitness class as they can exercise and socialise simultaneously. Men generally prefer to exercise alone but if you work out with another person, you can add a level competitiveness to your workout which should encourage you to push yourself harder.

Watch your portion control

Although men can eat up to 500 calories a day more than women, many massively underestimate how many calories they are consuming. Make sure you pay attention to serving sizes and fill at least a third of your plate with fruit and vegetables.

Combine cardio with strengthening exercises

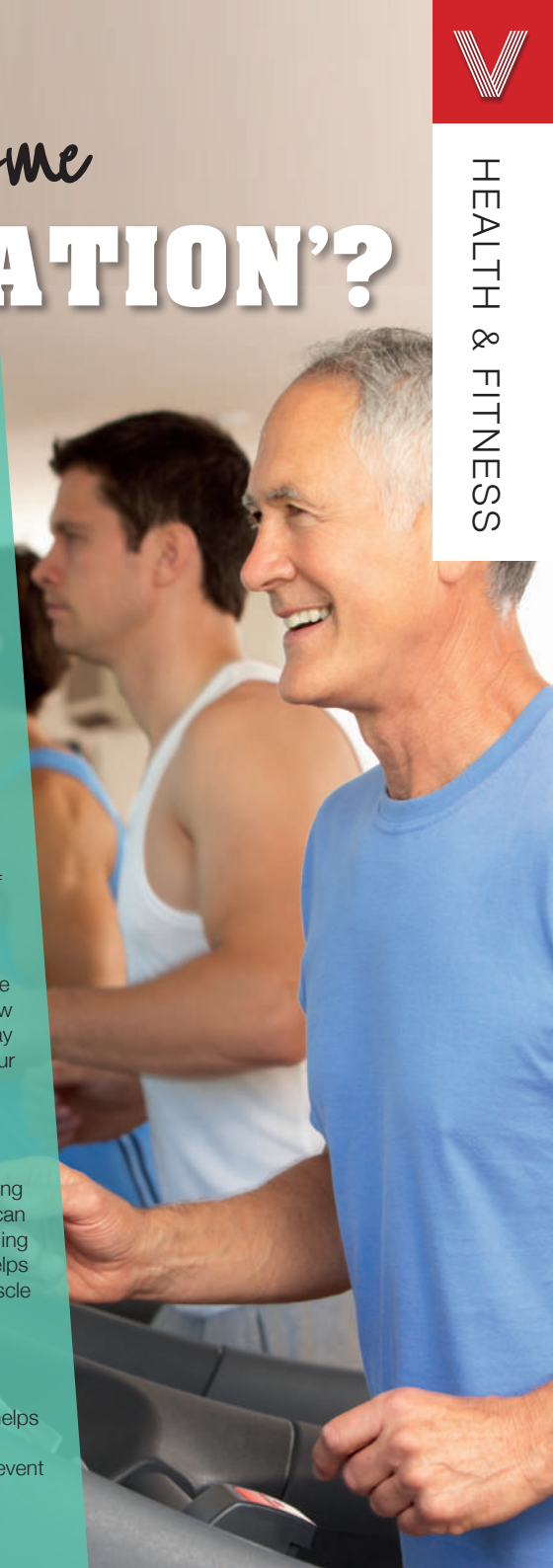
Cardio gets your heart pumping and is great for burning calories. Even the simple act of walking up the stairs can count towards your daily exercise goals. Strength training on the other hand is vital for building muscle which helps you to burn more calories. Push ups are a great muscle building exercise.

Take the right supplements

Zinc enables the male body to produce testosterone.

Fish oil helps to keep blood pressure low and helps prevent cardiovascular disease.

Selenium is the single best nutrient for helping to prevent cancers including prostate, colon and lung.





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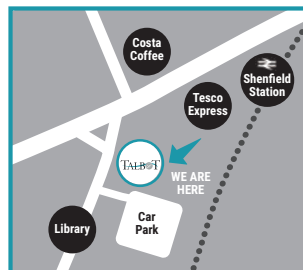
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V
BEAUTY

THE RISE OF UNISEX SKINCARE

In a world that is moving away from traditional gender stereotypes, consumers are now, more than ever, wanting equality in all aspects of their lives. And this extends even to their beauty routines.

What is unisex skincare?

As the name suggests, unisex, or gender neutral skincare, is built around the premise that products for our skin do not need to be different for men and women. Skin is ultimately skin whatever your sex.

So, why have we always used different products up until now?

Many would argue that it lies at the feet of the marketers and advertisers who have convinced us that we need separate products. There is even the well-known 'pink tax' which most women will know as the reason why we pay more for basically the same products. Hair removal products instantly spring to mind.

But don't men and women's skin have different needs?

Although there are differences between men and women's skin; male skin is around 20 per cent thicker, has more hair follicles and is generally oilier, gender-specific skincare products are not the answer. Instead we should be choosing products that suit our

specific skin type; for example, normal, oily, sensitive or combination.

What are the benefits?

Providing you have a similar skin type, you can share products with your partner, meaning less expense and less space taken up in the bathroom cabinet.

What are the best unisex skincare brands?

Due to an increased demand, there are now a wide range of fabulous unisex skincare ranges, and even make-up ones. Some brands actively market themselves as gender neutral whilst others simply refuse to conform to gender-based packaging or labelling. Either way, we are loving these fabulous unisex brands;

- > Panacea
- > Aesop
- > Dermalogica
- > ASOS Face + Body
- > Verso
- > Non Gender Specific



Do you want a simple, quick and effective way of shifting stains from your whites? Now you can relax, as we have all the answers for the most common stubborn stains.

Mud

Wait for the mud to completely dry | Pre-treat with a standard liquid detergent | Wash as normal.

Blood

Always rinse the blood-stained item in cold water first | Pre-treat with a standard liquid detergent | Wash as normal | For older stains, an unseasoned meat tenderiser is incredibly effective. Simply make a paste by mixing the tenderiser with water, apply and leave for 30 minutes.

Chocolate

Firstly, avoid using hot water on chocolate as it is more likely to lead to a permanent stain | Instead, place the stained item in a sealed plastic bag and refrigerate for half an hour | Once the chocolate has hardened, simply scrape off with a blunt knife.

Tea or coffee

For fresh stains, mix one part white vinegar with three parts water | Using a sponge gently dab the stain with the treatment | Wash as normal | For older stains, soak repeatedly for optimal results.

Paint

Turn the item inside out | Rinse the back of the stain with warm water | Wash as normal.

Red wine

Neutralise the stain with white wine first | Sprinkle salt to absorb any excess liquid | Wash as normal.

Ketchup

Simply rub the stain with a halved lemon | Rinse thoroughly | Wash as normal.

Ink

Spray hairspray directly onto the stain | Wait for 30 seconds | Wipe gently with a damp cloth.

Grease

Sprinkle with baking soda to cut through the grease and absorb some of the excess liquid | Then apply dish detergent and scrub with an old toothbrush for several minutes | Leave to rest for 30 minutes and then wash as normal.



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Is it time for a...

DIGITAL DETOX?

We live in the age of digital distraction. Just walk into any bar, coffee shop, office, college or anywhere else people gather, and you're guaranteed to see at least one person staring at or swiping a mobile phone.

Studies have shown short-sightedness in people under 16 is reaching epidemic proportions and excess screen time is cited as a big part of the problem.

One in four adults spend more time online than they do asleep.

So, have we become slaves to tech? The evidence is indicating we are. But it's not impossible to break those chains even if it's just for a short time.

Here are some easy steps you can take to ditch the digital and give yourself a technology retreat.

KEEP IT REAL: If you try to go cold turkey you're setting yourself up for a fall. Give

yourself a daily allowance of an hour or two to begin with.

SWEET DREAMS ARE MADE OF THIS: Any kind of digital tech in the bedroom can play havoc with the quality of your night's sleep. Leave the tablets and phones in another room and buy an alarm clock if needs be.

OUT OF SIGHT OUT OF MIND: Keep your phone out of sight and reach when you're driving. Even hands-free phone systems distract drivers considerably.

STEP BACK IN TIME: Buy an old phone for use at the weekends. The Nokia 3310 is decent because it allows you to make and take calls without all the digital distractions of a smartphone.

One of the best websites we've come across that may help you in your quest to conquer your digital dilemma www.itstimetologoff.com – just don't spend too much time looking at it on your phone.



TECHNOLOGY

“One small step for man; one giant leap for mankind” – the words trip off the subconscious of the minds of the old, the young, the wealthy, the poor, and folk in every country across the globe.

Those 10 words, spoken by Apollo 11 pilot Neil Armstrong on July 20th 1969, encapsulated a drive for discovery that went far beyond anything we previously thought possible. As a result, the completion of that 385,000km journey from the Kennedy Space Centre on Merritt Island, Florida, to the moon, offered NASA, America, and the entire planet an insight into the solar system, into evolution, and the potential for human discovery, the like of which had never before been seen.

It's easy to forget though, Apollo 11's mission was actually two-fold. Getting the three-man crew to the moon was only the first part; NASA wouldn't be satisfied unless they proved they could return their brave heroes back to planet Earth in one piece.

Despite the task taking on two distinct and very different elements, it might be fair to say slightly less effort was invested into the second part of the equation, something that was elegantly depicted by Ryan Gosling in last year's Armstrong biopic *First Man*. The popular actor brilliantly portrayed the very human story behind the landing in a movie that stripped away the science to depict an expedition many felt the trio would never return from, the crew included.

“From playing Neil Armstrong I certainly took on a whole new admiration for anyone who has the bravery to be a NASA pilot,” Gosling said.

“The training alone was brutal and something most people would never survive; and then to willingly put yourself in a position where there is every chance you will perish, but to have the mental strength to do everything that you were asked. All I will say is, those guys are heroes.”

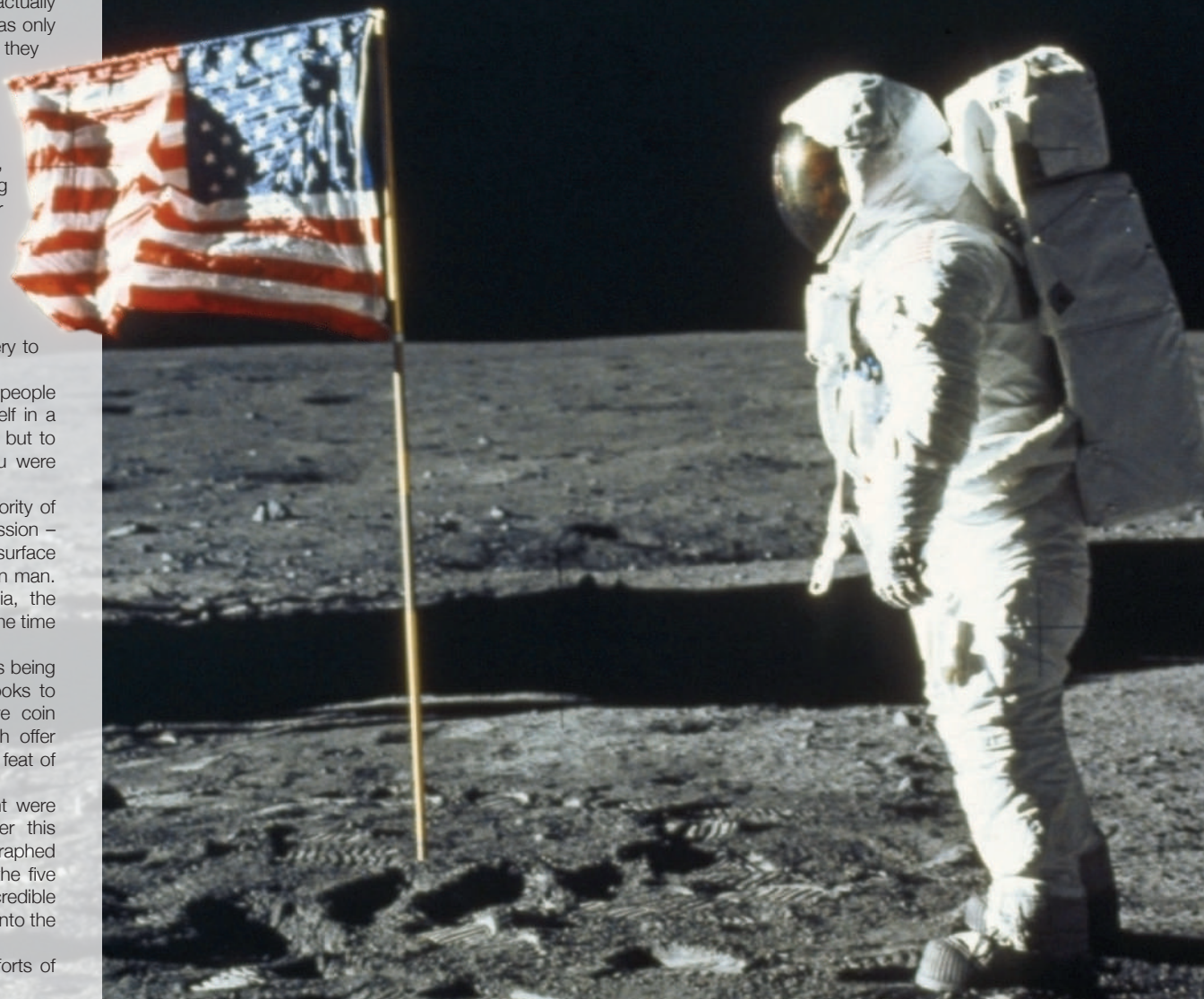
Of course, while Armstrong and Aldrin get the majority of the credit for the incredible achievements of that mission – they spent about two-and-a-quarter hours on the surface of the moon – spare a thought for the often forgotten man. Michael Collins was responsible for flying Columbia, the command module, and he remained in lunar orbit all the time his colleagues were on the surface of the moon.

Naturally, the anniversary of that incredible landing is being marked in a flurry of events and tributes – from books to documentaries, talks to exhibitions, commemorative coin and stamp issues to special-issue Lego sets. Each offer fanatics their own way of remembering an incredible feat of technological ingenuity and human endurance.

If you ever need evidence of just how magnificent were the achievements of the Apollo 11 crew, consider this – while spacecraft have scurried across, photographed and circumnavigated the solar system endlessly in the five decades since Armstrong and co. made their incredible voyage, only nine further men have actually stepped onto the moon's surface.

In an era where ambition came before risk, the efforts of those space warriors will never be forgotten.

“ONE SMALL STEP FOR MAN...”





TRAVEL

carry on



If every camping trip you've ever been on has ended in disaster, read on, for our camping survival guide is here to make your summer holiday a whole lot happier.

CAMPING DOS AND DON'TS

- **DO** embrace your wild side
- ...but **DON'T** forgo those little luxuries that make you happy (gin in a tin anyone?)
- **DO** go as far afield as you dare
- ...but **DON'T** go unless you're fully prepared
- **DO** spend time planning your trip
- ...but **DON'T** get bogged down by agendas, it's an adventure after all

TOP TIPS

- **Test your gear** – No one wants to arrive in a muddy field only to find their tent isn't up to the terrain, so have a trial run in your garden beforehand
- **Prepare for cold** – Buy good quality sleeping bags and avoid sleeping directly on the ground. Some good options are camp beds, yoga mats and air mattresses

- **Let there be light** – Good lighting is essential both within and outside your tent
- **Research is king** – Make sure your campsite has all the amenities that you require
- **All the little things** – Hay fever medicine, matches, bottle/tin opener, wet wipes... these are the items that elevate a camping trip

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- For great glamping – Redwood Valley, Powys
- For families – South Lytchett Manor Caravan and Camping Park, Dorset
- For couples – Newbourne Woodland Campsite, Suffolk
- For something truly unique – West Stow Pods, Suffolk
- For dog lovers – Old Oaks Touring Park, Somerset
- For Eco Warriors – Eco Retreats, Powys

*according to 2018 Campsites.co.uk camping and glamping awards

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BUSINESS & FINANCE

As the *Sunday Times Rich List* again serves to showcase the wares of some of our wealthiest residents, the addition of the first black female entrepreneur provides a welcome twist in financial fortune.

They are numbers so great that we might never be able to imagine the sheer extent of wealth that those on the list possess, but let us dream for a while that we will one day rival the fortunes of these financial tour de forces.

THE TOP TWO

Sri and Gopi Hinduja: The brothers, British nationals but responsible for the incredible growth of a family business that was started in Mumbai in 1914, have amassed a fortune that now tops £22bn. They have proved the phrase 'diversify or die' many times over, with investments and enterprises in industries as unconnected as oil and gas, banking, IT and property.

David and Simon Reuben: If risk-taking delivers

reward, then it's little surprise the Reuben brothers are in second position, with an estimated worth of £18.7bn. The duo dived with the Russian mafia on their way to becoming leaders in private equity, real estate investment and development, and their impact on the debt financing market continues to grow as well.

SELECTED OTHERS

Ed Sheeran: Although his fortune of £160m looks small in comparison to the true rich list heavyweights, the British musician has leapfrogged Adele on the most recent rankings, and over time you feel the songsmith will continue to make up ground on the leading musical maestro, Andrew Lloyd-Webber, whose mountain of money totals three quarters of a billion.

Valerie Moran: Finally, Zimbabwe-born Valerie Moran becomes the first black female entrepreneur on the list. She owns an 81.5 per cent stake in tech company Prepaid Financial Services and her inclusion is noted as a much-welcomed cultural shift from the perceived mould of the uber-wealthy.

A rich man's world?

FINANCIAL MISTAKES EVEN THE EXPERTS CAN MAKE

We're all human, lead increasingly busy lives, and can be prone to making mistakes. When it comes to our money, it can be easy to lose track of the big picture; here are just a few financial mistakes we can all avoid.

NOT KEEPING AN EYE ON STATEMENTS

Checking your bank and credit card statements regularly will help you budget better, get rid of expenditure you no longer need, and alert you to any signs of fraud.

ALLOWING YOUR INSURANCE POLICIES TO AUTOMATICALLY RENEW

Although it can seem a chore, it makes sense to keep your insurance policies under regular review to ensure that you're paying a fair price and have the cover you need.

LETTING YOUR MORTGAGE DRIFT

If your fixed-rate deal is nearing its end or has already ended, then it makes sense to ask us to recommend a new one. When your deal ends, you will generally find your lender moves you to their Standard Variable Rate, which could mean you'll end up paying far more than you need to each month.

NOT SEEKING PROFESSIONAL ADVICE ABOUT RETIREMENT

With many of us set to enjoy several decades in retirement, it's important to get the right advice about saving enough money during our working lives. When it's time to access our pension pots, we can all use professional help to make sure that our money lasts as long as we do.

NOT THINKING AHEAD

Putting a Lasting Power of Attorney in place and making a Will are important steps to safeguard family finances. They provide the valuable peace of mind of knowing that your wishes will be followed, and your family provided for when you are no longer able to.

As a mortgage is secured against your home or property, it could be repossessed if you do not keep up mortgage repayments. Will writing and Lasting Powers of Attorney are not regulated by the FCA.

As part of the service at DGS, we take the time to understand our client's 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 financial situation, please contact Andy Costin on 01277 654153.

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PUZZLES & TRIVIA

PUZZLES

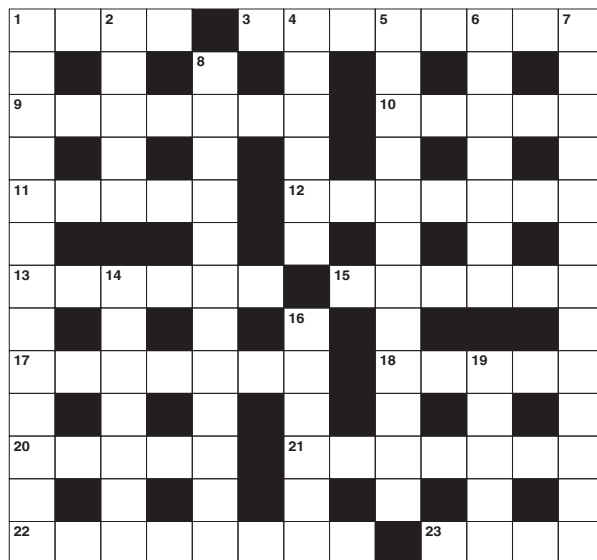
Answers can be found on the Contents Page 4

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2. Meat and vegetables on a skewer (5)
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6. Statements of intent to harm (7)
7. Boxing class division (13)

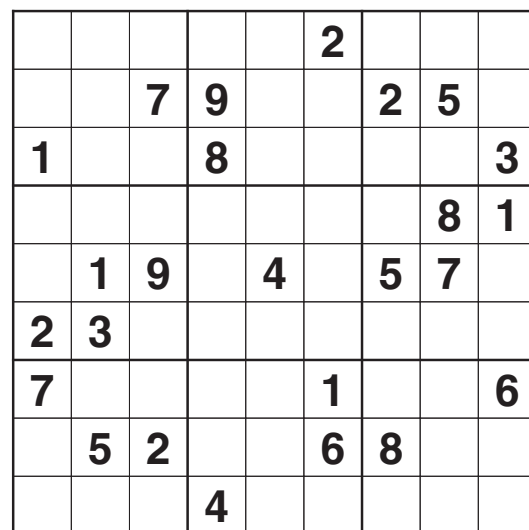


8. Principal face of a building (12)
14. Agitate (7)
16. Respiratory condition (6)
19. Form of expression (5)

DID YOU KNOW?

- Most bears have 42 teeth, including four long canines
- An ostrich eye is bigger than its brain
- Lobster blood is colourless, but turns blue when it is exposed to oxygen
- The giraffe, which is the tallest animal in the world, can clean its ears with its tongue
- Due to its composition, camel milk doesn't curdle naturally
- Frogs can't swallow with their eyes open
- Dragonflies have six legs, but can't walk due to the weight of their body

SUDOKU

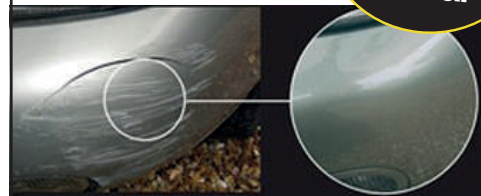


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in your area



WHAT'S ON

Baby and Toddler Rhymetime
Shenfield Library, Hutton Road,
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Every Tuesday, 9.30am – 10am



Free your child's imagination with songs and stories, give their early communication skills a boost and have fun together. Term time only.

Billericay Community Choir
Billericay Baptist Church, Perry Street,
Billericay, CM12 0NS
July 13, 7.30pm

Billericay Community Choir presents popular, unmissable songs from West End shows at the Baptist Church on Saturday, July 13 at 7.30pm.

Music Director: Deborah-Louise Morgan.

Accompanist: Mike Silk.

Admission is free. Refreshments are provided. Donations to Motor Neurone Disease Association.

Visit www.billericaycommunitychoir.com or email billericaycommunitychoir@gmail.com

Charity Lunch
Billericay Methodist Church, Western Road,
Billericay, CM12 9DT
July 13, 12.30pm – 1.30pm

Charity lunch in aid of Chernobyl Children's Lifeline, supporting children affected by the aftermath of the Chernobyl nuclear disaster of 1986.

A two-course snack lunch and drink for £4.50. Contact 01277 622297 for more information.

Gone Too Soon
Reids, 66-68 Laindon Road, Billericay,
CM12 9LD
July 15, 7pm – 9pm

'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 however long ago. For further details, contact Lyn on 07387 805406 or email lyn-currie@hotmail.co.uk

Billericay councillors surgery
Billericay Library, 143 High Street,
Billericay, CM12 9AB
July 27, 10.30am – 12pm

District and county councillors will be holding their monthly surgery.

Go and speak to them about any issues you'd like to highlight, or simply drop in and say hi.

No appointment necessary.

Coffee with the cops
Costa Coffee, 76 High Street, Billericay,
CM12 9BT

August 2, 2.30pm – 3.30pm

Your chance to get to know your Local Community Policing Team over a coffee. Ask questions, voice your concern.



Family Fun Day
Hutton Recreation Ground, 7 Wash Road,
CM13 1BP
August 9, 10.30am – 3.30pm

An affordable family day out, working directly with local partners and community organisations.

Families can enjoy bouncy castles, arts and craft, and try sports, along with other, free family-focused fun provided by local organisations.

Visit www.brentwood.gov.uk for more information.

Family Fun Day
Reids, 66-68 Laindon Road, Billericay,
CM12 9LD

August 11, 12pm – 9pm

Family BBQ with indoor inflatables, music and laughter for the whole family.

Grab a bite from the BBQ and chose from a Bud Light/medium, house wine or a slushie for £5.

When to
change your...

WIPER BLADES

When you think about it, your wiper blades go through quite a bit. There's rain, snow, mud, grit, not to mention full-on, head-on wind resistance, and a whole lot more besides.

One of the most thankless pieces of kit on our motors, they are also perhaps the most important, as anyone with a faulty wiper blade will confirm.

That's why decent wiper blade maintenance isn't just a good idea, it could be life-saving:

Wiper blade = wipe:

For basic care, clean your wiper blades every couple of months. Removing residual dirt will keep the rubber in better shape for longer, eliminating the need for regular replacement.

Streaker alert: How many times do we put up

with streaks across the windscreen, even going as far as squatting in our seats to look past the latest rainbow-like wave of water that's been created right in front of us? The rule with streaks is simple – your blade is deficient and needs replacing.

Skipping along: A wiper blade that skips probably hasn't been used for a while and may need lubrication, though most likely has been bent out of shape – perhaps following a period of hot weather – and should be replaced.

Smear test: Smears are dangerous and you mustn't ignore your wiper blade's desperate call for help. If you're lucky, the smear could be being caused by a dirty windscreen, although more likely the blade is worn and is on its way out.

Squeaking needs tweaking: Squeaks may not sound good but the diagnosis is probably the most favourable, given that when this happens it's often because the wiper is slightly misassembled and probably just needs to be refitted.

Remember, wiper blades are relatively low cost, and most autocentres will fit new ones for free, so there's no excuse for taking a chance on the road.



Premier
League

BIG
Kick-off

After the disappointment of England's third-place finish in the inaugural Nations League tournament, there is reason to be cheerful... the 2019/20 fixtures have been released!

Defending champions Manchester City get their campaign up and running at West Ham United in a lunchtime kick-off on Saturday, August 10, while gallant runners-up Liverpool begin their quest the night before at home to newly-promoted Norwich City. Spare a thought for the Canaries – in their first five fixtures they face the Reds and West Ham United away, and host Newcastle United, Chelsea and Manchester City.

The other two sides coming up from the Championship also have away fixtures on the opening weekend - Aston Villa go to Tottenham, while Sheffield United make the journey to Bournemouth. The first 'Super Sunday' game sees Manchester United host Europa League winners Chelsea - in the past this match-up may have been regarded as a title six-pointer... now it's simply an also-ran 'opening weekend' fixture.

Pep Guardiola's City have a decent test on matchday two when they host Spurs, but then have until the end of September before their next tough game, at Everton. Meanwhile, Jurgen Klopp's side face Arsenal at home in August and Chelsea away the following month, but will surely be gearing up for the November 9th clash with title rivals City.

The first big derby match comes to North London, as Arsenal host Tottenham on August 31. Liverpool play Everton on December 4 – a Wednesday night – and on the weekend of December 7 Manchester City welcome neighbours United.

Watford open up with Brighton at home, have winnable games against Sheffield United, Aston Villa and Wolves over Christmas, and conclude on May 17 with an attractive-looking trip to Arsenal.

Let battle commence...



Liverpool v Norwich City 09/08/19
Liverpool v Everton 04/12/19



West Ham v Man City 10/08/19



Spurs v Aston Villa 10/08/19



Man Utd v Chelsea 10/08/19



Arsenal v Spurs 31/08/19



Man City v Man Utd 07/12/19

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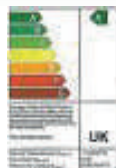


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