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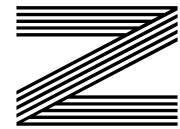
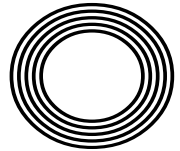
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The best places to go
this autumn

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Johnson takes over as Prime Minister



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SARA DAVIES

How the youngest Dragon made her millions



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CONTACT US

www.visionmagessex.com
billericay@visionmag.co.uk | 01277 554045

@visionmagessex @visionmagessex
 Vision Magazine Essex

FOUNDER | Nik Allen CREATIVE DIRECTOR | Misha Mistry
CO-ORDINATORS | Rebecca Fryer, Amy Pollard, Tim Green
CONTRIBUTORS | Tabatha Fabray, Dean Shaw, Charlie Reynolds
Charles Rae

Editor's notes...



Nik Allen, Editor

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

It's nigh on impossible to think of September without thinking of schools opening after their summer shutdown. As a relatively new dad - my little lad Max is only 10 months old - I've become much more aware about the importance of a good education, and not just in the traditional subjects like maths and English. I think we need to be teaching more about techniques and ways of thinking that children can use to combat growing social problems.

Bullying seems as bad as it has ever been, in large part down to relentless social media. The self-esteem and mental well-being of children and young adults is constantly under threat due to the unrealistic and constant bombardment of perfect images and fantasy lives they see online. I like the sound of the growth mindset culture introduced by many schools across the country. It's a way of thinking that encourages children to be unafraid of getting things wrong and not worry about trying to be perfect.

This led me to support children's book *Spot the Different*, which encourages kids to be kind to themselves and not be afraid to stand out. These are all things my wife and I will be instilling in Max. I have bought 30 copies of the book to donate to local school libraries and to help raise awareness of the important message. Thanks for reading,

Nik

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NEW BORIS

sweeps clean



Photo credit: James Veysey/Shutterstock

HE MAY HAVE NOT BEEN THE FAVOURED CHOICE, BUT RESERVE JUDGEMENT ON THIS OCCASION, AS NEW PRIME MINISTER BORIS JOHNSON MAY JUST BE THIS COUNTRY'S SAVING GRACE.

Given that our political system has always existed while stuffed clumsily in the pocket of the ultimate organisational irony – that we are governed by a set-up of MPs whose very being means acting in opposition to one another – it's a miracle we've made it this far.

Sure, over the centuries, the Houses of Parliament appear to have bumbled, burst and bludgeoned their way through a variety of issues, but there is a sense that never before have a collected band of representatives been so unapologetically unhelpful towards each other, whilst displaying such plain disregard for those who put them there in the first place – the electorate.

We've been left in a parlous state, where even some of the most ardent Leave or Remain campaigners have had the last bit of political puff forced out of them by a string of events that has dragged on longer than the annual trot around the Eurovision juries.

And yet, now, it may be that finally our very own 'Euro vision' is forming, and thank goodness we have someone like Boris Johnson to drag it up on stage, stand it in front of the microphone and cover its ears as the rest of the continent offers a resounding 'nul points' to its little ditty.

In reality, Boris is the best we have. Theresa May's position was a poisoned chalice from the start, Jeremy Hunt you feel would have simply toed the same drab, pointlessly formal line, and Jeremy Corbyn has taken three years to finally decide he's a Remainer. And for the

respect of what little democracy we have left, a second referendum, however it was being dressed up, was never an option.

We are at a stage now where we need to put political allegiances aside and just get on with leaving the EU on October 31 in the most clinical way possible, and as BoJo has proved several times already in his career, he is a leader, a motivator and a driving force for positive, unerring, often brazen action.

Whether Boris will make a good Prime Minister should, at this point, be seen as secondary to the real job in hand, although even on that front, his merciless, almost dramatic dressing down of Corbyn in his first House of Commons debate at least shows a glimpse of a political future where humour, drama and liberal dashes of sarcasm may replace an overstayed period of shouting, shuffling, sneering and downright childish gameplay from those who should know better.

As yes, 55-year-old Boris may well still represent a cumbersome orator from another era, but during his time as London Mayor – and all those Boris bikes – as columnist and magazine editor, and as Foreign Secretary, he made very real change happen. The man is no fool.

Ultimately, what you get with Boris Johnson is charisma, action, and perhaps a little entertainment thrown in for good measure. Sure, he will speak out of turn, he will wobble precariously on the line of acceptability, but he will also put both barrels behind the country he loves, even at risk of throwing himself under the bus... or is it a bike?



Scssilent HERO

For 60 years Marcel Marceau's talent for pantomime entertained audiences around the world. He was also the man whose act inspired Michael Jackson's famous moonwalk. But few of his adoring fans realised that behind the mask of his most famous character, chalk-faced Bip the clown, there was a true hero.

During the Second World War he saved hundreds of Jewish children from the Holocaust. Masquerading as a boy scout, Marcel evacuated a Jewish orphanage in eastern France. He told the children he was taking them on a vacation in the Alps, and led them to safety in Switzerland. Marcel made the perilous journey three times, saving hundreds of Jewish orphans.

He was able to avoid detection by entertaining the children with silent pantomime.

Born to a Jewish family in Strasbourg, France in 1923, young Marcel Mangel discovered Charlie Chaplin at the age of five and became an avid fan.

When Marcel was 16, the Nazis marched into France, and the Jews of Strasbourg - near the German border - had to flee. Marcel changed his last name to Marceau to avoid being identified as Jewish, and joined the French Resistance movement.

Documentary filmmaker, Phillipe Mora, whose father fought alongside Marcel in the French Resistance, said: "Marceau started miming to keep children quiet as they were escaping. It had nothing to do with show business. He was miming for his life."

Marcel's kosher butcher father perished at Auschwitz.

Marcel later said: "My name is Mangel. I am Jewish. Perhaps that, unconsciously, contributed towards my choice of silence."

In his first major performance, Marcel entertained 3,000 US troops after the liberation of Paris in August 1944.

In 1947, Marcel created his beloved character Bip, a childlike everyman with a stovepipe hat and a red carnation.

In 2001, Marcel was awarded the Wallenberg Medal for his acts of courage during the Holocaust.

Until his death at age 84, Marcel performed 300 times a year and taught four hours a day at his pantomime school in Paris. He died on Yom Kippur, 2007.



Art is too important not to share

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Alex Kemsley ...taking the PLUNGE

HOME & DIY

THE SWIMMING POOL DESIGNER DIVING HEADLONG INTO BIG BUSINESS

To combine the pleasure of a favourite pastime with the satisfaction and comfort gleaned from making money and having a successful career... well, that's everyone's dream, surely.

To make that perfect life come true requires dedication, belief and an unrelenting pursuit of excellence, and for swimming pool designer Alex Kemsley that journey started way back at the age of nine.

It was whilst still in single digits – albeit with the help of his father – he built his first pool. And in the immediate years that followed, the young designer's eye for detail very quickly became evident, with a drive for business being complemented by his pursuit of the perfect balance between health and luxury.

"Any nine-year-old boy would enjoy operating an earth mover to dig out a hole big enough for a pool," Alex begins, "but I couldn't have guessed that day that it would become my life's work.

"To go from building a family pool with dad at my childhood home to designing the world's most talked about pool has been an incredible journey."

That iconic pool he references has been built by his company, Compass, and is named Infinity London. It is a 200m high – it sits on top of a 55-storey building – 360-degree roof-top pool set to tower over the capital's skyline. It is formed around cutting-edge design, powered by computer technology and with renewable values at its core... for instance, it is heated by the by-product of creating cool air in the very building it sits atop.

As you would imagine, the designer's level of client is already unparalleled in the world of pool design, with footballers, musicians and TV stars commissioning Kemsley to create, configure and install designs that start with six-figure price tags. And with double-digit growth, the evidence is that demand for going for a dip is Brexit-proof... if not waterproof.



Photo credit: www.compass-pools.co.uk/Infinity London Media



Under THE Sea

HOW TO BRING THE UNDERWATER WORLD INSIDE

There is something tranquil, calming and reassuring about the sea, to the extent that a recent trend finds us recreating the gentle serenity of the coast within our own homes.

Where in the past an underwater theme would have been the domain of the kids' bedrooms, experimenting with maritime design even in our main living spaces – consider blues, turquoises and light greens – can add colour, complexion and an element of fun.

And you don't have to go all out on themed furniture. Sometimes just very subtle references to the sea can have the best effect, such as scallop-patterned chains or edging to drawers or units.

Wallpaper can add smart, subtle references to the coast, either in swathes of brilliant blue and subtle sandy brown, or as a detailed design that perhaps showcases boats, shells or beach huts. And while you're at it, rugs and carpets with irregular, fluffy edges can move and sway in much the same elegant, carefree way as a receding tide. Patterned cushions can add a very simple effect too – think traditional blue and white with perhaps a splash of yellow.

The subtle placement of objects and art can also really bring on that feeling of being in a sub-aqua wonderland inside of your home. Driftwood, for instance, is one of the most curious, curved, beautifully artistic things you can have, even as a stand-alone object or used as picture frames or stand-alone shelf decoration. And when adding watercolours, sculptures and other more covertly obvious nods to the beach, you can quickly build a mood that gives you everything the coast offers without the hassle of sand getting caught between your toes.

Photo credit: Living etc, Sheridan Australia/The Independent, Dan Duchars/Ideal Home

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5 ways to use a MASON JAR

The humble mason jar; we all have one or two gathering dust in the kitchen cupboards. So why not try one of the below cheap and chic creations that can be made with just a few additional materials and a little bit of imagination?

FIREFLY LIGHT FEATURE

Brighten up your garden with this super easy glow in the dark light. All you need is a mason jar and some glow in the dark paint. Create a splattering effect on the inside of the jar with the paint so that when it is dark it will glow as if filled with hundreds of tiny fireflies.

VINTAGE CUTLERY CADDY

Who doesn't love a bit of shabby chic in their home? Mason jars make great containers for cutlery; simply paint a rectangle onto each jar using black chalk paint and then write your labels using chalk.

HANGING HERB DISPLAY

Create your very own hanging herb collection in your kitchen by filling your jars with soil and an assortment of herbs. Display on the windowsill or hang on hooks on the wall.

CUTE COASTERS

Don't forget to utilise the jar lids too; all you need is a sheet of cork-board, some glue and a marker pen. Cut a circle of cork that will fit on the inside of the lid, glue in place and then write a phrase or message on the cork for your guests to enjoy.

AROMATHERAPY JAR

Create your own scents for your home. Simply add cotton balls that have been dabbed with a few drops of your chosen essential oil to a mason jar and then make a few small holes in the lid. Inhale and enjoy. This is a good one if you suffer from colds, use eucalyptus oil and place the jars around your home.



BOB'S ~~NOT~~ A BUILDER

We've all seen news reports, undercover documentaries and social media posts detailing those who've put faith and finance into tradesmen not up to the task. While there is no foolproof system for verifying contractors, utilising a few simple checks can protect against cowboys:

ONE – REPUTATION IS KEY

Be wary of online reviews as these can be filled out by anyone – a genuine customer or perhaps just a mate of the contractor. That said, a great site to check is trustmark.org.uk, which offers government-endorsed tradespeople across multiple sectors.

Beyond that, see if www.youre-hired.com will provide phone numbers of previous customers who have had similar work done. You may even be able to do this with suppliers too.

TWO – WRITE TO REPLY

Make sure you ask the builders to put everything down in writing as regards payment terms, project timeframe and how the job will draw to a conclusion, including, for instance, who will dispose of waste materials.

THREE – MONEY MAN

You should never pay upfront for a job. Any good contractor should want to get the job finished before receiving full payment.

THREE – IMMEDIATE START? BE STARTLED

While we'd all like hired help to get to work as soon as we call, it's not always a bad sign to find a builder cannot start as quickly as you would hope, with a well-stacked calendar servicing other customers.

FOUR – ENSURE OR SHOW THEM THE DOOR

Enquire as to the insurance they offer over work done – what are you covered for in the event of them needing to come back?

FIVE – QUALIFYING TIME

Probably the best check of all is to run your preferred contractor's name past a regulating body. There are a number for each specialism but you can search quickly online to check they are verified.



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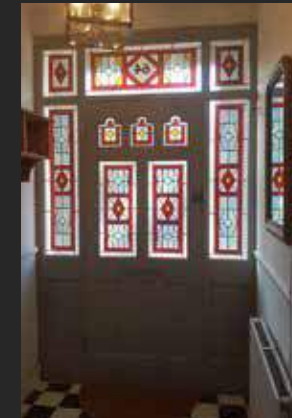
“ Classic Door provided an outstanding end to end service from initial quote right to the end with the fitting. The service was very personalised, Paul managed my order from start to finish including the bespoke design and colour of the stained glass. I would not hesitate to use Classic Door again as I thought the quote provided was reasonable (bespoke double glazed stained glass, bespoke door frame, ironmongery, off the shelf door, Little Greene paint), the service was outstanding and most importantly the finished product is just beautiful! **L.L.K. via our Facebook page**

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LOCAL NEWS

from your neighbourhood



BEFORE



AFTER



Company helps elderly man conned out of £3,600

The owner of a Billericay tree surgery company came to the aid of an elderly man who had been ripped off by "cowboys".

Jamie Hilton, business owner of JH Services, was contacted by the man's daughter to ask him for a quote to finish the job.

When Jamie attended the home, he was shocked by what he saw.

He said: "All the stuff was left there. The garden was a complete mess. They had no safety equipment and there was dropping trees into the neighbour's garden. It was causing a right show.

"He had been conned out of £3,600. He felt threatened so paid them.

"I went home to try and do the quote, but I rang the boys and asked if they'd mind helping for free."

Jamie, along with Thomas Newman and Sam Allen, went back to the house to tidy up the mess. They were also donated a stump grinder by Collins Joinery. The gentleman was extremely grateful for their help.

Jamie explained: "He said we made his day and he has now gained faith back in people."

The business owner is encouraging people to check companies have the right paperwork.

He said: "Go by word of mouth and don't be afraid to ask for tickets and licenses. The first company didn't have any of this.

"It's not offensive — we expect people to ask for it."

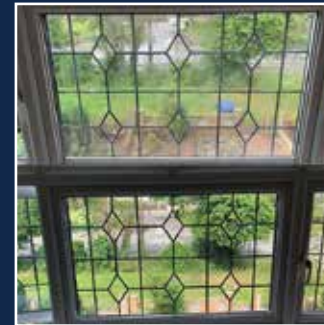
New barriers improve security at car park

New barriers have been installed at a car park in Billericay to restrict out-of-hours access and reduce anti-social behaviour in the area.

The new barriers at Radford Crescent Car Park

came in to use on August 17.

The barriers, installed by Basildon Council, will not affect access for season ticket holders and pay and display customers using the car park during the day.



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Photo credit: Essex Police



'Hero' officers thanked for making boy's day

LOCAL NEWS BILLERICAY

Two officers have been thanked by a mum after spending time with her son and letting him go in their police car.

On August 11, Leah and her son Harvie-Jerrie were on their way home when they spotted a police car near Billericay train station.

They waved at Sgt Paul Hogben and PC Matt Oliver, and Matt, who wasn't driving, waved back.

Leah and Harvie-Jerrie caught up with them near the police station and Harvie-Jerrie was overjoyed to be able to sit in their police car and test out the flashing lights.

The mother thanked the officers and sang their

praises on a local Facebook group.

She said: "These officers were amazing. My son is obsessed with the emergency services and plays with his police cars at home all of the time.

"For a boy who has recently been diagnosed with autism this was like a dream come true.

"Police officers are like warriors, superheroes and heroines spending their days protecting us and keeping us safe. These two heroes stood out to my son and really made his day.

"I can't thank them enough for their hard work and I appreciate all of the officers' time helping to keep us safe."

Organisation offers support to town youngsters

A non-profit organisation is offering a helping hand in an attempt to support the youngsters of Billericay.

The Well Youth Club started recently in Billericay's Reading Rooms, situated along the High Street, as a way to help young children and adults get support during tough times.

The need for an increase in resources for those who suffer with their mental health is getting bigger and the pressures on teenagers and young adults are huge.

Donna Ager, lead volunteer of the Well Youth Club, said: "I have, like most people, been deeply saddened by the suicide of teenagers. It makes me so sad to think they believe that suicide is the only option.

"The loss of their lives has such an effect on so many others. They need to learn more about reaching out for help, coping mechanisms, resilience and looking out for warning signs in each other."

Well Youth Club is a safe environment for children and young adults to relax, have fun, be themselves and develop their mental health needs.

Well Youth Club runs from 6.30pm to 8.30pm every Thursday at Reading Rooms, however from October 3, the Youth Club will be open from 3pm to 5.30pm, so kids can drop in straight after school.

For more information, visit www.motivated-minds.co.uk



ON PATROL WITH... THE PASTORS



We are enjoying the summer break as Street Pastors but are keeping our eye on how to help our community. We continue with our night-time economy patrols on Friday and Saturday nights.

Recently we were out and came across a young female who had become separated from her group. Although she had been drinking, she was not drunk. She had a medical episode and collapsed in a very secluded area. We were in the right place to offer medical assistance, call an ambulance and care for her.

We look forward to recruiting more Street and School Pastors this month as we expand our work. Our volunteers need to embark on several sessions of training, including shadow patrols, before they can patrol.

An associated group is our Football Pastors. We attend Billericay Town Football Club home games to act as a listening ear to anyone who needs it.



Men often struggle to share their feelings but can do so in comfort whilst watching their local team.

We are excited to be supported by the local Round Table who financed our new kit.

Rising stars shine at Tennis Open



Over 350 participants took part in the annual Essex Open Tennis Tournament held at Billericay Lawn Tennis Club recently.

Competitors came from all over the county to take part in the event.

Among those taking part was aged 10 and under British number one Grace Walker, who has competed in the Junior Internationals for Team GB.

Matthew Doe, from Billericay Tennis Club, won four out of the five events he entered including Singles U18s, Open Men's, Doubles U18 and Open Men's with partner Ben Slade.

Rising stars included Daisy Edwards, who won the U10 Girl's Singles and U10 Girl's Doubles with partner

Emilija Lebedevaite.

Unseeded player Emmie Wright won the Ladies Open Singles, runner-up U18 Singles and runner-up Open Ladies Doubles and U18 Doubles with partner Azra Ozerin.

A spokesperson from Billericay Lawn Tennis Club said: "The event was a huge success and greatly enjoyed by all.

"Well done to all our winners and thanks to all participants, sponsors and volunteers, in particular Graeme Luckin who dealt with all varieties of weather and still managed to complete the event to schedule.

"A big congratulations has to go to John Pullin, event organiser, for another great event."

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BILLERICAY TOWN FC



LOCAL NEWS BILLERICAY



Photo: Nicky Hayes Photography

There's much more to come from Billericay Town

With ten points from the first five games of the season, Blues fans will be satisfied with their team's start to life in the National League South – but could it have been even better?

After The Blues left Hampton and Richmond with a share of the spoils, Blues boss Harry Wheeler admitted he was frustrated.

He commented: "At the moment we give teams lifelines. Whether that's a sending off or a penalty, we give people lifelines."

But there have also been some huge positives to take from the start to the new campaign.

Among those is when The Blues snatched a late winner at home to Welling United – that's something that may not have happened last season.

After that game, Wheeler noticed something new amongst his current crop of players.

He said: "We've got a group here who are resilient and their heads don't go. I'm very proud of the boys. Standards are set, we play good football and we have showed what good and intelligent players we are. We play but we don't overplay."

It's also no surprise that Jordan Parkes is becoming a growing influence on the team and the excitement surrounding the former Hemel Hempstead Town FC man's capture is proving justified.

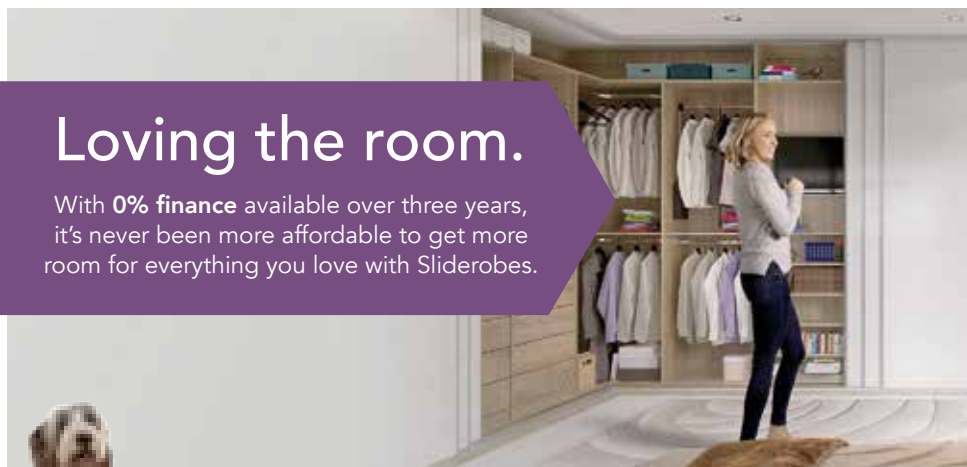
The Blues have produced in front of their own fans so the focus must surely be on improving things on the road. Four points from three trips on the road is a solid enough return but five goals conceded away from home so far points to a problem that needs addressing.



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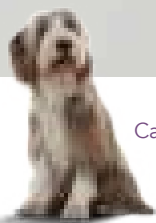
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Teenage criminal jailed for eight years



Photo credit: Essex Police

A teenager has been jailed for eight years after he tried to rob a Billericay jewellers. Calvin Brown, from Billericay, and three associates arrived at Coleby's in High Street at around 11.35am on Thursday, January 31, 2018.

They used sledgehammers and the three mopeds they were riding to break through the glass shop front.

The owner of the neighbouring hairdressers attempted to distract them by throwing their shop sign at them.

A van driver trapped two of the mopeds by manoeuvring his van to prevent them from hurting anyone, despite them smashing his windscreen.

All four suspects then got on the remaining moped and rode off.

Police traced them to The Swallows, where all the motorcycle clothing and the bike itself had been abandoned.

Brown was arrested later the same day.

He admitted a charge of aggravated burglary at Basildon Youth Court on Wednesday, March 6.

Sentencing was adjourned until July 30 at Basildon Crown Court.

Brown was also sentenced for five unrelated charges of robbery and one of theft. These all happened in London before January 31, 2018.

He was jailed for a total of eight years for all the offences.

Essex-based experienced reporter needed

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To be considered for this Essex-based position, drop me an email at nik@visionmag.co.uk including your CV.

Family pay tribute to 'wonderful' woman

The family of a woman who died after a crash in Billericay have paid tribute to her.

Iris Sage was seriously injured in a collision with a Ford Transit van in Alma Link shortly before 12.45pm on Monday, July 29.

The 75-year-old was taken to hospital, but sadly died that evening.

In a statement her family said: "We are very sorry to have lost our beloved Iris.

"She was a wonderful, kind, and generous person who is deeply missed by her many friends and extended family. Especially by her loving son who she was a truly amazing mum to.

"The hole she leaves in her son and friends' lives will never be filled."

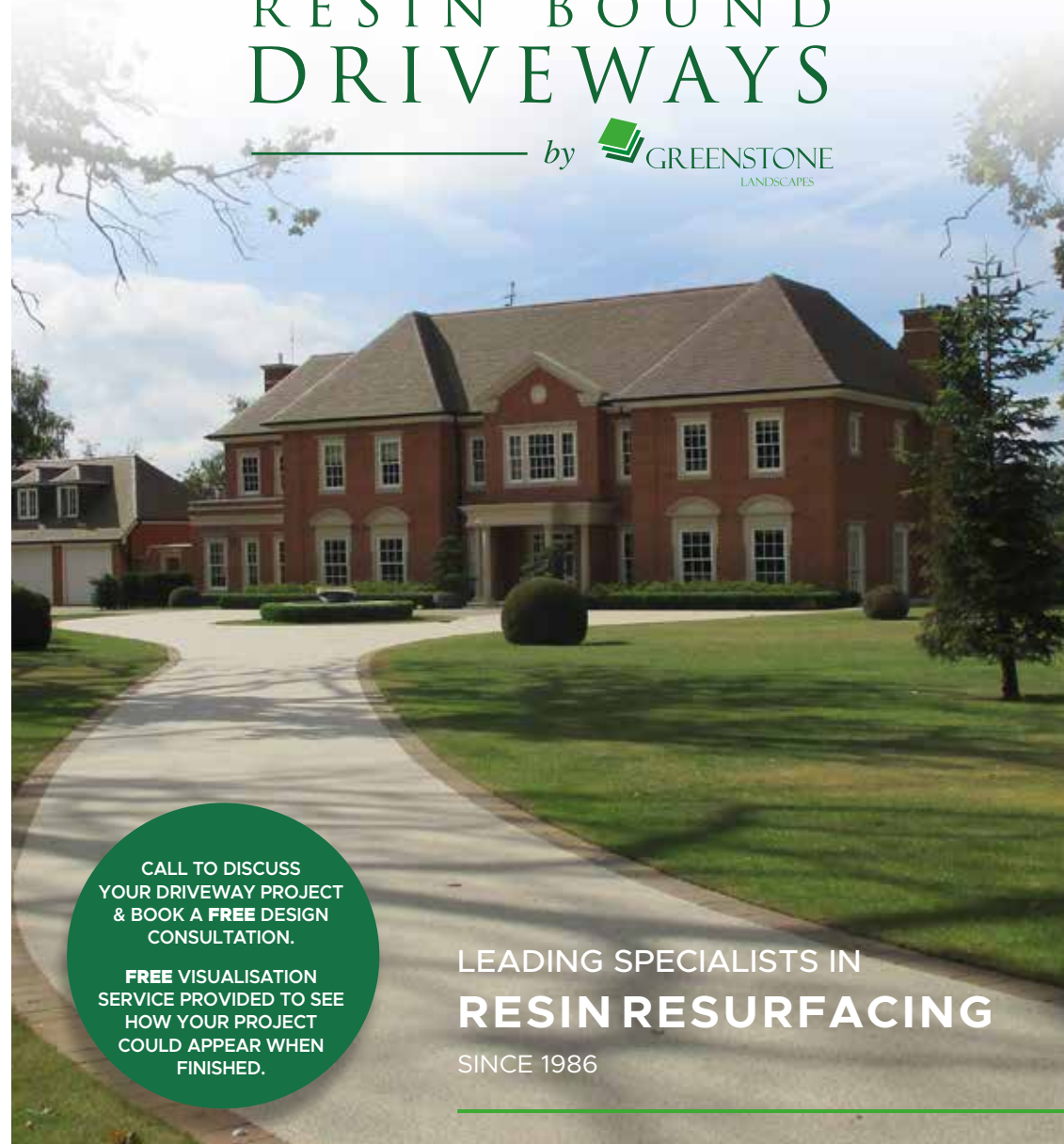
At the time of writing, a 58-year-old man arrested in connection with the incident had been released under investigation.



Photo credit: Essex Police

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LOCAL NEWS

from your neighbourhood



Shenfield High students celebrate well-deserved success

Shenfield High School celebrated a successful A Level results day for its students last month.

Dozens of Sixth Form pupils collected their grades on the morning of August 15 with smiling faces as they opened their envelopes.

Success stories include Jack who will be heading to study law at University of Leeds, Amy and Phoebe will be heading to Guildhall School to study music and Shakira Barr, who received an A*AA in art and design, drama and theatre and media studies, will be heading to South Essex College.

Shenfield High teacher, Matt Sheriff, tweeted: "So very proud of @ShenfieldHigh media and film students, fantastic set of results, especially when you consider the implementation of two very tough new specifications, well done to them and all the other Shenfield students who also delivered excellent grades today, well chuffed."

Assistant teacher Mr Sands said on Twitter: "Well done to our @ShenfieldHigh music A Level students. 100 per cent A* - C so pleased all the hard work paid off. We wish you all the very best for the future."

Man dies following incident at station

Police were called to Shenfield Station last month after reports of an incident on the tracks.

Emergency service vehicles rushed to Hunter Avenue Car Park at around 5.20pm on August 2 and British Transport Police later confirmed that a man had been pronounced dead at the scene.

A spokesman for British Transport Police said: "Officers from British Transport Police were called to Shenfield station following a report of a casualty on the tracks. Paramedics also attended however a man in his thirties was sadly pronounced dead at the scene. His family have been informed."

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Date finally set for when Crossrail will open

Train passengers in Shenfield could finally have full use of the multi-billion-pound Crossrail as a target date for when it will open was announced.

The delayed project which also has spiralling costs, connects Shenfield in the east with Reading in the west via tunnels that provide more frequent and quicker services into central London. It will open between October 2020 and March 2021.

As part of that target date Crossrail have outlined a plan to complete the outstanding work and safely bring the route, known as the Elizabeth Line, into passenger use at the earliest possible date.

That plan includes a list of 120 key programme milestones.

Although currently a six month window is in place for when the project will be finished, the final date will become clearer as testing continues.

Mark Wild, chief executive of Crossrail, said: "Work to complete the Elizabeth Line continues to make good progress against our new plan.

"Fit-out is nearing completion at many stations and testing of the train and signalling system is underway but there is still a huge amount to do before the central section can open.

"Crossrail is now in its critical and most challenging final phase due to the significant integration and testing work that remains to be completed.

"We are fully focused on completing the Elizabeth Line and ensuring a safe and reliable passenger service as quickly as possible."

Crossrail will initially run with 12 trains per hour in peak times. It is expected that all stations on the route will open except for Bond Street which is delayed because of design and delivery challenges.

Owner wants to reopen bar after fatal attack

The owner of a bar in Brentwood which had its licence revoked after a man from Shenfield was killed outside the premises has applied to the council for it to be re-opened.

Paul Wallington, 25, was assaulted on Christmas Eve last year outside The Vine in Brentwood and sadly died as a result of a head injury five days later.

The bar was forced to close following the incident and has since remained vacant and unused.

Andreas Artemi, the owner, applied for a premises licence to Brentwood Borough Council on August 19.

A 30-year-old man from Basildon is due to answer bail on September 2 after being arrested on suspicion of murder.

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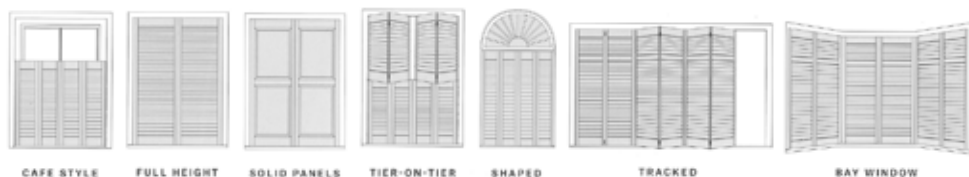
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LOCAL NEWS SHENFIELD

Local solicitors win national industry award

A solicitors, which has an office in Shenfield, won a prize at the Modern Law Conveyancing Awards. Mullis & Peake LLP Solicitors' residential property team won the Innovation of the Year award at the ceremony held at the Rum Warehouse in Liverpool.

The awards were organised by *Modern Law Magazine* and sponsored by Eclipse Proclaim, Future Climate Info and Powered by PIE, amongst others.

The winners were chosen by an esteemed judging panel, who were selected based on their knowledge and experience of the industry.

The residential property team won the Innovation of the Year award as they showed they were leading the way in finding unique solutions.

Clare Butcher, head of the residential property team at Mullis & Peake LLP Solicitors, said: "The new business team is very much a work in progress for us and is already a great success. We look forward to seeing how this develops as time goes on."

"Moving forward, we are looking to expand this team so we can develop on our already acclaimed standard of service to clients."

"For now, it is fantastic to have been recognised as leaders in our field at these nationwide awards and we look forward to passing on many of the changes we have already made to our clients and others in our industry."

Former pupil shines on England cricket debut

A former Shenfield High pupil has shone on the international stage after getting her first call-up to the England T20 Cricket team.

Mady Villiers was selected in the Women's Ashes squad for the T20s against Australia in July after a good run of form for Essex Women and Surrey Stars.

On her international debut, Villiers excelled and picked up two key wickets in her second over which left England to secure a 17-run victory over Australia.

Shenfield High congratulated Mady.

The statement read: "Everyone at Shenfield High is very proud of Mady. She scored her first century for the school as a 13-year-old off just 66 balls just two years after first playing the game. Please note Mady is a genuine all-rounder, not just a decent spinner."

The 20-year-old described her debut as an "incredible experience" on her Instagram page as fans flooded her with congratulations after her performance.

It read: "What a difference a year makes and what an incredible experience to step out on the field with these girls and make my debut."



Photo credit: England Cricket



From the Far East to the East of England

If you've ever wanted to experience Japanese culture without leaving the comfort of your own home, now's your chance. In January 2020, courtesy of CHE, families in Shenfield will have the opportunity to open their doors to Japanese students wishing to experience a slice of life in the UK. Whilst Japanese students love sightseeing in London, when they are choosing their homestay locations they are looking for the kind of warm welcome not often found in the capital.

Students will spend their weekdays having English lessons and going on excursions, but the unique part of the experience is the homestay, where they hope to try wholesome British food and to communicate with their host families in English, teaching them

about Japanese culture, while also learning about British customs.

Local coordinator Simon Essex said: "In the UK we are exposed to European and American culture through social media and television on a regular basis, but personally, I have always found Japanese culture fascinating. I am very excited that CHE are now opening the opportunity to Shenfield families to host Japanese students in January 2020, allowing them to experience our great way of life here in Shenfield. We hope to offer them a memorable experience in a safe and caring home for their short stay in the UK."

Contact Simon on simon1973essex@gmail.com or 07841 020197 about this incredible opportunity.

Residents encouraged to use library

A group campaigning to save Shenfield Library are encouraging residents to become active users.

Essex County Council (ECC) announced recently that no libraries will close within five years, however Save Shenfield Library are still concerned that the library won't remain in its current state.

A campaigner said: "There is absolutely no guarantee that we will keep our present spacious library building, current ECC staffing level, or opening hours. We can expect big changes to our library service within 12 months."

Older residents have also expressed concern that if the library closes, they won't be able to travel to ones nearby.

One resident said: "We simply won't be able to go to Shenfield Library and we will feel more isolated."

Save Shenfield Library campaigners are encouraging the community to become active members of the library.

A campaigner said: "Please make sure that all of your family members and friends have a library card and use it to borrow at least one book at Shenfield Library."

"It is quick and easy to obtain a library card at the desk or online and you don't need to produce ID."

"Please support Shenfield Library which is at the heart of our community."

Opening hours can be found at libraries.essex.gov.uk

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LOCAL NEWS SHENFIELD



In this day and age, access to fast, reliable broadband is essential for most of us to benefit from online services and for UK businesses to compete globally.

In good news, the Government hit its target to extend superfast broadband to 95 per cent of the UK by the end of 2017 and firmly believes that this transformation of the digital landscape should reach every area of the UK.

However, as many of us know, the superfast speeds we have been promised are not always a reality – especially for those living in rural areas, or at the furthest distance from the telephone exchange. The Government's focus is now on those hardest to reach places in the UK that are not covered by existing plans.

One of the main companies rolling out the new technology is Openreach, and I recently had the chance to meet company representatives and engineers in a small building in woodland in Brentwood to find out more about the work they are doing to switch all of us on to superfast broadband.

Thousands of new workers will be needed and Openreach has taken on 3000 new recruits this year

within twelve regional training schools. It's currently the biggest provider of apprenticeships in the UK and the largest employer of ex-forces personnel. And, fortunately for the broadband users of Shenfield there were plenty of highly-trained staff on hand when I was offered the chance to splice some of the high-tech fibre technology into the system.

Openreach is keen to make sure all of us with access to superfast technology are aware it is available. We should be told by our service providers when faster speeds are available.

For those with very slow broadband, the Government has introduced the Better Broadband Scheme. Anyone, in any part of the UK, whose broadband is slower than 2Mbps, can apply to this scheme to get Government support for a faster connection to allow them to carry out the basic online tasks that are expected in a modern world such as emailing, or completing online forms. If you're struggling with your broadband speeds, do get in touch with me at www.alexburghart.org.uk or, if the internet is just too slow, at House of Commons, London, SW1A 0AA.

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POSTING PROFITS

Why new *Dragons' Den* enterprise impresario Sara Davies is a calling card for all businesses hoping to grow out of nothing.

.....

Anyone who has seen the new series of *Dragons' Den* will have clocked a new face on the panel of fire-breathing business behemoths.

Terrestrial television's most successful new business show resumed its 17th series at the start of August. And with Jenny Campbell having stepped back from investment duties at the end of the last run of programmes, the much-vaunted seat two – once occupied by James Caan, Richard Farleigh and Hilary Devey – was instead filled by a new backer; and someone able to empathise with all areas of the entrepreneurial spectrum.

To the untrained eye, County Durham-born Sara Davies MBE represents a friendly, warm, welcoming, empathetic member of Britain's most feared panel. And so she should – the 35-year-old was brought up in rather simple surroundings in the north-east, and launched her debut business, Crafter's Companion, from her university student accommodation.

Her idea was simple – she offered a tool that could create bespoke envelopes for handmade cards. It came at a time when craft had begun to boom in the UK, and such an obvious gap in the market was there to be exploited. Sure enough, by the time Davies graduated, the enterprise was turning over £500,000 a year.

These days, Crafter's Companion exports to over 40 countries, employs 190 people worldwide, and can boast an annual turnover of £25million – not bad for an idea not just written on the back of an envelope, but was the envelope itself.

It all adds up to someone perfectly in touch with the qualities required to take a ground level business and move it to the next level. In the opening episodes we see Sara's approach as firm but fair, sympathetic yet system-driven.

"I think my background isn't too dissimilar to that of the other Dragons," she says.

"It's not like we were born into huge amounts of wealth. For us it's just been a case of having a good idea, going with it, then using the profits from that to try other avenues.

"As I say to a lot of young companies, sometimes getting that first idea right makes it 10 times easier to fuel all those that follow. That's because you have a springboard, you have experience, and the chances are you have contacts, as your next move is most likely to be in a familiar area."

As the 18th business wizard to step into the show, Davies is the youngest, proving that the world of modern business, even at corporate level, isn't the domain of those who have spent decades climbing up through the system.

"While it takes time to understand the mechanics of enterprise, I believe the spark to make money and to make a difference is there from childhood. That's not something you can learn – you either have it or you don't," she says.

Davies is already making a difference in the den. While, straight away, she put her hand in her pocket to make real the dreams of the next generation of business whizz, she is at the same time inspiring a brand of Sunday night armchair money-makers as well – are you one of them?

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PLANT OF THE MONTH:

Antirrhinum

Antirrhinum is also known as dragon flowers or snapdragon due to the fact that its flowers resemble the jaws of a dragon that appears to be snapping when squeezed open and close. They are known for their vibrancy and are ideal for providing autumn and winter colour in your garden.

WHAT TYPE OF PLANT IS ANTIRRHINUM?

Antirrhinum is normally considered as a biennial and is available in dwarf, pyramid-shaped plants or tall tower-like ones. They have a light floral fragrance and come in many vivid colours including pink, crimson, yellow and white. They can grow up to three feet tall.

WHEN AND WHERE DO I PLANT ANTIRRHINUM?

This plant loves the sun and also needs rich, fertile soil with a medium amount of moisture to flourish. They enjoy the cooler autumn weather and can often survive a heavy frost so commence bedding in September for display in spring. Grow them in flower beds, planters or borders for best results.

HOW DO I PLANT ANTIRRHINUM?

Prepare the soil by mixing in manure or other organic matter. Each plug plant needs its own hole and must be deep enough to cover the roots but not the stem. Water regularly and feed weekly.

HOW DO I LOOK AFTER THIS PLANT AND HELP IT FLOURISH?

If looked after, each Antirrhinum plant can grow out up to eight flower spikes per season. In order to achieve this, make sure you pinch out the stem tips once the plants are established, cut the flowers to encourage new growth and keep on top of deadheading. Look out for 'rusting' – small brown spots on the leaves.

WHAT DOES THIS PLANT SYMBOLISE?

Snapdragon flowers are said to represent concealment and deception but on a more positive note, they also have connotations with graciousness.



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Sleeper HIT

Get your garden back on track with the use of railway sleepers

Railway sleepers have a mystery and charm all of their own... to the extent that an object originally recycled from the trackbed is now being produced from freshly felled trees, such is its popularity amongst gardeners.

While some people choose to leave the sleeper to extol its original rustic beauty, others like to explore the range of treatments that can brighten, soften or reshape this hunk of wood, from sanding back to varnishing or painting.

Here are a few uses for railway sleepers:

UNDER FOOT

Solid enough to hold the weight of a train, it makes sense that a railway sleeper's most accepted use is in the ground. As characterful steps – laid either sideways or pushed together lengthways – this is a great use that can guide an eye deep into a garden's charm.

EDGING

Flower beds and lawns can look smart and tidy when utilising the brilliant straight lines of a railway sleeper. For a rustic object, this hunk of wood can offer an unexpectedly contemporary line that will shape and present your plant life.

Alternatively, cut the sleepers and stack face up, experimenting with different lengths to give your beds a feel of ascending excellence.

WALLS

Railway sleepers presented as a wall not only makes a visually pleasing bank of wood, but will provide you with considerable strength at the same time. Whether housing a compost pile or offering a place for you to store garden objects out of view, these weighty objects will stand up to storage.

Consider drilling solar lights in too to make your garden a charming night-time escape.

BENCHES

Whether cut to form legs or otherwise propped on bricks, using railway sleepers as a bench will give you a chunky, rustic seat that will survive many winters.



GARDENING



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Thursday 10th October 2019 at 6.30pm
With Mr Paul Chatrath,
Consultant ENT Surgeon.</p> | <p>P Ageing aches and pains.
Thursday 14th November at 6.30pm
With Dr Matthias Toth,
Consultant General Physician.</p> |
| <p>P Ageing foot disorders.
Tuesday 15th October at 6.30pm
With Mr Amit Bhargava,
Consultant Orthopaedic Surgeon.</p> | <p>1:1 Varicose vein surgery.
Thursday 3rd October 2019 from 6.30pm
With Mr Gadhi,
Consultant Vascular Surgeon.</p> |
| <p>P Cataract surgery and ageing eye diseases.
Thursday 11th July at 6pm
With Prof Rajesh Aggarwal,
Consultant Ophthalmologist.</p> | <p>P Thursday 21st November 2019 at 6.45pm
With Mr Sabu Jacob,
Consultant Vascular Surgeon.</p> |

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PINEAPPLE HEAD

Why sleeping with a pineapple in your room can aid sleep

Warning... the next time your partner asks if you want to get fruity in the bedroom it may be that they have only one thing in mind – sleep.

Recent research from NASA, no less, suggests that sleeping with a pineapple in your room can stop you from snoring; and that, in turn, will help you – and anyone nearby – sleep better. It's thought one in four people are forced to kip elsewhere on nights when their loved one's sound effects get out of hand, but a simple trip to the greengrocer could unite couples again.

That's because pineapples produce huge amounts of oxygen, and the release of this improves air quality throughout the night and our own ability to sleep.

Scientists now believe a combination of air purity and a sensible quantity of well-regulated rest (7 to 8 hours) are vital for our daily wellbeing. Sleep not only improves our ability to function mentally, but serves to help the body fight off germs and infections.

While pineapples seem to be getting all the good press at the moment, there are a number of other plants that have a surprisingly buoyant effect on air purification. These include aloe vera, dwarf date palm, weeping fig, English ivy, Boston Fern and Chinese evergreen.

And one final tip when you find yourself in the local supermarket selecting your prickly night-time partner – pick up an extra pineapple to consume before you put your pyjamas on. That's because boffins have revealed that pineapples are high in melatonin, a hormone that can help reset your circadian rhythm, getting sleep and waking cycles back to normal whilst even offering one of your five a day.





OBJECTS *of desire*

GET FIT WITHOUT EVEN LEAVING YOUR HOME

While a pool workout or 100m sprint may be beyond the limitations of our inside spaces, there are a number of home objects and fittings that can offer you a great workout platform on the days when the schedule looks tight (or your willpower is low). Even a few minutes flexing, stretching and pushing on the following can get your body moving and the serotonin flowing:



SOFA

Probably the best piece of gym equipment you never thought you had. Whether tucking your feet under when laying on the floor to perform sit-ups, leaning against it to push off against it in strengthening your core, or standing with your back to it as a guide for a single-leg squat, you can collapse onto your sofa post-workout in the knowledge you've earned the rest.



STAIRCASE

Staircase sprints are the power-packed way to get fit quick, but even descending slowly as a way of stretching out calves and tendons can be a really good method for getting flexibility flowing as a tool for injury prevention.



CHAIR

Moving a chair against a wall to perform stretches against is easy and effective, from calf raises to lunges to yoga-style leans.



BED

Lay on the bed with your legs hanging off the edge, then extend them straight into the air so your body forms an L shape. Now lower them slowly back down so they return to the initial position, in a move that will brace your core, providing a workout for the entire bottom half of your body.



KITCHEN WORKSURFACES

If you have work surfaces less than a metre apart, lift and raise yourself between the two before lowering again, for a great way to build arm strength quickly.

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

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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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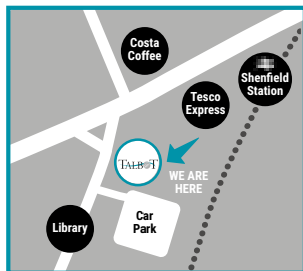
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SLICK or smooth?

BEAUTY

Whether you are a hair oil convert or are still suspicious of this product that promises to drive away dry locks for good, you can't fail to notice the hype that surrounds oils at the moment.

Are they too good to be true or is there an oil perfect for you?

Coconut Oil: Best for dry/damaged hair

A real multi-tasker, coconut oil contains fatty acids, vitamins and minerals that penetrate the hair leaving it smooth, silky and supple.

Argan Oil: Best for frizzy or coarse hair that is prone to greasiness

This oil is often referred to as liquid gold mainly due to its golden colour but also because of the benefits it offers. It is 100 per cent natural and contains antioxidants and vitamin E which helps nourish and protect your hair.

Jojoba Oil: Best for beards and dandruff sufferers

This oil has the clever ability to not mess with your scalp's natural balance of oils, but it still penetrates your hair's follicles, moisturising them from within.

Almond Oil: Best for hair growth or reducing hair loss

Like other oils it contains fatty acids and proteins that help protect and nourish your hair, but almond oil also contains magnesium which helps prevent breakages and aids hair growth.

Olive Oil: Best for brightening dull, frizzy hair

Most people have olive oil in their kitchen, but did you know you can also use it in the bathroom? Due to its protective and exfoliating properties, olive oil can be used in place of conditioner to create a smooth shine after shampooing.

Marula Oil: Best for sun exposed hair

Summer make feel like a distant memory but the effects on your hair are visible for all to see. Marula oil, which has a distinctively fruity aroma, is ideal for treating sun-damaged hair.



FASHION

BRING ME sunshine



layer up with a chunky scarf.

PALE ALE

For those who are really not sure about this colour, choose a shirt in the palest yellow you can find and wear it in place of a crisp white one. Team with a pastel tailored jacket and cropped trouser for an easy and bang on trend outfit.

DARK CHEDDAR

Want a bit of warmth? This shade can best be described as dark yellow with a hint of orange; think butterscotch. Perfect for both sexes this autumn; snap up a leather jacket and trouser combo or play it safe with a simple dark yellow shirt.

FLUORESCENT YELLOW

The high street is awash with neon this season; from flashy suits to casual sportswear to the simple tee. Women and men alike can't go wrong with a stylish head to toe electric yellow suit or for those wanting a slightly less obvious look a simple bright yellow vest top or t-shirt can work wonders on both your mood and your outfit.

If you can't wait for the cooler months so that you can embrace darker tones, then you may want to look away now. This autumn is all about the bright and mood-enhancing colour yellow.

But before you decide to become a recluse until this trend has passed, let us reassure you that this colour can suit everyone; you just need to find your shade.

MELLOW YELLOW

If the thought of wearing bright yellow brings you out in a cold sweat, then a butter shade is what you need. For the ladies, look out for a full-length cotton dress that will see you through this transitional season. Men should focus on accessories; a pale yellow tie will work wonders to spruce up a suit or



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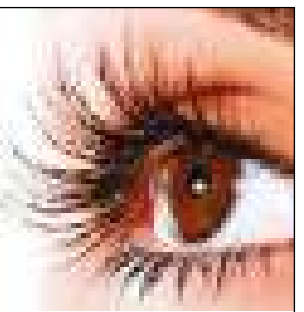
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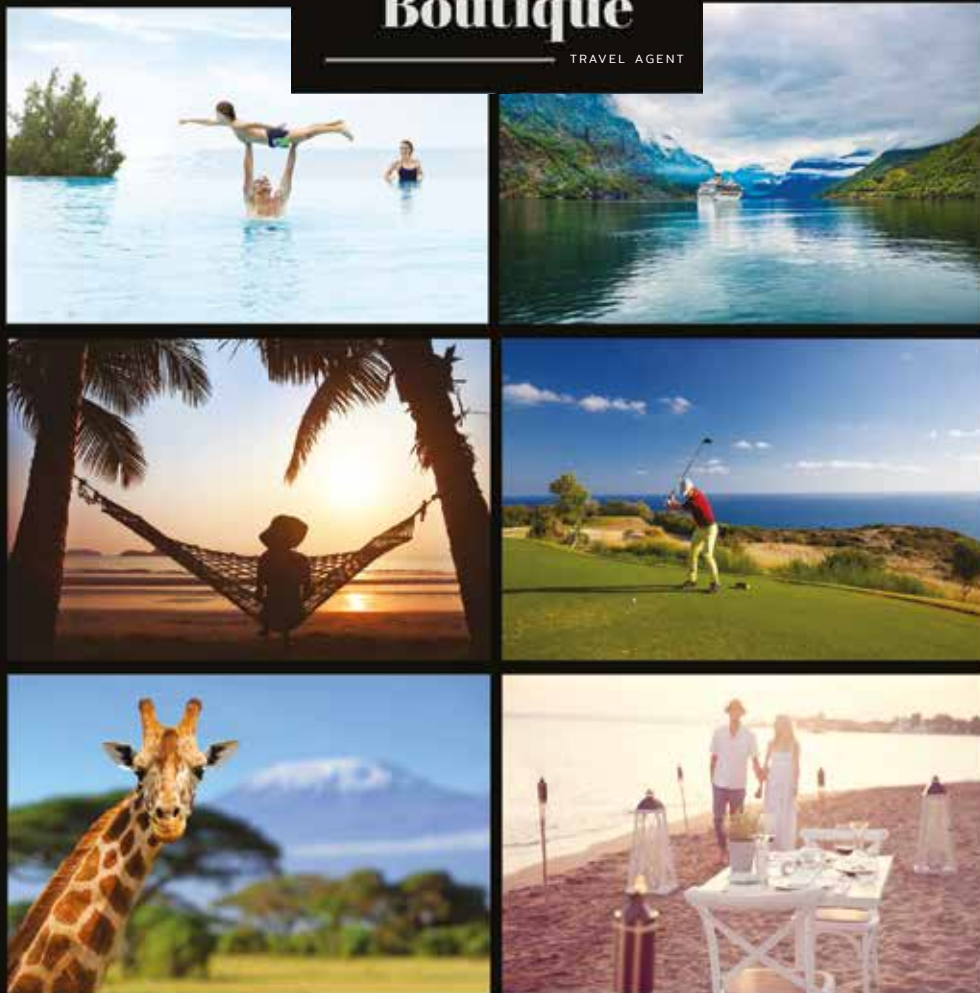
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TRAVEL

AUTUMN escapes

PLANNING YOUR
NEXT GREAT ESCAPE



Whether you've already been away this year or have been shaping your holiday away from the madness of the summer rush, the popularity of the autumn escape has really come into its own as people look to rework the way they holiday. Here are a few places to consider:

ROME

Notoriously busy during July and August, the Italian capital regains its resplendent simplicity as the autumn months come about. A drop in tourist numbers means you can fully appreciate Rome's stunning architecture, take your time over pizza or pasta, and explore winding backstreets without an accompaniment of trudging tourists. Of all Europe's cities, it is probably the one that feels most different in autumn.

CYPRUS

If sun and sand is still your thing, then Cyprus will hold its sizzling summer feel more than most other European destinations. Even in the echoes of autumn, temperatures remain in the high 20s, and

with an eclectic coastline, charming Mediterranean villages and a combination of vineyards and mountains, there are a variety of terrains and colours to ensure you stay charmed by your surroundings.

AFRICAN SAFARIS

For the perfect African safari, an autumn break is perfect. Temperatures all year round tend to vary very little – in Kenya, for instance, the lowest average of 27 in June is only four degrees off the January peak month. Other locations such as Botswana and its Okavango Delta can offer water-flooded expanses that cool hot limbs whilst offering incredible, expansive views over some of the world's most incredible creatures.

VIETNAM

Or perhaps for somewhere completely different, get in right at the start of Vietnam's dry season with an October escape to a land of rich wildlife, absorbing culture and complicated history that, these days, lures tourists looking for provenance and purpose as much as a place to relax and unwind.



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FOOD & DRINK

We live in a time of global culinary inspiration, yet where food mash-ups go, some of the recent trends appear to be not just from another country, but another planet. What is certain is social media has accelerated the popularity of some frankly peculiar creations. Do you dare your tastebuds to stretch quite this far?



THE STARTER: PICKLES AND PEANUT BUTTER

Pickles as a starter are nothing new, but with a tangy peanut butter accompaniment they take on a flavour – and a texture – all of their own.

THE DRINK: COCONUT LEMONADE

Two cans of lemonade, 1tsp of coconut extract, a dash of blue food dye and ice cubes, makes a perfect summer drink with a tropical twist.



THE MAIN: MARMITE PASTA WITH CHEESE

Love it or hate it, yeast extract is a dynamic flavour that divides a nation. And in the form of a pasta sauce its controversy continues, although softened with cheese this is an absolute treat for those brave enough.

THE ACCOMPANIMENT: POPCORN WITH KETCHUP

While sugar and honey have provided the sweet option for popcorn fanatics up until now, ketchup's universal appeal now gives the ultimate cinema snack an even tastier appeal, as well as adding moisture to a notoriously dry snack.



THE DESSERT: VANILLA ICE CREAM AND SOY SAUCE

This dessert uses the same principle as salted caramel ice cream, adding a burst of flavour to the smooth, sweet predictability of vanilla ice cream, whilst masking that sometimes excessive fishy essence of this most characteristically Asian flavour.

THE HEALTHY OPTION: SALT AND PEPPER ON APPLE

This simple, healthy break from the norm combines sweetness, salt, a power packed punch and all the crunch of our favourite fruit in a way that will keep the densist happy too.



THE SNACK: OREOS IN ORANGE JUICE

Chocolate orange as a taste is nothing new, but never before has dipping your faithful Oreo in natural orange juice been so rewarding, with rich, competing flavours, mesmerising moisture and a familiar crunch.



GET A HANDLE ON homework



Homework can be the bane of a parent's life; should you just let your little ones get on with it, micromanage the whole process or simply wing it each day?

✓ BASE INVOLVEMENT ON THEIR AGE

Children who have only just been introduced to the concept of homework are going to need more help and motivation than an older child. Be present with younger children and help where needed but make sure your child is actively participating in the task at hand.

✓ TALK TO THE TEACHERS

Knowing what your child's teacher expects is an important step in managing home learning effectively. Set time aside to talk to them about their homework policies and how much they think you should be involved.

✓ SCHEDULE FOR SUCCESS

Work out what time works best for your child; whether that be straight after school whilst they are still in the learning zone or after dinner once they have had time to relax and unwind.

✓ PLAN AHEAD

This is especially important if your child has after-

school commitments or has been given a bigger project to do that will require more time and effort. Try breaking up their work into more manageable pieces or create a work schedule for additional guidance.

✓ ELIMINATE DISTRACTIONS

An obvious one, but phones, TV and other electronic devices are a big no-no when it comes to homework time. Young children especially can be easily distracted so keep these devices out of sight.

✓ MOTIVATE AND MONITOR

Make sure you are aware of any big tests or assignments and monitor your child's progress as they prepare for these. Be on hand to encourage and offer support but try not to take over; remember your child needs to make mistakes in order to grow as an independent learner.



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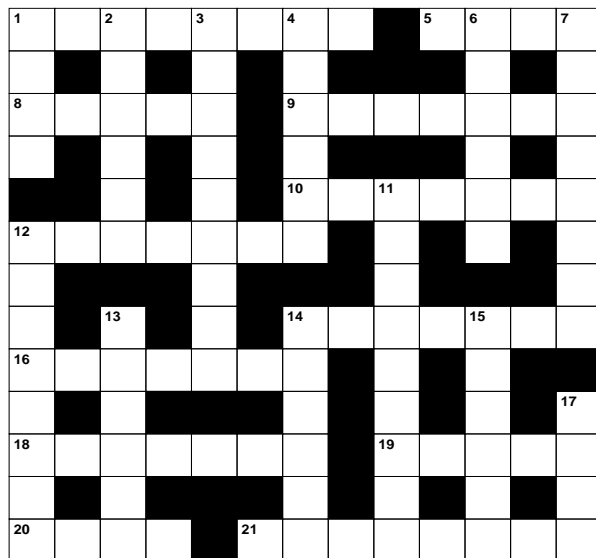
Answers can be found on the Contents Page 4

ACROSS

1. Egg-laying mammal (8)
5. Vehicle pulled by a horse (4)
8. Capital of Bulgaria (5)
9. Less heavy (7)
10. Special ____ : cinematic techniques (7)
12. Passion (7)
14. Flotation device in water (7)
16. Released from a duty (7)
18. Type of dance (3-4)
19. Bring together (5)
20. Mud grooves (4)
21. Respected and admired (8)

DOWN

1. Elope (of time) (4)
2. Matter (6)
3. Annual compendiums of facts (9)
4. Less attractive (6)
6. Join or fasten (6)
7. Beat out grain (8)
11. Type of dwelling (9)
12. Top quality (of a hotel) (4-4)
13. Address a person boldly (6)



14. Takes up (6)
15. Entrance hall (6)
17. Stained a fabric or hair (4)

DID YOU KNOW?

- ▶ A bear has approximately 42 teeth
- ▶ Koalas normally sleep from between 18 and 22 hours a day
- ▶ A duck can't walk without bobbing its head
- ▶ Cockroaches can live without their heads
- ▶ It takes around 2 weeks for a sloth to digest its food
- ▶ No tiger has the same pattern of stripes
- ▶ Only males are called Peacocks. Females are called Peahens
- ▶ Sea otters hold hands when they're sleeping so they don't drift apart
- ▶ Flamingos can vary in colour depending on their diet

SUDOKU

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



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ROBO Rover

HOW ROBOTIC PETS ARE BRINGING JOY TO DEMENTIA SUFFERERS

It's a disease more terrifying, debilitating and demeaning as any other; one that rips apart families and leaves victims often in a spiral of panic and fear, and yet we still seem to know desperately little about dementia, and within that Alzheimer's.

While progress in the research labs over the past decade has been impressive, not even the very best scientists could have predicted the dramatic impact robotic pets appear to be having when it comes to soothing the anxiety and loneliness of sufferers.

"A stuffed, robotic dog or cat can be a companion throughout the day for an elderly individual with Alzheimer's disease or dementia. Social isolation is a very common problem among older adults, and having a pet is a really wonderful way to combat that," notes Dr. Mattan Schuchman, a leading authority on this new idea.

The robotic pet eliminates the need to care for a real pet, which is virtually impossible for those suffering with the disease, yet puts a position of responsibility back on the patient and reaffirms their ability to tend to and care for something, having often had that feeling of being relied upon taken away from them.

Recent studies discovered patients' sense of joy and well-being when looking after a robotic pet builds confidence into other areas, reaffirms love and affection, and slows what can sometimes be a rapid acceleration of the debilitating side effects of dementia.

While we still have a long way to go, the use of such a simple toy, which is cost-effective, long-lasting, companion-driven and precludes the unnecessary use of drugs, seems a very clever solution to a very profound problem.





Perfect PALS

For a system initially associated with conducting eBay transactions at first, PayPal has grown to become the world's most trusted payment facility, but does that mean it's safe?

We are firmly in the realms of the digital age, particularly when our business and personal transactions can all be conducted at the click of a mouse.

While few miss the inconvenience, clumsiness and delays associated with cash and cheque transactions, that's not to say we shouldn't look for protection and reassurance from internet-based systems such as PayPal, Skrill, Moneybookers, Google Wallet and others.

Certainly, in terms of numbers, PayPal's domination of the market is a good marker as to its reputation. This year it will top 300 million active accounts, with sign-ups rising by 17 per cent year on year.

The organisation operate several layers of security behind each account, with recipients of money never receiving sensitive financial information such as credit card or bank account details. There is also the PayPal Purchase Protection scheme, which acts as an insurance policy for outgoing payments, and in general any disputes come down firmly on the side of the customer as opposed to the seller.

PayPal have even offered cash incentives to any buffs uncovering potential security flaws, vulnerabilities or breaches in the company's digital data defence system.

And with the system draped in data encryption and anti-fraud technology, it might be said that a PayPal account is actually safer to use than a credit card, bank account or a cheque book.

However, the premise isn't all on the corporation. There will always be someone wanting to tread in your digital footprint, and as with any security system, the set-up is only as tight as the actions of those using it, so users are frequently reminded to stay diligent when it comes to logins and passwords.

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GOAL-BASED INVESTING EXPLAINED

Although it might be tempting to think that investing is just about getting the best possible return on one pot of money, goal-based investing, structuring your investment around your specific financial aims, has become a widely used way of helping people plan their financial futures.

THINKING THINGS THROUGH

One of the most significant benefits to a goal-based approach is that it encourages us to think about what we want our money to achieve in a tangible way, across a range of time horizons. No two investors have the same financial aims, and meeting different goals means using a variety of investment strategies.

This approach starts with the investor defining their objectives such as saving for school fees, a child's wedding, a deposit on a home or a comfortable retirement. These goals then become the building blocks of an investment plan. The information gathered is used to define the right level of savings and the most appropriate mix of funds to meet the investor's goals and will also take account of all available annual allowances and employ taxation-saving strategies too.

For instance, a retired couple might typically want

an income stream now to boost their pension, but also want to invest some of their capital to fund the likelihood of care costs later in life. In this instance, a portfolio can be tailored to meet each specific goal.

A younger investor may want to structure their investments to cover school fees from nursery to graduation for their children, whilst at the same time building up a substantial pension pot for retirement.

GAUGING YOUR ATTITUDE TO RISK

Being clear about your goals will make it easier for us to tailor your risk profile to different investments. Each goal may have its own risk tolerance and time horizon. Naturally, over time your goals may change as your life and circumstances change, and your attitude to risk may alter too, that's why we always recommend regular Reviews

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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Roisin McCorry
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The Billericay Ladies Probus Club
Mount Avenue Banqueting Suite, Hutton,
CM13 2NS
September 9, 12pm

Newly retired or looking to make new friends? The Billericay Ladies Probus Club meets for lunch at 12pm on the second Monday of each month.

New members are always welcome, come along and see for yourself. No commitment.

If you would like any further information, email stephanie4probus@gmail.com

Charity Lunch
Billericay Methodist Church, Western Road,
Billericay, CM12 9DT
September 14, 12.30pm – 1.30pm

A snack lunch and drink for only £4.50.

This month we are supporting the Whitechapel Mission, a charity serving the homeless and marginalised, including a day centre, skills training and career advice.

For more information, call 01277 622297.

Freddie Mercury Tribute
Reids Billericay, 66-68 Laindon Road,
Billericay, CM12 9LD
September 26, 7pm – 10pm

Head down to Reids to watch the Freddie Mercury tribute bring this rock legend back to life for you with

his incredible act.

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To book or for more information, call 01277 632378 or visit www.reidsbillericay.com

Charity Quiz Night
Billericay Cricket Club, 2 Blunts Wall Road,
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September 27, 7pm for a 7.30pm start

Test your knowledge to be crowned the St. Luke's Hospice Quiz Champion.

Teams of up to six people, £8 per person.

Bring your own food. Drinks must be purchased from the bar.

To book, or for more information, contact the fundraising team on 01268 524973 or fundraising@stlukeshospice.co.uk



The Downham Troubadours
Downham Village Hall, School Road,
Downham, Billericay, CM11 1QN
September 27, 8pm – 11pm

We are a new Folk Club, holding our inaugural meeting on September 27.

We welcome performers on any acoustic instrument, or singers to sing a song, and an appreciative audience would also be welcome.

We meet at 8pm on the last Friday of the month (except August and December).

There is an entrance fee of £3. Tea and coffee will be available, and raffle tickets will be on sale.

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**THE BREXIT CAR
CRISIS**

*Will Brexit end up
fuelling car price increases?*

Where Brexit is concerned, the constant speculation that accompanies every interview, press release and set of research figures is something we've got used to. And yet, for the most part, the simple truth is we just don't know what will happen... apart from where the car industry is concerned.

Such is the nature of a market that encompasses 31 million vehicles that, whether buying new, or used (as a drop in new car sales will push up the price of second-hand motors), it seems we will all be affected, and the news isn't good.

It's all down to EU tariffs on cars. These threaten to add on at least £2.7 billion for imports and upwards of £1.8 billion for exports. That means at least £1,500 being added on to the cost of a car coming into the country.

This has been compounded by the lower value of the pound, caused by

uncertainty over Brexit, though that could correct itself in the months to come, with new Prime Minister Boris Johnson insisting that the October 31 deadline for the leaving the EU won't be missed.

Others have pointed to fuel costs, worries over how freely we will be able to drive abroad, and insurance premiums, but the majority view is these will settle down quickly as the market begins to stabilise again in the winter.

And while our cars may be more expensive in the short-term, no-one knows how the vagaries of new trade deals might perhaps set us up for better pricing in future.

Depending on which side of the fence you sit on, we're either about to embark on a period of unrestrained freedom... or we're plummeting into a financial, social and political abyss from which we will never recover. Either way, hold on to your steering wheel.



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SPORT

A brief history of Nike

A LESSON IN PERSEVERANCE FOR A BRAND THAT NOW SELLS IN 170 COUNTRIES

Photo credit: geogif/Shutterstock.com, Alina Boldina/Shutterstock.com

Considering it's the world's most recognisable sports brand, it's perhaps surprising to learn of such difficult humble beginnings for Nike.

It all started back in 1964 when Bill Bowerman and his University of Oregon runner Phil Knight decided they could do a better job of designing running shoes than those currently on the market. While adidas was the big player, the Japanese brand Tiger offered a reasonable performance shoe that the guys believed they could improve upon.

And yet, the fact they were correct in their belief almost wasn't enough. As Blue Ribbon Sports, the company began offering design changes to Tiger, who would ship increasing quantities with varying degrees of technical progression and reliability.

Such was the fragility of the business in the 1960s that Knight had to continue working full-

time as an accountant, with cashflow a constant problem. And when a secondary funding line with a Japanese trading company was pulled a few years later, it seemed that the company – now renamed Nike – had reached its finish line.

While they battled on with the perverse irony of rapidly increasing demand only bringing them closer to extinction, a turning point came in the early 1980s when, finally, cashflow began to improve.

The Greek god of victory finally lived up to his name, and Nike shoes are now manufactured in 554 factories across 42 countries; while the company's decision to use high-profile names in endorsements further enhanced the belief that the brand were the number one player in the market.

Even Tiger – now better known as Onitsuka Tiger, and a global player in their own right – flourished, feeding off the battles, bravery and belligerence of two owners who simply refused to throw in the towel.

The perfect ENDORSEMENT



We all know the power of sport, but the might of merchandising is taking some sports stars to levels well beyond anything they could have achieved using their athletic prowess.

Here are the world's top three competitive conquerors who actually earn more from their advertising deals than they do from their sports earnings.

1. TIGER WOODS

Tiger stands out on his own in this exceptional field having earned over \$1bn dollars from sports advertising alone since turning professional in 1996. Shortly after his 21st birthday, Nike, American Express and General Motors were queuing up to offer him deals.

By age 25, Nike gave him a five-year contract extension and a \$105m bounty – the biggest contract of any athlete at that time. They saw Woods as “the ultimate endorser,” and Nike Golf has grown to be the market leader, generating over \$600m in sales. This season, Tiger rolled back the years, winning his 15th major by picking up the prestigious Masters title. He won \$1.3m on the PGA Tour, but brought in over 30 times that through his sponsors.

2. ROGER FEDERER

Tennis legend Roger Federer may be in the twilight of his career on court, but he recently signed a 10-year deal with online clothing company Uniqlo. That deal was worth £247m.

Federer earned £6.1m from tennis in 2018, yet received more than 10 times that amount through endorsements with Rolex, Credit Suisse, Mercedes-Benz, Moët and Chandon and pasta giant Barilla.

3. LEBRON JAMES

Three-time NBA Finals winner LeBron James has joined the LA Lakers this year, along the way overtaking the legendary Michael Jordan on the sport's all-time scorers list. In the last 12 months, his on-court exploits earned him \$33.5m, but deals with Coca-Cola, Nike, Beats by Dre and Kia Motors saw him slam dunk, on top of that, a ‘net gain’ of over \$17m.

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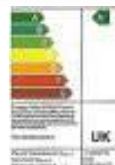


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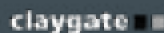
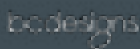
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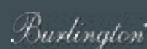
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