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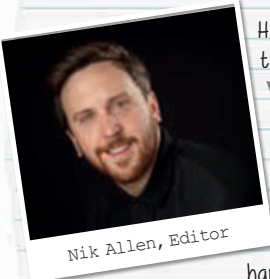
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Editor's notes...



Nik Allen, Editor

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

My father often says to me and anyone in earshot that "the company you keep matters". His take on things is that if you hang around with positive, can-do attitude type people, that can only have a good influence on you. The opposite is also true, and I experienced a little of this myself.

We are launching another **VISION** title in Leigh-on-Sea, and as part of my sales push I visited stores and businesses in the area. I met a business owner and explained that I was launching a magazine in the town. I recently had hardly got the words out of my mouth when he responded: "No mate, you don't want to do that. Those magazines never work."

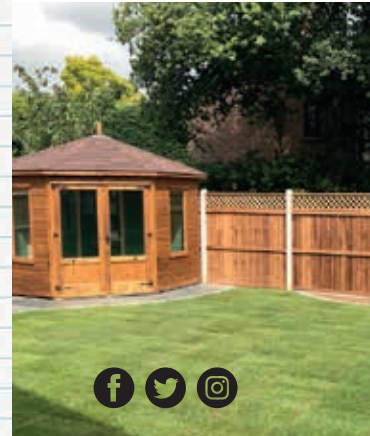
I was a little taken aback, but not as much as he was when I told him that **VISION** Leigh-on-Sea was our eighth edition in Essex, and we have more the pipeline owing to the magazines' success.

It was all very polite, and, in fairness to him, he took my words on board. But imagine if I was new to the publishing world and was selling space in my first magazine and I listened to him? I would have probably killed the idea owing the doom-mongering.

How many dreams or goals get quashed by people offering up their opinions rather than experience-based facts? So, the moral for this month, folks, is if you want to achieve something positive, it's best to avoid those who are negative.

Thanks for reading,

Nik



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## A LIFE IN THE LENS – LOOKING AT THE IMPACT LORRAINE KELLY HAS HAD ON OUR MORNING ROUTINES

Lorraine Kelly is a doyenne of the terrestrial TV morning schedule – a homely, kind, softly spoken presenter whose ability to mix everyday life with A-list red carpet celebrity excess has made her one of our most cherished broadcasters.

At the end of November, the Scottish presenter turns 60. She has dedicated more than half of her life to the interview sofa, in the process achieving the quite unique feat of never seeing her popularity wane, despite the wildly changing fortunes of the shows she has been a part of, from *TV-AM*, *GMTV*, *ITV Breakfast* and *Daybreak*, not to mention revisions to her own lifestyle and entertainment show *Lorraine*.

Since joining the first of those ITV breakfast show incarnations in 1984, the Glasgow-born journalist has been a stalwart, effortlessly combining heavy news, serious topics and controversy-laden stories with light entertainment's feel-good factor.

From covering the Lockerbie bombing in 1989 to guest-hosting BBC2 comedy-quiz series *Never Mind the Buzzcocks*, to providing voiceovers and narration on CBeebies programme *Raa Raa the Noisy Lion*, Lorraine's appetite for variety is only ever at odds with her constant chipper, chirpy, uplifting tone that effervesces warmth and friendliness.

### 'EMOTIONAL, FUNNY, ENTERTAINING AND WITH A HEART OF GOLD'

Lorraine was the recipient of an OBE in 2012, and a year later fellow weekday morning magnate Piers Morgan made Lorraine the subject of one of his *Life Stories*. Emotional, funny, entertaining and with a heart of gold, she wept at recalling the images of Dunblane, a massacre that occurred just 35 miles from where she grew up.

And yet Lorraine, like Piers, has always been able to mix tragedy with optimism in almost Shakespearean flits between heartache and happiness – from the most exposed portrayals and gravest of real-life stories to, in complete contrast, Lorraine's own "exposure", made public by a temeritous Piers who embarrassed the Scot when he displayed a picture of her naked on a sunbed from a newspaper cutting, before presenting it to her in a frame.

Morgan's comment that the host's secret to her seemingly ageless demeanour is that she is "such a great laugh both on and off-camera" is the truest ode. Her instantly-recognisable giggle has kept her liked and adored by the British public. Combining this with a sense of style that is brave, bold, free from convention and with the specific intention of making the wearer feel satisfied, she flies a flag for anyone putting themselves first.

"It's true, sometimes I do find myself wearing clothes an 18- or 19-year-old might have in their wardrobe," she has said. "In the past I would have thought twice, but I think as the years go on you realise how important it is to dress in a way that makes you feel happy."

Weight loss has also been another topic close to the TV personality. Brutally honest about her appearance, she recently revealed that she'd been able to lose almost a stone in weight in just over six weeks thanks to cutting out carbs.

It is perhaps the one thing we will allow the "Queen of Daytime TV" to limit. The rest – the friendly smile, the sense of community and the ability to make every viewer feel like they are in the room with her – we will keep... thank you, Lorraine.



# THE TALENT

A LOOK AT THE HOW *BGT*'S TWIST AND PULSE RETURNED TO THE BIG TIME AFTER A GAP OF NINE YEARS

It's clear 2019 is going to go down as the year when everything got a little mixed up. There's Brexit, Man United's inevitable slide towards the lower leagues, and even a freshening up of established TV formats. Yet while the changes to *X Factor* will play out fully over the coming months, we've already seen the first "champions" emerge from the *Britain's Got Talent* stable... and in true Simon Cowell irreverent style, they weren't even winners in the first place!

When the saviour of light entertainment announced the concept of *BGT: The Champions*, it's likely he foresaw the likes of Colin Thackery, Lost Voice Guy, Richard Jones and perhaps even Paul Potts coming back to relive past glories.

The fact Twist and Pulse took the big prize is slightly baffling, given that the street dance duo were actually beaten into second place in 2010 by gymnastic troupe Spelbound. What's most surprising, given it's almost a decade since they were first on *BGT*, is the

fact Twist and Pulse are still together.

In the immediate aftermath of finishing runners-up in 2010, the duo – Ashley Glazebrook and Glen Murphy – appeared on a number of TV shows including *Magic Numbers*, *This Morning* and *Celebrity Juice*. They returned to *BGT* in 2012 with their own dance troupe, reaching the semi-finals, and travelled extensively in the early years as their popularity held.

Quieter times were to follow though, and only festive pantomime bookings kept the pair in the limelight. However, behind the scenes, they choreographed extensively, working with leading brands such as Red Bull, Kellogg's, Cadbury, Disney, Lego, Sky One, Specsavers and more.

Now, in 2019, their return to the top of the tree bucks the trend of Simon Cowell's acts burning out so quickly after fame. Perhaps these are the true champs after all...



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**HOME & DIY**

# JEWEL *of the aisle*

WHAT TO LOOK FOR WHEN SHOPPING FOR JEWEL SHADES THAT WILL BRING LIFE TO YOUR INTERIORS

**P**repare yourself: jewel shades and tones are very much back in this autumn. Bold and strong, these colours are perfect for catching the eye. While a good start point is to match new purchases to existing wall colours or pieces of art, here's a more extensive guide, outlining the effect each jewel shade can produce in your home.

#### PERFECT PURPLE

Purple is the deepest form of amethyst, and using a sofa in this colour to blend into or complement a dark wall behind can make for stunning décor and a real statement piece in a room. Other audacious types, like deep jade or mustard yellow, can be great combos too.

#### ROYAL RUBY

Red already does what it says on the tin, but adapting ruby, a versatile, multi-mooded colour, can offer warmth, passion, brightness and fire.

A ruby red lamp will transform the

space in a room. It instantly sets it apart from anything else, such as the regally revered hue, and combined with amethyst creates reflection and balance.

#### SUMPTUOUS SAPPHIRE

Sapphire is another bold jewel tone that's very adaptable. The darker blue creates feelings of peace, tranquillity and purity, and, added as a cushion or a throw onto a light object, such as a chaise longue, offers a perfect contrast that is "statement stylish".

#### ELEGANT EMERALD

Emerald is a gorgeous jewel tone and works brilliantly with whites, silvers, greys and browns. Its presentation, especially with wood, gives the feeling of nature, life and the outdoors, indoors; while paler shades of formal colours will allow the emerald's deep, solid earthy quality to come to the fore, giving the room an alluring mystique.

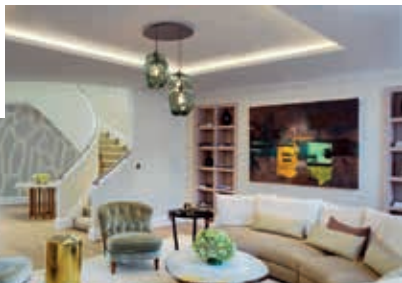
Photo credit: decoist.org, apartmenttherapy.com





# DAVID COLLINS

*and a design legacy that continues to evolve*



Walk into any number of swanky bars, restaurants or boutiques opened or refurbished in the capital since the 1990s and there's a good chance the place you're standing in may have been strongly influenced by Irish interior designer David Collins.

The designer passed away just over six years ago, but his impact on the industry was profound, and his legacy continues to be enjoyed on a daily basis by the millions who flock to London every day.

Collins' style was in luxury interior design.

Flanked by his David Collins Studio, the organisation has become renowned for chic, clean, glamorous design with an eye on heritage – ideas that are so applicable to London's sleek, rich, cosmopolitan feel, and often embracing his favourite colour, Lutyens blue.

Designing restaurants for Marco Pierre White, Pierre Koffmann and Marcus Wareing; patterning The Wolseley, The Delaunay Hotel, Claridge's, The Connaught and retail interiors for Harrods, Jimmy Choo and Alexander McQueen, Collins' style is as ubiquitous as it is unique – mainly because he has had an effect on so many.

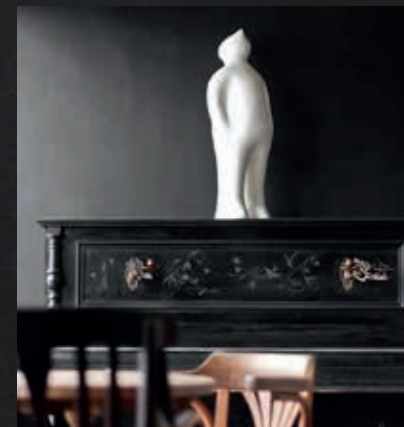
The designer also swayed effortlessly into the pop world, and was responsible for Madonna's London and New York apartments which he curated with such swagger she gave him a co-writing credit on the track 'Drowned World/Substitute for Love', which appeared on Madge's 1998 album 'Ray of Light'.

Collins died in mid-July 2013 through complications arising out of a particularly virulent skin cancer – it had only been diagnosed three weeks previously.

Regardless, his studio continues to deliver iconic works of art and interior design, and is the recipient of numerous top-ranking awards.

It would be fitting to end with a quote from Madonna: "When I look around my houses, I am struck by what an influence he has had on me. He has left his souvenir everywhere: his touch, his taste, his flair and his blue."

Photo credit: Terence Donovan and [www.davidcollins.studio](http://www.davidcollins.studio)



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# SEVEN USES FOR A USED TOOTHBRUSH

**D**entists recommend that you replace your toothbrush every three months to prevent infection, but it seems such a waste to simply throw out the old ones.

## 1. CLEAN YOUR KEYBOARD

If you have ever eaten your lunch at your desk, then chances are your keyboard needs a good clean. A toothbrush is perfect for reaching between the keys to shift stubborn dirt. Apply a simple solution of alcohol and water.

## 2. REVIVE OLD JEWELLERY

Soak any delicate jewellery in hot water mixed with dishwasher soap for around 30 minutes. Remove and gently brush with a soft toothbrush and rinse.

## 3. DUST YOUR BLINDS

A household task that can often be forgotten, the dust that builds up between blind slats or around curtain rings can be shocking. A toothbrush is the perfect size for tackling hard-to-reach spaces.

## 4. APPLY HAIR DYE

Especially good for touching up your roots or grey hairs, a toothbrush is the ideal tool for blending colour into roots; it is much more effective than a mascara wand.

## 5. POLISH METAL ITEMS

A toothbrush can work wonders on any metallic item, but especially those that are prone to trapped dirt or residue. Simply mix water and baking soda and scrub the affected area.

## 6. GROOM YOUR EYEBROWS

Why waste money buying an expensive eyebrow brush when an old toothbrush will do the job perfectly? Ensure that your toothbrush has been thoroughly cleaned and that the bristles are all still intact and then groom away.

## 7. REMOVE CRAYON MARKS

Crayon stains on the wall are the worst, but they can be removed by applying a small amount of shaving foam to a toothbrush and scrubbing the offending area.



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HOME & DIY

# Go wild WITH WHITE

If subconscious associations with colours are to be believed, then it's little surprise that we prefer our kitchens to be glossy white, but just how white do they need to be?

**T**he truth is, if everything in life was plain white, we'd get bored of it pretty quickly. It follows then that, while this may be our favourite kitchen colour, the real devil is in the detail when it comes to livening things up:

## MARVELLOUS MARBLE

If your obsession with white is fixed, fair enough, but try a splash of alternative colour in your marble work surfaces or, better still, add a design to your splashbacks.

## ECLECTIC ELEGANCE

Use white simply as a platform for a decorative mix of shades and styles. This eclectic angle means you won't spend all your time stressing over drops of colour, and you can relax into your home surroundings while maximising productivity.

## RETRO SPLASHES

An orange lampshade or a lime green chair will offset perfectly a wicked wash of white, showing

individualism, excellence and no small amount of bravery.

## THE APPLIANCE OF COLOUR SCIENCE

If your budget allows you to choose either cupboards or a new selection of white goods, stick with the latter but match your white wood to appliances. That dated oven, dodgy fridge or flustered freezer won't look half as clumsy if the shade of white matches the rest of your kitchen.

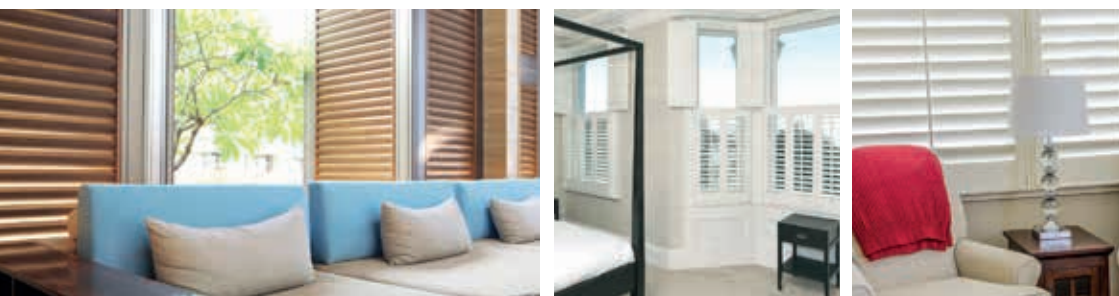
## WHITE ON ITS WAY?

Of course, go through any paint swatch and you will see countless variations on the theme of white. Classic off-white is a clever, subtle and persuasive way of taking our favourite kitchen colour while not selling out completely.

Of course, the only downside to having a kitchen that shows off a wicked willingness for white is that you'll need a constant supply of cloths, wipes and sprays to keep the damn thing clean...

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# LOCAL NEWS

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## Special 50th anniversary fireworks set to sparkle

More than 15,000 people are set to attend this year's special 50th Billericay Round Table fireworks display.

The annual event is one of the biggest in the Billericay calendar, with this year's event taking place on Saturday, November 2 at 5.30pm at Lake Meadows.

When the event started in 1969, organisers set off the fireworks, cooked food and sold drinks.

However, these days it is a professional display with an award-winning pyrotechnics team, a wide variety of catering units and live entertainment.

The annual event raises around £50,000 for Billericay Round Table, a group that raises funds and supports thousands of local charities and individuals.

Event director Marcus Bennett first attended the display as a five-year-old in 1971.

He told **VISION** BillericayShenfield: "It's an amazing

feeling to know that the Billericay Round Table fireworks display is now in its 50th year.

"The event has evolved so much, yet at the heart of it is the same desire to bring the community together, to put on a show and to raise thousands of pounds for local charities and good causes.

"Anyone who has been to our fireworks event before knows that we love to really wow our crowd.

"We don't have a specific fundraising target in mind, but in recent times the event has typically raised in the region of £50,000 each year, so we would love to be around that figure again.

"Whatever we raise will get donated to local charities and good causes throughout the coming year, making a massive difference to so many people."

Visit [www.billericayfireworks.co.uk](http://www.billericayfireworks.co.uk) for more information and to book tickets.

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## Mother praises life-saving garage



A mother from Billericay has praised the kind-hearted generosity of a garage who she says potentially saved her life.

Dawn Gibson and her four-year-old daughter had just left a garage in Canvey Island on October 14 when she heard some knocking sounds.

Worried, as the garage had just fitted four brake pads, she stopped at Queens Park Tyres in Billericay, just as they were closing.

They looked at her car and discovered the brakes had been left in a dangerous condition.

The kind mechanics at Queens Park Tyres fixed the issue for the distressed mother for free.

Dawn said: "I would like to say a massive thank you to Queens Park Tyres for potentially saving my and my four-year-old daughter's lives from a disaster waiting to happen."

"I drove into Queens Park Tyres around 5.45pm, near their closing time, and they immediately set about finding my problem.

"They took the wheel off on the passenger side to look further, and to their astonishment there were no bolts on my brakes.

"They gave me their services when it wasn't their problem or concern and replaced the bolts free of charge.

"I was obviously in shock at the time and would just like now to say a massive thank you from the bottom of our hearts from my daughter and me."

picture of the times and locations.

Over the next couple of months, we will be conducting a large-scale crime prevention initiative across Billericay to provide support, guidance and services on burglary.

Officers and volunteers will be providing security advice and property-marking schemes to protect your property and valuables. Please take the time to assist in this process and help us reduce crime.

## Food bank continues to make a difference

Volunteers at Billericay Food Bank have thanked the community for their support after an influx of donations over the harvest period.

The food bank, based at St John's Church, Outwood Common, collects food and toiletries which are then given to those most in need across Billericay and the surrounding area.

Following the harvest season, stocks are high, but volunteers work all year round to ensure people have access to food and toiletries.

The food and toiletries come from donations from groups across Billericay.

Jim Rose, who volunteers at the food bank, told **VISION** Billericay Shenfield: "Although it is an all year round challenge, at this time of year we do well thanks to harvest festivals as well as the continued generosity of the community."

"We get great support and we are very grateful for every donation we receive.

"All the donations we get soon go out to those that need them and it's not just food that we look for. We also provide toiletries, so things like shampoo and deodorants are good.

"We are open every Tuesday afternoon but we also have regular drop-off points at Sainsbury's Local, Waitrose and the Co-op in Queens Park."

For more information on Billericay Food Bank visit St Johns Church on a Tuesday afternoon or email [st.johns@billericaychurches.org](mailto:st.johns@billericaychurches.org)



## News from the local policing team

This month the Community Policing Team, together with the Town Centre Teams, have been tackling issues raised by you.

We are aware of nuisance and antisocial behaviour in Noak Bridge and we are conducting patrols to disrupt those causing the issues. Please continue to report any instances to us so that we can build a

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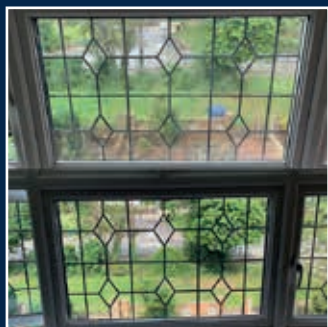
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## BILLERICAY TOWN FC

LOCAL NEWS BILLERICAY



Photo credit: Nicky Hayes Photography

## Blues can't let focusslip

Despite Jamie O'Hara's unbeaten run coming to an end last month against Slough Town, the Blues boss said the players "need to step up" following the hurtful defeat.

He said: "I said to them [the squad], the talent is out there, I can get people who want to play for this football club and I can get good players who don't cost anything. They have to give me more than what they've given me because I won't be afraid to change it if I have to."

"I want to stick by the boys I have now but they've got to give it back as well because the fans have been incredible."

"We've got some tough games. I looked at the fixture list before taking over and it wasn't an easy list, but I like being thrown at in the deep end and we'll keep doing what we're doing. We'll

keep working hard and we'll see how things go."

In other news, the club released CCTV footage of a man attempting to break into the club on October 11. Fortunately, the offender was scared off by the caretaker after a silent alarm was activated. A reward is available for anyone with information that leads to a successful prosecution.

STOP PRESS: Billericay Town FC have booked their place in the first round of the FA Cup following a replay against Sutton United on Tuesday, October 23. The Blues produced a convincing win, beating the away team 5-2.

Tweeting following the game, Billericay Town FC said: "We booked our place in the 1st round after a phenomenal performance. Thank you to all the supporters that came out tonight. What a day for this fantastic club."

They will now visit League Two side Forest Green Rovers on November 9.



**#TogetherWeSailAsOne**

## ON PATROL WITH... THE PASTORS



Street Pastors in Billericay and Brentwood have enjoyed a good month patrolling the high streets during Friday and Saturday nights looking out for people who may be vulnerable. We have had many good conversations with our local community as we volunteer to be out and about to help, care and listen to anyone who needs it. We are very much aware these days that we are all very busy people so don't get the chance just to share some concerns with others or celebrate good things that are happening in our lives.

We particularly enjoyed this month pitching our gazebo outside the old Sugar Hut in Brentwood High Street and using it as a base to show people where we were and explain that we are there for anyone. We had a couple of useful relationship-building conversations with people working as well, and this is something we will do again soon. We always like to chat, so please, if you see a Street Pastor, come up



and ask us what we are doing and why.

If you don't feel brave enough to come and chat, why not follow us on Facebook, Twitter or Instagram, or send us an email to Billericay or Brentwood@streetpastors.org.uk as we would love to share more with you about our hopes for the future.

We are currently planning our next training schedule so if you are thinking of joining, are over 18, DBS compliant, in attendance at a local Christian church for at least the last year and up for training and a challenge, then get in touch.

## Residents brought into the light

Residents in Billericay have welcomed a decision to turn the street lights back on throughout the night after five years in the dark.

Since February 2014 the street lights have been turned off between midnight and 5am each night.

However, a committee at Basildon Borough Council has decided now is the time to reverse that decision, with funding in place to cover the cost of having the lights turned back on.

The committee agreed to enter into an agreement with Essex County Council (ECC), which provides and maintains the street lights, to restore all-night lighting and pay £146,000 to cover the cost of the additional lighting from October 31 to March 2020.

Further funding is to be agreed at a later date.

The full-year cost for the borough is currently £275,000. However, this cost should come down by as much as 40 per cent once the borough's lights are upgraded to more cost-effective and efficient LED lights – work that is scheduled to be done by ECC in

2020/21.

Stephen Whittle, who works in Billericay, said: "I know it costs more but this makes perfect sense.

"Lighter streets are safer streets, which is only a good thing for residents, visitors and police. It's good news."

Leader of Basildon Council, councillor Gavin Callaghan, said: "It is abundantly clear that residents are overwhelmingly behind this proposal – street lights make residents feel safer and give them greater confidence to move around their own borough during these times.

"The area is a 24/7 economy with shift workers working throughout the night. Safety in our homes, at work and on our roads is crucial.

"I am delighted that all councillors see the value of this and that we are able to speak with one voice to ECC to get this agreement finalised. This administration will work with whoever we need to so we get things done to improve our borough for those who live and work here."

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# LOCAL NEWS

*from your neighbourhood*

Photo credit: BBC/Boundless



## Howzat for ambition as cricketer aims to win The Apprentice

A former Shenfield cricketer is confident he can go all the way and win the BBC's *The Apprentice*.

Dean Ahmed, 20, played for Shenfield Cricket Club in 2014 and 2015 and will compete with 16 other candidates to win a life-changing £250,000 investment for their business from Lord Sugar.

The award-winning series, which attracts around six million viewers each week, is back for its 15th series.

Each week at least one of the 16 candidates will be eliminated as Lord Sugar puts them through a series of challenges.

The series kicked off with a bang, as Lord Sugar whisked the business hopefuls away to Cape Town, South Africa.

There they had to create, set up and run bespoke tours on the outskirts of Cape Town.

Following their trip to South Africa, Lord Sugar pulls out all the stops to test the candidates in the world of business.

They must run a corporate away day on a steam train, design a theme park ride using the latest technology, travel to Finland to create an advertising campaign and hit the streets of Oxford and Cambridge to find and buy nine items.

The hopeful entrepreneurs will also create a new electric bicycle to pitch to the market, and head into the world of music management by marketing an unsigned artist.

Dean hopes to win the competition by impressing on the early rounds before showcasing his sports management company.

He started that company at the age of 15, around the time he was playing for Shenfield. Dean believes he is the "definition of an entrepreneur" and states his confidence and emotional intelligence are "off the charts".

He said: "I've definitely got the gift of the gab; I can persuade anyone to do anything."



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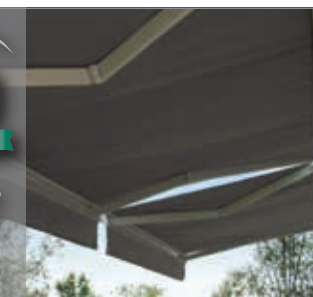


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## Fair success as library looks to boost users amid council review

Shenfield Library hopes that the success of its first ever fair will help encourage more people to use the many community services on offer.

The Library Fair was held on September 28 with the aim of getting more residents to join the library, borrow a book and raise awareness of the many community events and services provided at the library.

The fair took place as Essex County Council is reviewing usage at Shenfield Library until July 2020 with a view to possibly adjusting opening hours and staffing levels.

At the fair, there was nursery rhyme singing with a lively group of preschool children to showcase the twice-weekly Rhymetime sessions held at the library, and parents are also welcome at the weekly baby massage classes.

Sociable groups like Knit and Natter, the new Brick Builders – a Lego club – and five separate Book Groups meet regularly at Shenfield Library and are open to new members.

Visitors to the Library Fair had a chance to talk to successful local crime author, Max Manning, with another Meet the Author event with Max at Shenfield Library planned for later in the year.

Ruth Wilcock, author and family history expert, said: "Shenfield Library is a wonderful resource for tracing your family history, and there is also free access to computers."

The next free event on at Shenfield Library is Halloween Fun on October 30 from 10am to 4pm. There will be creepy crafts and a treasure hunt and children are invited to wear spooky fancy dress.

## Charity on the lookout for fundraisers

A charity that helps people living with terminal illnesses and their families is appealing for volunteers to join its fundraising group in Shenfield.

The fundraising group will support Marie Curie's major fundraising campaigns, as well as organising its own fun events, collections and stalls.

The group will also help spread the word about Marie Curie, raising awareness of how the charity's services can support people living with a terminal illness, and their loved ones.

Bianca Etienne, from Marie Curie, said: "Joining

the Shenfield fundraising group is a really great way to raise funds for Marie Curie while also meeting new people and having lots of fun.

"We are looking for individuals who are organised, have great communication skills and an eye for detail to join our group, which will help us raise vital funds for Marie Curie so that we can continue to provide support for those living with a terminal illness."

If you are interested in joining the group, or supporting Marie Curie in any other way, contact Bianca on 01920 486962.



## World Cup glory in sight after reappointment



Shenfield Cricket Club's president is targeting a World Cup Final after he was reappointed England over-50s manager.

Peter Rider will take charge of the national side as they head to South Africa for the 2020 World Cup.

The keen cricketer, who played for Shenfield for almost 25 years, took over the side in 2016 and led them to the World Cup Semi Final in Australia before they were beaten by Pakistan.

In South Africa, Peter will welcome eight new players into the team.

He told **VISION** BillericayShenfield of the challenges of being England manager.

He said: "Our target has to be to go one better and reach the final at Newlands.

"The squad has evolved since the Sydney World Cup, winning three in three this summer in a short series against Wales.

"In Cape Town the intense itinerary is problematical with potentially seven games in 16 days. That is followed swiftly by two Silver Ashes in one-day internationals.

"For me, the biggest challenge is to rotate the 16-man squad in group games and arrive at the semis with everyone relatively fresh and injury free."

## Thousands set to attend event in town's calendar

The countdown to Shenfield Christmas Fayre is on, with thousands of people set to attend.

The popular event, which attracts around 5,000 people, will take place on Sunday, December 8 in and around Hutton Road from noon to 5pm.

Brentwood Borough Council (BBC) organises the event, which is a real community affair with lots of

local business involvement and community groups.

A large attraction during the event is on the stage, which hosts several acts throughout the day, including local schools and bands.

Describing the event, BBC said: "The main high street, Hutton Road, will be closed for the event and will host more than 60 festive stalls, family attractions, Santa's Grotto, walkabout acts and rides.

"Last year saw an impressive helter-skelter, photobooth, large Italian market and piping band for all the family to enjoy. Delivered in partnership with local businesses and community groups, the event has become a staple on the local calendar. Last year, the event attracted an estimated 5,000 people."

## Frankie flying high at United

A former Shenfield High School pupil has hit the ground running at Peterborough United, having guided them to the upper echelons of the league.

Frankie Kent, 23, joined the League One club in the summer after leaving Colchester United.

The step-up hasn't phased the centre back, who has earned himself a regular starting place at The Posh as they push for promotion.

Frankie said: "I am really pleased to be here; I feel that this is the right move for me at this stage in my career. I really enjoyed my time at Colchester United and met some great people there and have played a lot of games in League Two. This is the next step, and the way the manager likes to play suits me down to the ground and I am looking forward to developing here as a player."

Speaking about the success of a former pupil, director of sport at Shenfield High School, Garry Sapsford, said: "All of the staff at Shenfield High are very proud of Frankie's progress within football.

"He was a model student on and off the sports field and we are not surprised that the positive attitude and talent he always had has allowed him to excel at Colchester United which alerted the interest from Peterborough United.

"We wish Frankie all the success at Peterborough."



# Susie Horner

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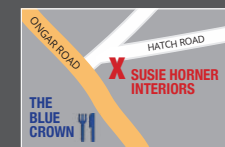
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# BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



LOCAL NEWS SHENFIELD



Brentwood-based charity Special Needs and Parents (SNAP), which provides outstanding advice and support for children with special needs and their parents, has been highly commended in the annual Kids Count Inspiration Awards held at the Houses of Parliament.

Kids Count is a grass-roots organisation aiming to find practical solutions to the broad spectrum of issues that affect children and young people in urban and rural communities. The aim of the awards is to recognise those individuals and organisations that have quite literally inspired young people in their communities.

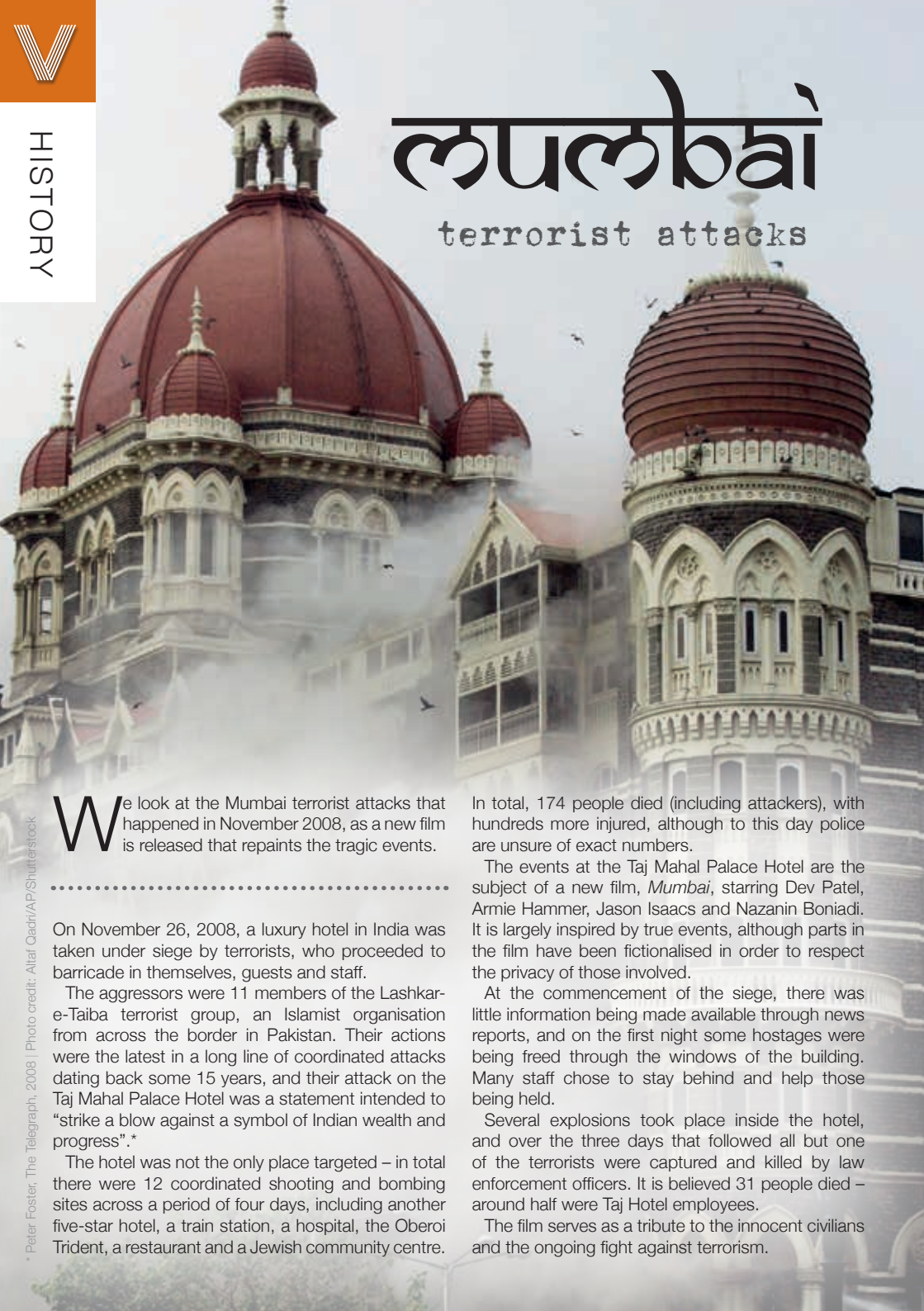
SNAP offers invaluable support to families in my constituency and across Essex who have children with special needs. So often I meet local families whose lives have been changed for the better because of SNAP. I am immeasurably proud to have nominated it for an award in recognition of its unstinting support and care to those who need it most.

I've also had the chance in the last month to meet the various charities and support agencies who make up Brentwood Borough Council's Aging Well team, under the guidance of Jo Cory, the council's sports, events and community development officer. Jo's behind the Chatty Benches that are popping up in Brentwood, where people who need to chat to brighten up their day can find people to talk to. Too many older people live very lonely lives, and I am following the Aging Well group's work with interest as it develops ways of bringing people together for support and friendship.



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# लपलेबाई

## terrorist attacks

We look at the Mumbai terrorist attacks that happened in November 2008, as a new film is released that repaints the tragic events.

On November 26, 2008, a luxury hotel in India was taken under siege by terrorists, who proceeded to barricade in themselves, guests and staff.

The aggressors were 11 members of the Lashkar-e-Taiba terrorist group, an Islamist organisation from across the border in Pakistan. Their actions were the latest in a long line of coordinated attacks dating back some 15 years, and their attack on the Taj Mahal Palace Hotel was a statement intended to "strike a blow against a symbol of Indian wealth and progress".\*

The hotel was not the only place targeted – in total there were 12 coordinated shooting and bombing sites across a period of four days, including another five-star hotel, a train station, a hospital, the Oberoi Trident, a restaurant and a Jewish community centre.

In total, 174 people died (including attackers), with hundreds more injured, although to this day police are unsure of exact numbers.

The events at the Taj Mahal Palace Hotel are the subject of a new film, *Mumbai*, starring Dev Patel, Armie Hammer, Jason Isaacs and Nazanin Boniadi. It is largely inspired by true events, although parts in the film have been fictionalised in order to respect the privacy of those involved.

At the commencement of the siege, there was little information being made available through news reports, and on the first night some hostages were being freed through the windows of the building. Many staff chose to stay behind and help those being held.

Several explosions took place inside the hotel, and over the three days that followed all but one of the terrorists were captured and killed by law enforcement officers. It is believed 31 people died – around half were Taj Hotel employees.

The film serves as a tribute to the innocent civilians and the ongoing fight against terrorism.

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# Good Lord

THE BBC'S SUGAR DADDY PROVES HE STILL HAS THE APPETITE FOR A SWEET DEAL

It would be fair to say Lord Sugar doesn't much go for his lofty prefix. The East End barrow boy turned Amstrad founder and football club magnate is rarely seen mooching with the upper echelons of society in Westminster. Instead, he'd rather find himself on our TV screens, bellowing nuggets of entrepreneurial excellence at the latest band of misfits masquerading as the next big thing.

Lord Sugar's love affair with *The Apprentice* is one of modern reality TV's greatest hits, even though his command of a captive audience is merely a minor part of a genuine success story that evolved from car boot sales and market stalls to a wealth that now tops £1.1 billion.

Of course, anyone who has watched his flagship BBC1 business programme will be left in little doubt as to the credentials of the former Tottenham Hotspur owner, for the simple reason that the Sugar sales sound bites come thick and fast in almost every show... so much so that it would be wholly believable to find the 72-year-old off camera flogging a bag of ice to an eskimo in between takes.

Regardless, the longevity of Lord Sugar on our screens typifies perfectly the admiration we have of anyone achieving so much from so little. The Hackney-born trader epitomises the swashbuckling, charismatic, go-getter spirit that we all aspire to emulate, even if some of the swag he has peddled over the years has, by his own admission, been "an old pile of toot".

Starting out as a market trader in 1963, Sugar found a niche selling car aerials and electronic goods. From there he evolved, capitalising on the boom in demand for home computers. With IT continuing to provide additional commercial angles in an increasingly tech-driven age, the entrepreneur quickly accumulated huge wealth (he finally reached billionaire status in 2015).

Sugar has also dabbled in air travel and property investment projects, but neither offered quite the appeal of reality TV business mentoring, and when he was approached in 2005 by the BBC for a new TV series that would unearth a wealth of business hopefuls desperate to side with one of the UK's most respected commercial megaliths, his interest piqued. Few could have envisaged that, 14 years on, the (now) Sugar/Brady/Littner trio would still be chalking up viewing figures in excess of seven million in the immaculately delivered *The Apprentice* show.

His reward – other than a new business partner each year – is the sort of marketing power and celebrity kudos that he could only have dreamt of when flogging his clunky computer systems 40 years ago. And while recognition is often financial, being endowed with the title of Lord 10 years ago by Prime Minister Gordon Brown was significant. Many at the time saw it as a somewhat cynical ploy by a desperate Labour government to curry mainstream favour to someone almost universally popular (apart from with Arsenal fans); but in truth, the title envelops a spark and a spirit based in qualities that all of society will approve of... a desire to achieve and succeed.



PLANT OF  
THE MONTH:

# Poppy

Most famous for being the symbol of remembrance for soldiers who died during World War I, poppies make a beautiful addition to any garden and are simple to grow.

## WHAT TYPE OF PLANT IS A POPPY?

A poppy is part of the Papaveraceae family and is a herbaceous plant that is known for its colourful flowers. Poppies can grow to more than a metre tall and up to 15cm across.

## WHAT TYPES OF POPPIES ARE THERE?

There are roughly 120 different varieties of poppies, with the most popular being the field poppy, or papaver rhoeas, which is an annual and bee-friendly variety that suits a wildflower-filled garden. Or if you want a real showstopper of a flower, then oriental poppies are about as flamboyant as they come and are available in many eye-catching colours, including salmon-pink, scarlet, plum and orange.

## WHEN AND HOW SHOULD YOU PLANT POPPY SEEDS?

Poppies should be planted in either late autumn or early winter as they need to be exposed to the cold in order to germinate, making November the ideal month to sow poppy seeds.

- Start by preparing your soil by removing as many weeds as possible.
- Lightly dig the soil over and rake to create a bed for your seeds.
- Sprinkle the seeds over the surface – they do not need to be raked in owing to their tiny size.
- Water immediately and re-water only if weather is very dry.
- Expect flowers from June onwards.

## WHAT GROWING CONDITIONS DO THEY LIKE?

The poppy is an easy plant to grow and favours full sun rather than a shady spot. Although they will grow in most soil conditions, they will flourish in soil that is well drained, erring on the side of dry.

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# WINTER JOBS in the Garden

With winter on its way you might be tempted to hang up the gardening gloves and put your feet up by the fire for a few months. But now is a good time to think ahead and to start making preparations for spring. The hard work you put in now will pay off next year.

### remove

First, remove any fallen branches, leaves and debris from around plants and beds. This will ensure dead plant matter doesn't cause damp problems to any underlying plants. It's also a good time to elevate containers onto pot feet to prevent plants becoming waterlogged by persistent winter rain.

### prune

Winter is a good time to prune, as deciduous trees have lost their leaves so you can see clearly the shape of branches. Climbing roses, fruit trees and hedges all benefit from a good cut back. Remove dead, damaged, diseased or spindly growth.

### move and protect

Move containers of shrubs, bedding plants or herbs such as bay, myrtle and olive to a sheltered spot to protect from frost damage. Put a cloche over thyme you use for cooking.

### feed

Obviously in the winter less food is naturally available for birds to eat, so it is a good time to give nature a helping hand. The RSPB has a range of advice about what to leave out for the birds during the winter. Water is just as important, as natural resources freeze up, so make sure birdbaths stay ice-free.



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# Let's be having you

## DYNAMIC DELIA CHALKS UP 50 YEARS OF FOOD

In many quarters, Delia Smith will forever be best known for her toe-curling, alcohol-provoked rant on the pitch at Carrow Road in 2005 when she did her best to gee up Norwich City fans in their Premier League encounter with Manchester City (a match they ended up losing 3-2 in injury time).

And yet, while the YouTube footage never fails in its Delia delight, there's plenty of content online, on TV and in book form that paint this food visionary in a much fairer light.

In an era when celebrity chefs were stern, pompous, slightly arrogant and very often male, Delia broke the mould with a fresh and friendly approach to home cuisine.

Across countless cookbooks, she informed and inspired, instilling in amateurs the confidence to create and innovate in the kitchen.

Delia launched herself into the public consciousness 50 years ago when employed as the cookery writer for the *Daily Mirror*. Penning *How to Cheat at Cooking* in 1971, she went on to create numerous *Collection* and *How to Cook* titles. While her love of a shortcut often provoked shrieks of derision from the traditionalists, it offered to a home audience a path into the culinary world that they would never otherwise have taken.

Sure enough, that connectivity has led the 78-year-old Woking-born chef to great success on the bookstand. This year marks five decades since her first published work, and in the time that has followed, the burgeoning success of more than 20 other tomes of first-rate food finesse endorses more than anything else Delia's unerring ability to stay timely, topical and with a finger on the pulse of cooking and dietary habits, many of which have changed wholly since her debut.

Combining bravery with brutal simplicity, Delia's message for magnificence in the kitchen is simply to do your best and enjoy the experience... and that goes for any footballers in earshot too.

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### **Weight loss surgery**

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At 6.30pm with Mr Sanjay Agrawal, Consultant General Surgeon.

### **Ageing aches and pains**

**Thursday 14th November 2019**

At 6.30pm with Dr Matthias Toth, Consultant General Physician.

### **Varicose veins**


**Thursday 21st November 2019**

At 6.45pm with Mr Sabu Jacob, Consultant Vascular Surgeon.

### **Cosmetic surgery**

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## FIVE EXERCISES THAT CAN BE PERFORMED ON A TREADMILL

### **INCLINE PRESS-UPS**

Turn the treadmill off and stand on the side base with your hands on top of the handles, making sure your body is in a straight line.

Now bend your elbows into a push-up and take your chest down to the console, hold it and then push back up. Perform 10 reps.

### **REVERSE MOUNTAIN CLIMBERS**

Set speed to 1–2mph, move behind the machine and face away from it, then go into the plank position. With hands on the floor, lift feet onto the treadmill, drive your right leg onto your chest and stretch, then the left one. Perform eight times on each leg.

### **WALKING PLANK**

Still at 1–2mph, stand at the end of the treadmill and get into the plank position, putting your hands onto the base of the machine. Making sure your body is in a straight line, put your hands onto the band of the machine and simply walk them forward.

### **SIDE SHUFFLES**

Stand sideways on the treadmill in a squat position and slowly bring the speed up to around 3mph. Moving quickly, move your feet together and out again. Repeat this on the other side. For balance, hold your hands together.

### **TREADMILL PUSH**

Turn off the treadmill and pull the emergency tag. Then stand on the machine and grip both of the handles with your hands, and bend your elbows slightly. While in that position, drive your legs in a forward motion to push the treadmill belt back.

Complement these exercises with a brisk walk or run to get your body toned.





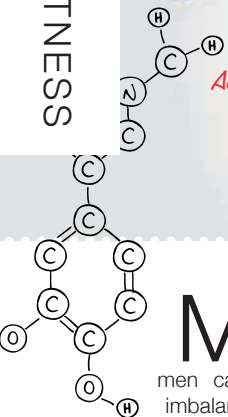
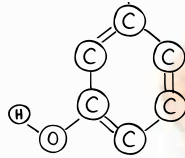
KNOW YOUR

# HORMONES

Serotonin



Adrenaline



**M**oody teenager? Blame it on their hormones. Nagging wife? She must be hormonal. Even men can be affected by a hormonal imbalance at particular points in their lives.

And it's no wonder really, as the human body secretes and circulates 50 different hormones which are responsible for regulating most of our major bodily functions.

### The key hormones and their functions:

**THYROID:** This hormone helps regulate our weight and internal body temperature and controls our energy levels.

**OESTROGEN:** A female sex hormone that is in charge of reproduction, menstruation and menopause.

**SEROTONIN:** The happy hormone that regulates our moods, memory, sleep and digestion.

**CORTISOL:** A stress regulator, this hormone is produced by the adrenal gland.

**ADRENALINE:** Known as the emergency hormone, adrenaline causes the "fight or flight" response.

**TESTOSTERONE:** The male sex hormone; it helps build muscle and develop male reproductive tissues.

**PROLACTIN:** This hormone is released after childbirth so that the mother can lactate.

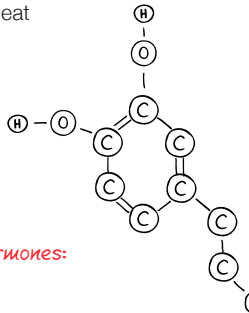
**PROGESTERONE:** This hormone helps the

body prepare for conception and pregnancy and regulates the monthly cycle.

**INSULIN:** Produced by the pancreas, insulin helps the body regulate blood sugar levels.

### Symptoms associated with a hormonal imbalance:

- Unexplained weight loss or gain
- Excessive sweating
- Sudden sensitivity to cold or heat
- Long-term fatigue
- Feeling constantly thirsty
- Difficulty sleeping
- Anxiety/mood swings
- Brittle bones
- Changes in blood pressure
- Bloating



### Natural ways to balance your hormones:

- Get sufficient sleep
- Manage your stress levels
- Exercise regularly
- Avoid sugars and refined carbohydrates
- Eat plenty of fruit and vegetables
- Eat healthy fats such as nuts and avocados
- Increase your fibre intake
- Eat one or two portions of oily fish per week

Suffering from a hormonal imbalance can have serious effects on your whole body, so if you are experiencing any of the above symptoms, you should talk to your GP who will investigate further.

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with a good egg*



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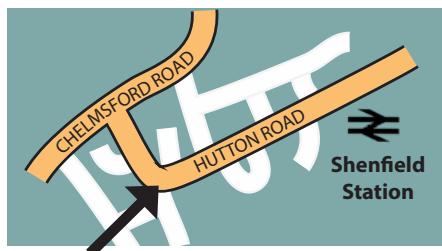
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# THAT'S A CAP!



When *Peaky Blinders* first hit our screens in 2016, no one could have predicted the huge impact that it would have on British men's style, with one popular UK retailer reporting an 83 per cent increase in sales of flat caps after the first episode alone. But how do you pick the right style for you?

### The Newsboy Cap

Notably one of the most popular styles of flat caps, the Newsboy is recognisable by its fuller crown and button accent. Available in either wool or cotton, this fun and fashionable cap can be worn throughout the year.

### The Irish Flat Cap

Another popular choice, the Irish flat cap is an exciting option owing to its plaid or tweed pattern. Ideal for those wanting to look seriously dapper.

### The Baker Boy Cap

A slightly more serious-looking cap, the Baker Boy has a low profile crown and sits more firmly than the Newsboy owing to its harder exterior. Perfect for those who pride themselves on pushing the boundaries of fashion. Available in felt or wool.

### The Driving Cap

A unisex cap, this style sends us straight to the streets of Paris with its elegant and simple design. The driving cap can be identified by its stiff hat band and full crown. Keep it simple in plain black and let the shape do the talking.

### The Big Apple Cap, aka The Gatsby

Similar to the Newsboy cap, the Gatsby is an eight-panel cap and sports a much larger and wider brim as well as the standard button accent. Wear to give off an old-school vibe.

### The Shelby

Technically a Newsboy Cap, the Shelby cap was named after *Peaky Blinders* character Tommy Shelby and sports the exact same design that his character, played by Cillian Murphy, wears in the hit series.





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**SKINCARE INGREDIENTS**

# laid bare.

**BEAUTY**

**H**ave you ever really looked at the ingredients list on your skincare products? As in, looked and found out what they actually do? Or do you just blindly follow what your preferred brand says you should be using without question? Us too.

**COLLAGEN**  
Collagen is a naturally occurring protein in our bodies but unfortunately, as we age, our levels of collagen become depleted. We know, it's not fair. The good news is that it can be found in many skincare products, including day and night creams.

**RETINOL**  
If you are a fan of anti-ageing creams, then you will definitely have heard of retinol. A derivative of vitamin A, this wonder ingredient is great at reducing the appearance of fine lines, deeper-set wrinkles and also sun pigmentation.

**VITAMIN C**  
This antioxidant is perfect for helping protect your skin from sun damage. Although not as potent as other ingredients, it is useful for brightening up dull-looking skin.

**SALICYLIC ACID**  
Acid on your skin doesn't sound good, but believe us it is. This particular acid helps to remove old, dead skin cells and at the same time stimulates the growth

of shiny new skin cells. Ideal for those who are prone to breakouts and/or blackheads.

**JOJOBA OIL**  
Some people worry about oils, especially those with oily or combination skin, but this particular one is amazing at regenerating your skin cells and will genuinely improve your overall complexion. And as an added bonus, it can be used over your whole body.

**HYALURONIC ACID**  
Another acid, this one works by massively hydrating your skin, resulting in a plumped-up effect. Just what you need for ageing skin that has lost some of its collagen and is looking a little thin.



# Microdermabrasion

made crystal clear



- Blackheads;
- Acne scars;
- Stretch marks;
- Sun-damaged skin;
- A dull, tired-looking complexion.

**W**e all want our skin to look smoother, brighter and, of course, more youthful, so it's no surprise that medical professionals are constantly developing new treatments to keep up with demand.

And with our current aversion to surgical procedures, microdermabrasion has never been more popular.

## What is microdermabrasion?

Microdermabrasion is a non-surgical, minimally invasive cosmetic procedure that uses crystals and a vacuum to remove dead skin cells; it can be used on the face, neck, chest, back and hands. You should notice an improvement in the elasticity, texture and appearance of your skin after only a few sessions.

## What types of skin can benefit from this procedure?

This procedure is particularly effective for those suffering with the following skin complaints:

- Wrinkles and/or fine lines;
- Age spots, brown spots or hyperpigmentation;

## Is it safe?

Microdermabrasion is a low-risk, painless procedure that does not use needles or an anaesthetic. The treatment should only be carried out by a licensed dermatologist, plastic surgeon or registered nurse.

## How much does it cost?

This is dependent on what type of specialist you book with, but on average this procedure will cost between £40 and £100 for one session. You can have this procedure as frequently as every week to kick-start the desired cosmetic effect, with most switching to monthly maintenance after three to four sessions.

## Does it take long to recover from the treatment?

Your skin will be pink and feel dry and tight after the procedure, a bit like a moderate case of sunburn. However, these effects will only last for around 24 hours and can be greatly improved by regular moisturising. It is advised to not wear make-up until the skin has completely healed.

# Thank your parents for your hair loss



Lawrence Austin,  
Managing Director,  
The Regrow Hair  
Centre

Is your hair receding or are you thinning on top? Are you worried about the amount of hair that you are finding in your hairbrush, down your plug hole, or on your pillow?

The main reason for hair loss is genetics – yes, you heard me right – if your parents had problems with their hair falling then there is a very good chance of you experiencing the same.

I am one of five brothers with a father who was bald since the day I could remember and sure enough we all started to lose our hair in our mid-20s. I thought to myself – I don't want to be bald, it made me feel older and more self-conscious. There must be something that can be done.

So, I spent a lot of time researching the science behind hair loss, trying to understand the impact that chemicals in the body had on the hair follicle (commonly known as DHT) and tried to identify natural treatments and ingredients that could be used to help block and counteract hair loss.

With the knowledge and experience I gained I teamed up with some of the best hair specialists in the business to create The Regrow Hair Centre.

The Regrow Hair Centre specialises in surgical and non-surgical treatments to help stop hair loss and restore hair. We use and offer the finest products available on the market which are 100% safe and natural.

Customer care is at the top of our agenda, and we approach each case individually giving the patient reassurance that we understand and empathise with their situation. Each customer receives a bespoke treatment plan to cater for their individual hair loss needs.

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# How to NIP NAIL BITING in the bud

An incredibly common problem, trying to stop your child from biting their nails, can be a hard task that you may keep putting off in the vain hope that they will simply grow out of it. Unfortunately, that may not be the case.

## Why do children bite their nails?

There are many reasons why your child might be biting their nails, including boredom, to relieve stress, as a habit or simply because they have seen someone else do it.

## Is it bad for your child to do this?

Nail biting, like thumb sucking, hair twisting and teeth grinding, is a nervous habit that your child may grow out of. Unfortunately, nail biting is the habit that children are most likely to continue into adulthood.

## How can you help your child to break this habit?

- Try to identify when your child bites their nails. Is it during times of stress or do they do it mindlessly

when watching TV?

- If they are anxious, talk to your child and try to identify what is worrying them. Sometimes there can be an underlying problem, such as bullying, divorce or another big life change.
- Talk to your child about how to break a habit.
- Work with them to become aware of when and where they nail bite.
- Offer an alternative at these times, for example a fidget spinner to keep their fingers occupied.
- Try some relaxation and stress-busting activities, such as deep breathing or a shoulder massage.

## What not to do

- Do not punish your child for nail biting.
- Do not continuously nag at them to stop; it takes time to break a habit.
- Try not to lose your temper with your child; this will only make them feel more ashamed of this behaviour.



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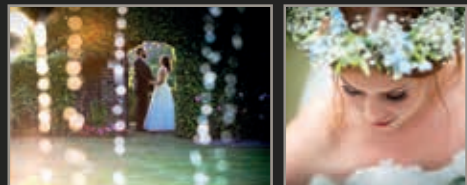
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# PUZZLES & TRIVIA

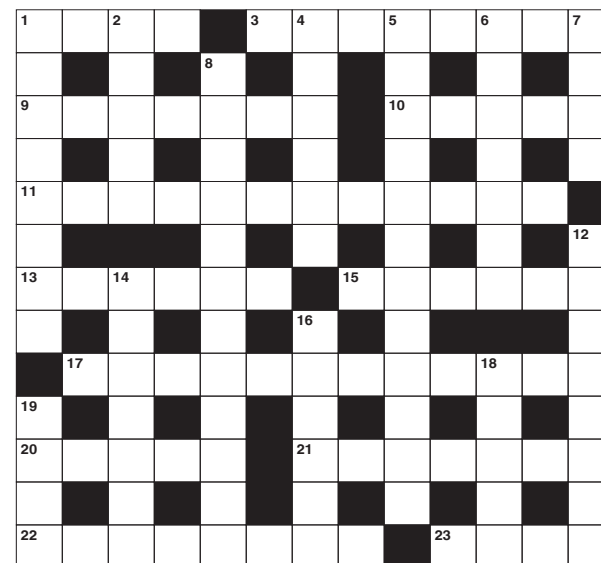
## ACROSS

1. A single time (4)
3. Driver of a horse-drawn carriage (8)
9. Sent by sea (7)
10. Unfasten (5)
11. Advance payment (12)
13. \_\_\_\_ Wood: US actor (6)
15. Showy (6)
17. Heart specialist (12)
20. Small airship (5)
21. Outline of a natural feature (7)
22. Fairness (8)
23. Continent (4)

## DOWN

1. Thinks about something continually (8)
2. Ascend (5)
4. Confer holy orders on (6)
5. Compensate for (12)
6. Shooting stars (7)
7. Christmas (4)
8. Spotless (5-3-4)
12. Exaggerated emotion (8)
14. Form a mental picture (7)

16. Compels to do something (6)
18. Images of deities (5)
19. Woodwind instrument (4)



## DID YOU KNOW?

- ▶ Golf balls usually have between 300 and 500 dimples
- ▶ The Olympic flag was created in 1913 and released in 1914
- ▶ Dina Asher-Smith became the first British woman to win a sprint gold at the 2019 World Championships
- ▶ Volleyball was invented in 1895 in Massachusetts
- ▶ Jayne Torvill and Christopher Dean performed Boléro at the 1984 Winter Olympics, winning them the gold medal
- ▶ The first professional baseball league was set up in 1876
- ▶ Having begun in 1877, Wimbledon is the oldest tennis tournament

## SUDOKU

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PUZZLES

Answers can be found on the Contents Page 4



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# PUZZLES & TRIVIA

PUZZLES

Answers can be found on the Contents Page 4

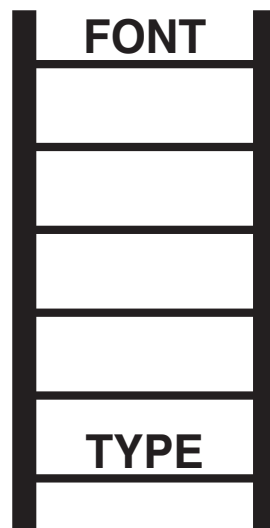
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- ▶ PORTUGAL
- ▶ SLOVAKIA
- ▶ SLOVENIA
- ▶ SPAIN
- ▶ WALES

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L	C	I	X	E	I	A	R	A	E	M	K	L	I	L
R	P	I	A	A	V	S	T	S	M	K	R	X	N	Y

## DID YOU KNOW?

- ▶ Melba toast is named after Australian opera singer Dame Nellie Melba
- ▶ The can opener was invented in the 1850s, years after tin cans were first used
- ▶ Marmite was invented in the late 19th century by German scientist Justus Liebig
- ▶ There are around 7,500 varieties of apple in the world
- ▶ Carrots have zero fat content
- ▶ A watermelon comprises around 92 per cent water
- ▶ Kit Kat was created by Rowntree's of York and is now produced by Nestlé
- ▶ Processed cheese was invented in Switzerland, not America

## WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.

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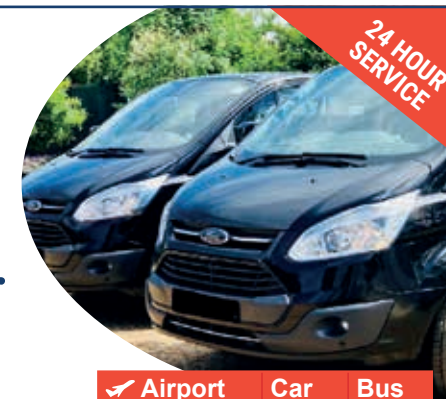
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## Top travel blogs for advice



Whether you love to travel or are simply devoted to daydreaming, we have scoured the web for the best travel blogs to see you through the long, cold winter ahead.

### Two Travel Monkeys

Best for those who dream big

A husband and wife duo, Jonathan and Kach Howe started their blog back in 2014 when they decided to give up their jobs and travel the world. They have since visited more than 100 countries spanning all seven continents and their blog should be a go-to for anyone who has ever dreamed of selling up and starting over.



### Global Grasshopper

Best for overall travel advice

Rather than the opinions of just one blogger, Global Grasshopper features a collection of diverse writers who are keen to share their experiences and knowledge of travel with others. Expect helpful posts such as how to pack light, the best pet-friendly hotels and hidden gems off the beaten track.



### You Could Travel

Best for adventurous couples

If you love travelling with your other half and want to fall in love with the world together but need a little helping hand, then this married couple's blog is for you. Packed with intimate and candid first-hand travel stories, useful guides and stunning photography.



### Budget Traveller

Best for those wanting more bang for their buck

Voted the National Geographic Traveller Blogger of the Year in 2016, Kash, aka the Budget Traveller, offers invaluable advice for those wanting a stylish and luxury break on a tight budget. From the best luxury hostels to free things to do in cities to finding the cheapest flights, the budget traveller has got it all covered.







# CHEQUE *it out*



THE HISTORY OF THE NOW (ALMOST DEFUNCT) CHEQUE BOOK

It's peculiar to think that just as we've reached the point where the trusty personal cheque can be processed and credited to a person's account in little more than 24 hours, this form of payment is now virtually obsolete.

Although no date has yet been set for the removal of what now appears a largely primitive way of sending and receiving money, the cheque's day is almost done. After all, why bother with flimsy bits of paper, the postal service, bank queues and hold-ups in processing funds when everything these days is digital and instantaneous?

The fact that the cheque is desperately hanging on is a credit to its heritage. First gaining popularity in the UK around 1770, it has never moved away from its sole purpose – namely as an order sent to a bank to pay a sum from the drawer's account.

From humble beginnings, the cheque grew in popularity during the 19th century, removing

the need for businessmen to carry around large quantities of money.

The format's death knell has often been said to be the time it takes for the item to clear, and this is because the law still requires a cheque to be returned physically to the payer's bank. It's also much less security-tight than a card payment; and although more than 400 million cheques were written last year, only the habits of the elderly – a demographic notoriously resistant to change – have ensured the format stays.

Whether that will remain the case for the next generation remains to be seen, though what is clear is that cheques will still be around for a little while to come. After all, they remain popular with institutions paying out – HMRC included – who know that this slow, sluggish, sloppy process of paying means the longer money stays in their account, the more interest they earn.

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## HOW MUCH DO YOU NEED TO RETIRE COMFORTABLY?

People on an average salary who wish to retire at the age of 65 will now typically require a pension pot of almost £450,000 in order to fund their retirement until they are 100 years old, recent analysis has found<sup>1</sup>

### NEVER TOO EARLY TO START SAVING

The research also shows that an individual who starts saving into a pension at 25 years of age will need to invest around £235 a month in order to accumulate a retirement fund of that size. However, a delay of 10 years would see this monthly figure almost double to £428, while someone who only starts saving at the age of 45 would need to set aside £859 a month to attain a pension fund of that size.

This analysis vividly demonstrates the benefit of starting to save for retirement at the earliest opportunity, ideally from the day you first start work. While other financial challenges can inevitably make this difficult, investing regular amounts in a pension throughout your working life provides the best chance of building up sufficient money to enjoy a prosperous retirement.

### BETTER LATE THAN NEVER

Although it's undoubtedly better to start saving for a pension early in your working life, it's never too late to begin saving for your retirement. Employer contributions, including those made through automatic enrolment, allied with the favourable tax treatment pensions enjoy and their potential for investment growth means that any contributions you make later in life can also still make a huge difference to your standard of living in retirement.

### MAKE PENSION SAVING A PRIORITY

While it can seem a long time until retirement, it does come round a lot faster than people expect. So, the sooner you engage with the topic, the better the chance of enjoying the retirement you deserve.

As part of the service at HCR, 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 Karyn Vogel on 01277 654153.

<sup>1</sup>AJ Bell, June 2019

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## THE BEST TIPS FOR SAVING A WATER-DAMAGED PHONE

**W**e've all been there – you're sat having your morning cereal... checking messages, browsing social media or looking something up online, when out of nowhere a tidal wave comes cascading over you. You were helpless to prevent your phone becoming soaked through, and this categorically didn't actually happen because you knocked it in the washing-up bowl.

Whatever the careless reasons for having a water-soaked phone, acting quickly can save you:

### ✓ ONE: POWER OFF

If the phone has switched itself off, leave it off; if it's still on, kill the power. Don't attempt to plug it into the mains as we are in full recovery mode.

### ✓ TWO: REMOVE

Remove the microSD and SIM cards from the phone to prevent further damage to them.

### ✓ THREE: POSITION

Position the phone upright so any remaining water

can drain from it. Don't shake, bang or blow into any of the open slots. While it seems plausible that physical action can get water out, you're more likely to be sending it further into the delicate areas of the phone.

### ✓ FOUR: HIGH AND DRY

Avoid the temptation to take a hairdryer to your phone. While heat may seem a good solution for the removal of water, it's more likely you'll end up frying your components. Instead, dry the phone gently with a paper towel or a cloth.

### ✓ FIVE: ABSORB

Pack rice around the phone inside an airtight container or zip-lock bag. Place phone in an airing cupboard or somewhere humid but not hot, and leave for 24 hours.

Fingers crossed, when turning your phone back on it should be back to full working order, but be sure to check touchscreen functionality, microphone, speakers and charging potential in particular.

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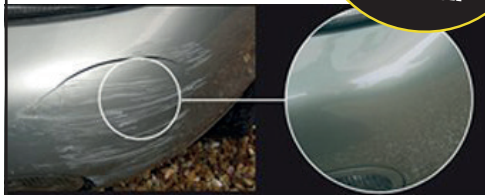


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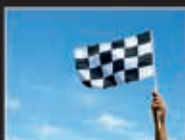


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# The most HATED REF IN ENGLAND?

WHY DAMIR SKOMINA IS NOT A MAN TO BE MESSED WITH!

While no Englishman wanted our footballers to slip up against the Czech Republic in the middle of October, the 2-1 defeat in Prague did bring about one of the more incredible football statistics of recent times – it marked 10 years and one day since the Three Lions last tasted defeat in a European Championship or World Cup qualifying match.

To go an entire decade without losing in qualification is quite something, and perhaps referee Damir Skomina may have felt something of a lion tamer as he delayed England's Euro 2020 qualification at the Sinobo Stadium.

Except the Slovenian official has previous. England's last qualification defeat, a decade and a day before that, against Ukraine, was officiated by... yep, you guessed it.

More than that, this is the same man who sent us crashing to 1-0 defeats against Belgium in the World Cup and against Germany in 2017, and remember that abysmal 2-1 capitulation to Iceland during Euro 2016? Yes, him again.

Is it worth lamenting this silver-haired man-in-the-middle as the architect of our great side's downfall? Rather, should we not just look to the future – an attitude typified by England's brilliant 6-0 win in Bulgaria just three days after the Czech defeat? Probably, yes.

It used to be said that England was flawless in qualifying for major tournaments and deeply flawed by the time they got there... and with good reason.

The positive indications are that the era of abject, pitiful failure – penalty shoot-out or not – is over. England proved in Russia that if a World Cup semi-final is achievable, what price our ability to go all the way at the Euros next year?

Manager Gareth Southgate will exercise caution; fans will run away with expectation, while the bookies suggest we are second favourites... although those odds may well shorten if Mr Skomina keeps his distance.



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WHAT'S ON

# WHAT'S ON

*in your area*

## Baby and Toddler Rhymetime

Shenfield Library, Hutton Road,  
Shenfield, CM15 8NJ

Every Wednesday, 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.

## Remus Memorial Horse Sanctuary Winter Sale

Billericay Reading Rooms, 73 High Street,  
Billericay, CM12 9AS

November 16, 10am – 1pm



Join Remus Memorial Horse Sanctuary for their annual Winter Sale.

There will be lots of good saleable items, including homemade cakes and preserves, china, jewellery, books and bric-a-brac, all at bargain prices. The charity's merchandise will also be available.

For more details, please contact Daphne on 01277 840217.

## Ingatstone Choral Society

United Reformed Church, High Street,  
Ingatstone, CM4 9EY

November 30, 7.30pm

Handel's *Messiah* (selected choruses) and an assortment of Christmas carols.

Tickets are £10 in advance or £12 on the day. This price includes wine and mince pies. Under 18s £5.

For tickets, call Alison on 07767 380874 or Sarah on 07714 250940, or visit [www.eventbrite.com/e/messiah-tickets-74408631219](http://www.eventbrite.com/e/messiah-tickets-74408631219)

## Shenfield Christmas Fayre

In and around Hutton Road

December 8, noon – 5pm

Shenfield Christmas Fayre is a real community affair.

Hutton Road will be closed for the event and will host more than 60 festive stalls, family attractions, Santa's Grotto, walkabout acts and rides.

Last year, the event attracted an estimated 5,000 people.



## Brentwood Wine Society

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

November 12, 8pm – 10pm

The society's aim is to help members improve their experience, understanding and enjoyment of wine. Invited wine experts present samples of wines from a country or region of the winemaking world.

If you would like to come along for a free tasting, email [enquiries@brentwoodwinesociety.co.uk](mailto:enquiries@brentwoodwinesociety.co.uk)

## Cards for Good Causes

Shenfield Library, Hutton Road, Shenfield,  
CM15 8NJ

October 29 – December 16

Cards for Good Causes will have a pop-up shop in the library selling an excellent range of festive cards. So why not come along and not only purchase some Christmas essentials, but also support more than 250 national and local charities at the same time.

Please note that the shop will be closed on Thursdays in accordance with normal library opening hours.

## Charity Lunch

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

November 9, 12.30pm – 1.30pm

A snack lunch and drink for £4.50. The proceeds this month are going to the Remus Horse Sanctuary.

Please call 01277 622297 for more information.

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# Shenfield Christmas Fayre

## Sunday 8 December

### 12pm - 5pm in and around Hutton Road

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 street performers | food and drink | local choirs and bands  
 craft and gift stalls | small fun fair rides | stage with entertainment

01277 312500 [www.brentwood.gov.uk/events](http://www.brentwood.gov.uk/events)



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