

2020
V

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A guide to
ROOT VEGETABLES

Has political correctness
GONE TOO FAR?

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

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Vision Magazine Essex

FOUNDER | Nik Allen CREATIVE DIRECTOR | Misha Mistry

CO-ORDINATORS | Rebecka Fryer, Amy Pollard

CONTRIBUTORS | Tabatha Fabray, Dean Shaw

At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines

# Editor's notes...



Nik Allen, Editor

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

There's a strange contrast many people feel between the thrill of climbing the property ladder and simpler times when a family or

relationship starts to grow. We are experiencing those emotions at the moment, having recently found a new home, and I admit it's a mixture of excitement and sadness.

It may just be bricks and mortar we are leaving behind, but our old house represents a time in which we got married, had both our beautiful children and shared some very happy memories.

Many like us are keen to capitalise on the current stamp duty holiday, and lingering uncertainty over coronavirus actually makes the housing market more attractive.

I have moved around a fair bit in my life. Whereas before, the lure was nightlife and shops, since first becoming a dad nearly two years ago I now find myself scouring Ofsted ratings and crime figures.

I cannot wait to move - I believe you always need to be striving for more in life and in business, even in these uncertain times when we don't always feel in control. And remember, the one thing you are in control of is your attitude - as American author Napoleon Hill said, "Your attitude towards problems, difficulties and adversities is the most important factor in overcoming them."

*Nik*

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ACROSS: 1. DRINKERS, 5. SNIP, 8. PATIO, 9. MERITED, 10. NOTIONS, 12. SKEWERS, 14. NARWHAL, 16. CONVEY, 18. MORDANT, 19. PUPAE, 20. NOSY, 21. MEANING DOWN: 1. DIPS, 2. INTONE, 3. KNOWLEDGE, 4. ROMANS, 6. NATION, 7. PEDESTAL, 11. THEREUPON, 12. SPACEMAN, 13. SNARES, 14. NESTLE, 15. HAPPEN, 17. LESS



## HOW ADMIRAL LORD NELSON MADE THE ULTIMATE SACRIFICE FOR HIS COUNTRY

He is a revered icon from a bygone era, where the forces of continents went head-to-head in battle.

In October 1805 no force was greater than the British, though a fearful fleet of French and Spanish combined enemies, spotted off Cape Trafalgar, between Cádiz and the Strait of Gibraltar, threatened that reputation.

Led by Napoleon Bonaparte, the French had already exerted their authority on the European mainland, and further moves to creep north came in the form of 33 battleships.

Nelson was outnumbered, but by dividing his 27 vessels he was able to position the fleet perfectly so that the enemy front could be sunk. And sunk it was – 19 enemy ships plummeted to the murky depths, with every one of Nelson's staying afloat.

Even before the Battle of Trafalgar, Admiral Lord Nelson had long been regarded a great leader of men and an expert tactician. He had bravery and fortitude and was shown to shoulder the burden of battle himself. Indeed, as the British forces sprang into life to repel the threat, in a famous battle cry he stepped to the edge of his ship, *Victory*, and declared, "England expects that every man will do his duty," and they did.

It is imagined that simply looking at Nelson would have summoned in any seafarer the will to battle for the preservation of the nation. At 47 years old, he had already lost the sight in his right eye at the Siege of Calvi, in 1793, in which his fleet captured Corsica. Then, four years later, doctors were unable to save his right arm after he came under attack at the failed Battle of Santa Cruz de Tenerife.

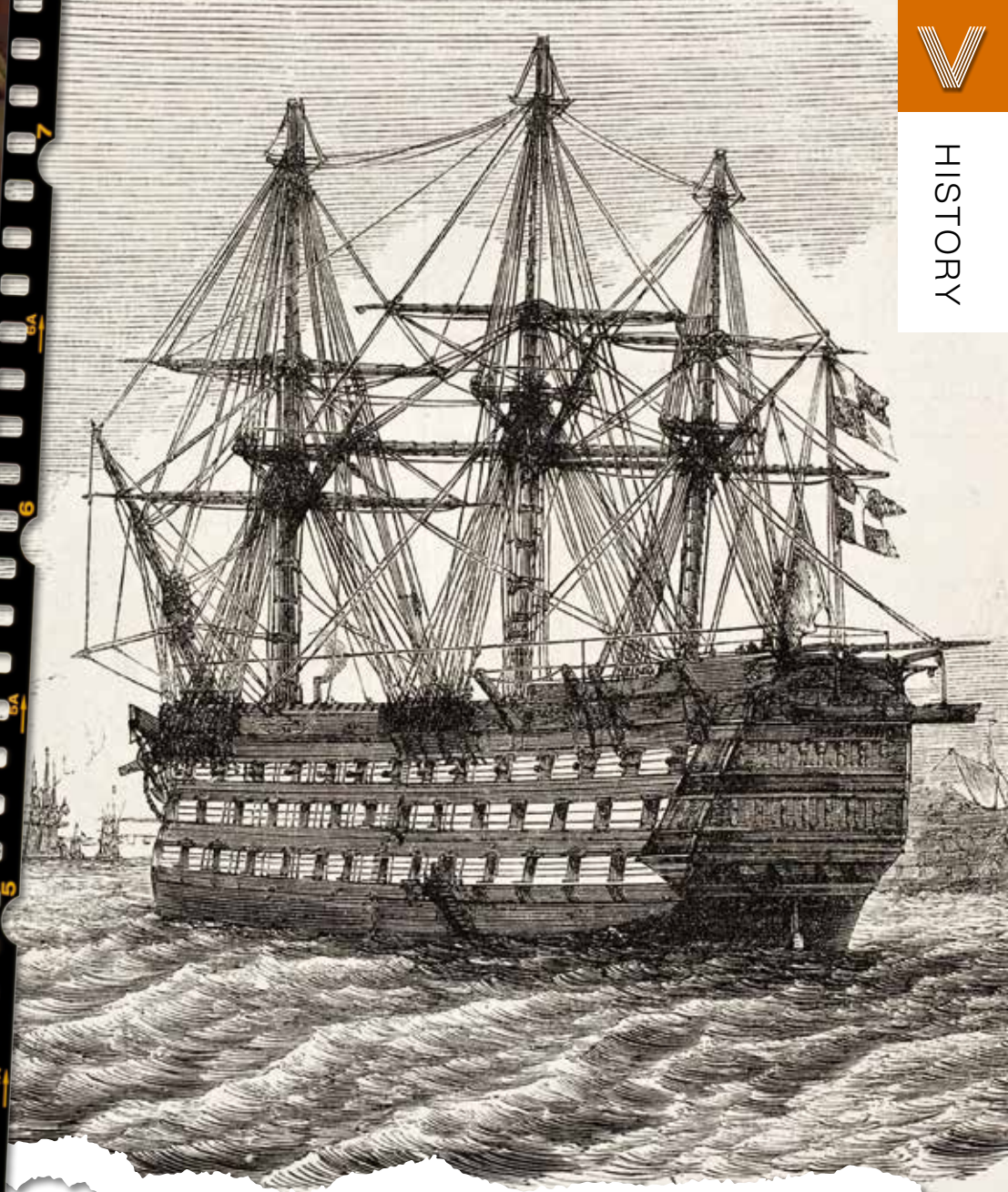
And yet, duty continued. Hardened and seemingly unfearing of death, at Trafalgar the leader was, ultimately, the truest exemplar of his word. On the afternoon of October 21, at 4.30pm, Nelson succumbed to the targeted enemy fire that rained in around his own ship, and was killed. As a leader of men he led the ultimate sacrifice – his own life.

The Battle of Trafalgar lasted only for a further 30 minutes, though its imminent conclusion was reported to Nelson as he lay on his deathbed. The Admiral, holding on to the last few embers of life, uttered the immortal words, "Now I am satisfied. Thank God I have done my duty."

So great was the shock at the loss of such an imperious leader that, in the time that passed, many have come to consider Nelson's death as the central point of the Battle of Trafalgar. While 1,500 of his British allies also lost their lives, his passing is always ubiquitous with the battle and the greater Napoleonic wars which it symbolises.

In reality, Nelson's sacrifice enabled the British to fend off the combined forces of the French and Spanish, preserving our reputation as the best and most powerful seafaring force in the world for the next 100 years, while, of course, ensuring Napoleon steered clear of the British mainland.

Nelson had a glorious funeral procession at St Paul's Cathedral in London, with Nelson's Column erected in his memory in the newly named Trafalgar Square. In 2020, Trafalgar Day, October 21, sees his historical efforts live on very much in the present.



Nelson's  
LAST BATTLE



# AGENDA NEUTRAL

~~mankind~~ humankind

~~chairman~~ chair

~~congressman~~ legislator

~~businessman~~ representative

~~policeman~~ police officer

~~landlord~~ owner

~~boyfriend/girlfriend~~ partner

~~salesman~~ salesperson

~~manpower~~ workforce

~~maiden name~~ family name

~~fireman~~ firefighter

~~husband/wife~~ spouse

## TAKING A TOKE OF 'WOKE' AND WHY POLITICAL CORRECTNESS MAY HAVE GONE TOO FAR... AGAIN

It's common knowledge in life that when making efforts to please everyone, it becomes very easy to, in actual fact, please no one; and it seems the United Nations' (UN) efforts to broach gender neutrality, social differentiation and race relations have done just that.

When, in the middle of May, the UN released a set of guidelines designed to help people address others in modern, all-encompassing ways that wouldn't offend, it seems they succeed only in... offending people.

As examples, their recommendation was to hide away the supposed evils of capitalism and sexism by referring to businessmen as representatives. Mankind, meanwhile, should be termed humankind, while the cult of the evil of 'maiden names' was to be extinguished by labelling them 'family names'.

For all the good intentions of those who oversee peaceful and respectful action in our society, critics believe these sorts of moves tend to pander mostly to the whims of the minority. What's more, in forcing people to divert away from sensible, rational, everyday terms, the result is the creation of a splintering of and bitterness between groups – something that wasn't present in the first place.

The US Twitter storm around apparent offence at the term 'female' – the inference being it should be 'woman' or 'girl', because 'female' is apparently used in a derogatory fashion – blew itself out a few days later when the very same 'woke' authorities suggested 'woman' was no longer appropriate owing to the inference it categorised the fairer sex as the 'woe of man'.

Clearly, we have gone too far. The hope is that Twitter, the virus that has caused this political correctness storm, is also the antidote, because there is a concerted uprising of those who just want to get on with their daily lives without constantly checking over their shoulders... But for goodness sake, don't tell the UN.



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HOME & DIY

# BRUSH

## UP ON DIY

**B**e honest. When you purchase a paintbrush from your local supermarket or DIY store, do you actually have any idea how to choose the right one for your particular project?

Don't worry, you are not alone. Fortunately, we are here to show you how, plus how to care for your brushes so that they last for the duration.

**CHOOSE THE RIGHT BRISTLE**  
Paintbrushes are available in two different bristle types: synthetic bristles, or natural bristles that are made from animal hair. If you are using paint that can be cleaned off with water, you should choose a brush with synthetic bristles. However, if you are using an oil-based paint or varnish, a natural bristle brush is better.

**CHOOSE THE RIGHT SIZE**  
This may seem obvious, but if you are painting a small area such as a skirting board, then you should choose a smaller brush for more precise control. If you are painting a wall, you will most likely be using a brush for cutting in and should opt for a 2-3-inch brush; any bigger and you will struggle.

**CHOOSE THE RIGHT SHAPE**  
If you look at paintbrushes closely, you will notice that the bristles are either cut at an angle or they have square ends. As a general rule, angled-tip brushes are best for painting trim or cutting in, and square ends are ideal for wider, flatter surfaces.

**HOW TO CLEAN YOUR PAINTBRUSH**

- > **WATER-BASED PAINT**  
Scrape off any excess paint | Wash the brush in soapy water | Rinse the bristles in clean, cold water | Wrap the brush in heavy paper and fasten loosely with string
- > **SOLVENT-BASED PAINT**  
Wipe the brush clean of excess paint or gloss | Swirl the brush in a jar of white spirit | Leave to soak for 2 hours or longer | Wipe the brush clean with newspaper







# Radiate SOPHISTICATION...

...with these DIY radiator covers



Undoubtedly, radiators serve a purpose in your home, but why do they have to be such unattractive space wasters? Thankfully, a well-placed radiator cover can work wonders for hiding your heater without withholding the warmth.

**THE 'PERFECT PALLET' RADIATOR COVER**  
If you are looking for a raw style that will cost you virtually nothing, then this is the DIY radiator cover for you. The wide slats allow for maximum heat transmission, and you can choose to paint your pallet or simply leave it in all its rustic glory.  
**Top tip:** Be sure to thoroughly remove any spills to avoid unpleasant smells when your radiator heats up.

**THE 'CLEVER CANE' RADIATOR COVER**  
Cane is the ideal material for building a radiator cover as it will effectively hide your radiator while at the same time allowing heat to easily pass through its fibres. You can find cane webbing in sheets or rolls, either of

which can be simply stretched across the front of your radiator cover frame.  
**Top tip:** Soak the cane in water first to make it softer and more malleable.

**THE 'SPACE-SAVING SEAT' RADIATOR COVER**  
If you are lacking seating options in your home, then this multipurpose radiator cover can help you. All you need are 15-20 vertical hardwood slats to create an L-shaped radiator cover that doubles up as a bench.  
**Top tip:** Add a few pillows across the top for added comfort.

**THE 'IKEA SLAT BED BASE' RADIATOR COVER**  
You can purchase an IKEA slat bed base for as little as £20 and repurpose it to create a stylish and multifunctional radiator cover.  
**Top tip:** Use the additional table surface as a pop-up bar and you'll never have to go to the pub again.

Photo credit: Lantiv via thespruce.com, rhythmoftthehome.com, erikestenbaum.com, projectophile.hiles.wordpress.com

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HOME & DIY

# THE Grandmillennial GRAB



WHO SAID NOSTALGIA WAS DEAD? NOT THE MILLENNIALS, THAT'S FOR SURE

If there's one thing we should know by now about interior design, it's that nothing is ever off limits, and that certainly applies to the mixing of styles, trends and ideas.

Across styles such as Japandi and mid-century modern, interiors take the best from supposedly contrasting looks to produce colour and texture, while stimulating the mind.

Millennials have been unfairly labelled as adopting only modern, run-of-the-mill design, yet the grandmillennial look turns that concept on its head, with modern, contemporary elements enriched with chintz, crochery, ornate patterns and antique furniture you'd expect to see at your grandparents' house... hence the name.

The idea is that we take up-to-date walls, floors, furniture and fabrics and drop in elements that scream sentimentality, respect the tastes of our elders and take us back to times of simpler design.

To pull off this look, think about ornate lampshades, consider select pieces of antique furniture and even throw in a Toby Jug. Perhaps even lay out a doily or two, if you dare.

There are no rules, no exceptions, and only the power of your imagination can hold you back when it comes to pulling off the look.

Embrace worn-out upholstery, floral prints, draped covers and a splash of patterned wallpaper.

And try to tell a story in what you do – of people, places, eras and fashions. Heck, even pop in for a cup of tea with a local octogenarian in the hope of inspiration.

There is perhaps one warning, though – don't go overboard. The idea is to retain a modern feel while patterning your living space with a sensible number of well-selected additions. Go too far and your front room, bedroom or hallway may look like something out of a 1950s episode of *Coronation Street*, and nobody wants that.



Photo credit: livingetc.com

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HOME & DIY

# GO GREEN

*How to make your home more efficient and save on your monthly bills*

**W**hether you are planning to take advantage of the Green Homes Grant Scheme announced in July or not, it can be a good idea to look into ways in which you can improve the energy efficiency of your home, both for the environment and for your bank balance.

### *What is the Green Homes Grant Scheme?*

The aim of this scheme is to enable homeowners and landlords to upgrade their homes or properties with energy-saving features. You can apply online from September for vouchers worth up to two-thirds of the total cost, although those with low incomes will be eligible for 100 per cent funding.

### *Solid wall insulation*

If your home was built before 1920, it might have solid walls, rather than cavity walls, which are highly unlikely to be insulated. You can choose to have either internal or external insulation completed, with the latter helping to warm colder rooms in your home and alleviate damp.

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### *LED and CFL lights*

Lighting accounts for roughly 15 per cent of an average household's electricity bill, so making the decision to install energy-efficient bulbs can save you a decent amount of money.

**Savings per year = £100**

### *Triple glazing*

Most homes in the UK are now double glazed, but if you want to save even more money on your energy bills, you may want to consider investing in triple glazing, which has the added benefit of noise reduction.

**Savings per year = £105\***

### *Install a water meter*

If you find your water bill creeps up every year, you may want to think about installing a water meter, as this will encourage all members of your family to reduce their water usage.

**Savings per year = £55\***

\*based on an average semi-detached house





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## How to spider-proof your home

Whether you suffer with arachnophobia or you simply don't like the thought of lots of hairy eight-legged creatures scuttling around your home, you should aim to both repel and remove spiders as humanely as possible.

### Make a natural spider-repellent spray

There are several herbs and essential oils that are said to ward off spiders, including lavender, citrus and cinnamon. However, the aromas that spiders hate the most are eucalyptus, tea tree and peppermint. Fill a bottle with five drops of your preferred oil, add a shot of dish soap and top up with water. Spray around your windows, doors and any dark corners where spiders may be lurking.

### Use a spider catcher

Although you can, of course, use the tried and tested glass-and-piece-of-card technique, there are other humane ways in which you can safely catch and release spiders from your home. A vacuum spider

catcher is simple to use and traps any spiders safely in a long tube. Alternatively, you could try a window catcher, which is great for reaching spiders in tricky corners or on the ceiling.

### Clean regularly

Spiders do not like to be disturbed, so the best way to encourage them to vacate the premises is to clean and tidy up as often as possible. Although they are not attracted to food, they are to dead insects, so remove these quickly, as well as any old spider webs or egg sacs.

### Block any cracks

Spiders love to build their webs in any nooks and crannies that they can find in your home, so it's a good idea to block holes and cracks in your walls.

**Myth:** Conkers keep out spiders. In fact, you would need to fill your whole home with these nuts to make any difference!





# 5 unusual USES FOR...

Did you know that an estimated 14.2 million people enjoy Coca-Cola in the UK? Offering an irresistible combination of sugar and caffeine, it's not hard to see why this carbonated soft drink is one of our favourite brands. But flavour and effect aside, it also has several other handy uses in your home.

## 1. CLEAN YOUR TOILET

If you have any stubborn stains in your toilet that you just can't shift, simply pour in some Coca-Cola, leave to sit for one hour and wait for the fizzy drink to work its magic. When you return you will find that the phosphoric acid has dissolved the stains, leaving you with a gleaming toilet

## 2. LOOSEN RUST

Whether you have some rusty bolts in your home or your tools have seen better days, Coca-Cola can bring them back to their original glory. Simply submerge in a small of bowl of Coke, leave for 24 hours and scrub with a non-metal pad.

## 3. DE-ICE YOUR WINDSCREEN

Is there anything more frustrating than having to wait for the ice to melt off your windscreen on a winter's morning? Fortunately, you will no longer have to. Just pour a can of Coke over the affected area and immediately the ice will turn to slush.

## 4. CLEAN YOUR WINDOWS

Do you yearn for streak-free windows? Coca-Cola contains citric acid, meaning that it is a great alternative to lemon-based cleaning products. All you need to do is pour the fizzy beverage into a spray bottle and then get wiping.

## 5. REMOVE MILK STAINS

Milk can be a nightmare to get out of clothing, but thankfully, by saturating the item in Coca-Cola for five minutes before washing it, you will find the stain lifts easily.



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## Brave schoolgirl donates 12 inches of hair to help children

A brave Billericay schoolgirl has donated 12 inches of her hair so it can be used in wigs for children who have lost as a result of cancer.

Scarlet Nugent, 10, had a whopping 30cm of her hair cut off and donated it to The Little Princess Trust.

Having always had long hair, and been referred to as a real-life Rapunzel by her mum, Scarlet grew her hair even longer during lockdown to enable her to donate those all-important inches.

Scarlet has also raised an incredible £1,800 for her chosen charity, George and the Giant Pledge, which was set up by Vicki and James Woodall to raise

money for research into childhood cancers, after their son George, then aged four, was diagnosed with a rare form of cancer.

Brentwood salon, Vogels, donated its time, with managing director and owner, Victoria Vogel, cutting Scarlet's hair free of charge.

Scarlet said: "I really wanted to donate my hair to The Little Princess Trust to make a child with cancer smile, and to raise as much money as I can so that one day we can make sure no children get cancer."

To donate, visit Scarlett's JustGiving page [justgiving.com/fundraising/scarletsbigchop](https://www.justgiving.com/fundraising/scarletsbigchop)

## Man left with life-changing injuries

A serious assault in Billericay left a man with potentially life-changing injuries between 11.30pm on August 29 and 1am on August 30.

It was reported that a group of young men were approached on Radford Crescent by four men on pushbikes, who were not known to them. After words were exchanged, one of the young men was struck to the head.

Anyone with information is asked to call Basildon CID on 101. Please quote reference number 42/137390/20.







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## Planet protectors open zero waste store



A mother and daughter have opened a new zero waste store in Billericay to help people “do their small bit to make a big difference”.

Alex and Paula D'Urso opened the doors to The Sustainability Store at Summerhill Garden Centre, Pippis Hill Road North, on August 31.

Having lived locally for the last 25 years, the pair are passionate about changing the way people shop to help reduce single-use plastics and waste in general.

Customers can shop using their own containers to refill their stocks of pasta, rice, oats, nuts and much more.

They also have household cleaning and bathroom essentials to refill as well as general items, all of which are eco-friendly.

Alex and Paula said: “We are lovers of the outdoors, countryside and all animals which means we will always have a passion for any project to protect and preserve the wonderful surroundings we know and love.

“We all need to make changes to our lifestyles to encourage less single-use plastic and more eco-friendly practices.”

The Sustainability Store also runs regular workshops for both children and adults to learn and get tips on how to do their bit when it comes to saving the planet.

Visit [www.thesustainabilitystore.co.uk/ourstory](http://www.thesustainabilitystore.co.uk/ourstory)

## Air ambulance lands in town as cyclist rushed to hospital

A cyclist had to be rushed to hospital after an incident in Billericay on September 6.

Emergency services, which included three ambulances, an ambulance first responder and an air ambulance, were all sent to the scene at Queens Park Avenue just before 3pm.

The incident, which happened at the junction with

Trafalgar Way, involved no other vehicles.

Paramedics from the East of England Ambulance Service (EEAS) were called to the scene, with the road being temporarily shut by police.

The cyclist was treated by paramedics and taken to Basildon and Thurrock Hospital via land ambulance for further care.

## Company raises a glass to pure success

An innovative vodka company created by a Billericay man is celebrating after becoming an award-winning business.

PURE Vodka, which is the brainchild of Adam Player, earned a silver medal at The Spirits Business Awards 2020 in the Vodka Masters category.

The award comes a little more than a year after the business was formed after one of Adam's friends swapped lager for vodka in an attempt to make a healthier choice.

That led to a eureka moment for Adam, who quickly developed the idea into what is now a successful business.

He said: “I felt that there was more to this than just a change of drink – it was a cultural change and if it was happening in my local, I knew it would be happening elsewhere.

“I decided I would make a vodka that ticked all the boxes of the modern, health-conscious, environmentally friendly, equality-conscious individual.

“Organic, vegan friendly, gluten free, clean – i.e. no additives or preservatives – no carbs, no thickeners, as minimal calories as possible, a pure vodka.”

Now leading a fledgling business, sport-loving Adam still gives back to the community as he sponsors Hutton FC, who will be donning the PURE logo this season.





Photo credit: Nicky Hayes

# Ricay aiming high as new season approaches

Billericay Town FC are looking forward to a rock-and-roll season on the pitch after a promising end to pre-season, while music legend Rod Steward paid a visit to New Lodge.

The singer was joined by his wife Penny Lancaster as their son took to the pitch with Bishop's Stortford's Under-10s team, who faced Billericay's Under-10s team on September 4.

Meanwhile, the senior first team are looking forward to the National League South season, which starts with a home game on October 6.

The squad has been strengthened with Chevron McLean, Ruben Soares, Joe Felix and Lawrie Lewis.

McLean is a promising left back who joins from

Maldon and Tiptree, Soares joins from Grays Athletic, Felix from Hendon Town and Lewis from Ebbsfleet.

Right back Lewis enjoyed a successful five-year spell at Stevenage, winning two promotions to reach League One in 2010.

A step up to Championship side Charlton Athletic followed two years later. He also featured for Bolton Wanderers and Port Vale.

He said: "If we can get a good group, the way we have, and we come together well, I don't see why we can't be fighting at the top. The work that the owners and manager have put in to get this team together, and to do the infrastructure that they've got at Billericay, I only see this club going one way."

## Police appeal after man stabbed in town

Detectives are appealing for witnesses after a man was stabbed in Billericay last month.

Officers were called around 8.30pm on September 14 following reports that a man had been stabbed on Outwood Common Road, near to St John's Church.

The suspect was described as a black man, who was around 6 feet tall and wearing a black tracksuit.

The victim, who is aged in his 20s, is being treated for injuries which were considered serious, but not life-changing.

Police are keeping an open mind as to the motive of

this assault but think that it's unlikely it was random.

Investigating officers would like to hear from anyone who was in the area around the time and witnessed any suspicious behaviour or saw a man matching this description.

They're also keen to speak to those who live in the area and have doorbell, CCTV or dashcam footage.

You can contact police by calling 101 or contact independent charity Crimestoppers completely anonymously. Please quote reference 42/147423/20 when providing information.

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## Nurse campaign group criticises MP for pay rise comments

Billericay's MP has been criticised by nursing professionals after he said there may be "more important calls on the public finances" than possible pay rises for nurses.

John Charles Baron, the MP for Basildon and Billericay, was criticised for those comments after they were picked up from a letter he sent to his constituents.

It led to Nurses United UK, who are a group of front-line nurses fighting for a 15 per cent pay rise, hitting back and claiming that "NHS workers and the British public deserve a well-paid and properly staffed NHS".

Mr Baron MP did outline how valued nurses and other medical professionals were but stressed there were many other pressures on public finances.

In his letter, he said: "The NHS has risen to the challenge of this pandemic, we all appreciate and are grateful for the excellent work of our healthcare

professionals at this challenging time. I am sure the weekly 'clap for carers' will have confirmed to the many that they are valued and respected.

"NHS workers have largely continued to receive their usual pay throughout the pandemic.

"I believe there may be more important calls on the public finances to support those who find themselves unemployed through no fault of their own."

Anthony Johnson, lead organiser for Nurses United UK, said: "I think we will all find it surprising that John Baron MP thinks that NHS workers losing a fifth of their pay in real terms during his tenure is 'a fair deal'.

"Studies have shown that pay rises for NHS workers cause more money to be spent within our economy, which means more jobs being created. NHS workers and the British public deserve a well-paid and properly staffed NHS."

## Support group will help grieving parents

Gone Too Soon is an Essex-based bereavement support group for parents who have lost a son or daughter of any age, in any circumstances, whether recently or a while ago.

The group was set up by Lyn to give parents the opportunity to come together, to talk to people who can relate and understand how it feels to lose a child and to offer friendship and support through this traumatic grief journey.

Unfortunately, owing to COVID-19 restrictions, the group has had to suspend its regular meetings, but as soon as this changes, they will be resumed and parents will be given a warm and friendly welcome in a safe environment.

For further information, please email Lyn at lyn-currie@hotmail.co.uk or alternatively call on 07387 805406. You can also find information online at [www.gonetoosoon.online](http://www.gonetoosoon.online)





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## NEWS FROM YOUR LOCAL POLICE TEAM



The Billericay Community Policing Team Officers and PCSOs have been out patrolling your community this month and responding to issues that you have brought to our attention.

It is important that members of the community continue to raise their concerns with us. This information helps us to identify areas that would benefit from an increased policing presence and assists us in developing intelligence. Such intelligence has led to some really positive operations and has helped us to drive down the antisocial behaviour that affects our town.

The High Street is now fully reopened and, despite the ending of the government's highly successful Eat Out to Help Out, it remains a vibrant and great place to visit and spend time.

In light of the reopening of the High Street it is important that we continue to follow the government's guidelines about social distancing and the recent introduction of the rule of 6.

As always, there are exceptions to the rule, and we would advise that if you are uncertain then to seek advice from the relevant websites that provide up-to-



date information. The police will always seek to positively engage with people, explain the rules, encourage them and, as always as a last resort, if reasoned conversations have failed and where it is proportionate to do so, we will enforce by issuing fines.

We understand that these are challenging times and we really appreciate everyone's efforts to keep people safe.

## Support charities by playing lottery

People in Billericay are being urged to play the Essex Lottery to support good causes across the county which are facing financial hardship following the lockdown. Players have a chance to win a weekly £25,000 jackpot.

Currently, more than 260 charities and good causes are signed up to benefit from The Essex Lottery – from animal welfare, education and arts groups to organisations supporting children, disadvantaged groups and the elderly. Local good causes include community groups, sports clubs, Brownies or Scouts and school PTAs. Players are able to select the good causes they wish to support.

Causes that can be supported by playing the Essex Lottery include the East Anglian Railway Museum, South Essex Wildlife Hospital and Colchester Foodbank.

Prize draws take place every Saturday evening when a six-digit winning combination is picked. Prizes will



be given to players with tickets that match the first or last two to six numbers from the winning combination. Match all six and you win the jackpot.

Every week there are prizes to be won – of free tickets and cash prizes of £25, £250, £2,000 and £25,000 – to players whose numbers match the winning number combination.

To find out more, visit [essexlottery.co.uk](http://essexlottery.co.uk) or call the Essex Lottery support team on 0300 302 32 32.



LOCAL NEWS BILLERICAY





# LOCAL NEWS

*from your neighbourhood*



## Headteacher calls for plans to help those entering exam years

It has been a tough time for pupils due to sit exams this year, but questions have also been raised about how it may affect those entering exam years in 2020/21.

That includes Carole Herman, head of Shenfield High School, who is looking forwards after the problems around exam results this year.

Those due to sit GCSE and A Levels (Years 11 and 13) in 2020 were unable to do their exams because of the pandemic, leading to teachers being asked to submit predicted grades for each pupil.

However, when the results were announced, they were initially based on a mathematical model before the government did a U-turn and decided to go back to the teachers' predicted grades.

The plan is for exams to return in 2021, meaning the pupils who entered Year 11 and 13 last month will have as normal a school year as possible.

Carole Herman said: "We don't know yet what the pandemic is going to bring and we all need to be considering what Ofqual and the government need to be advising schools in how we can be ready for

unforeseen circumstances.

"If there is a local lockdown or anything like that, we have got to make sure we are ready."

Another concern is around how school-leavers in 2021 who may do exams as normal could be affected when they apply for school and university places. This is because they may be competing for places with pupils who left in 2020, with grades higher than they may have otherwise got, for courses with limited places.

Carole added: "We don't yet know the percentage of students who will defer because of the U-turn and use their higher grades next year to go through UCAS, or whether, because of the expansion of numbers, the universities are going to be able to take more students, meaning students will get places in their first or second choices or through clearing."

"A day is a long time in education and at the moment things are changing very quickly. We are not quite in a position yet to know what this Year 13 will end up doing."

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# No direct service to London until 2022



Shenfield commuters have been told they now won't benefit from Crossrail until 2022.

The railway project, which will provide a direct rail service from Shenfield into and through central London, announced last month that the pandemic had caused delays. Now, however, it has set a date for opening, but it's not until 2022.

The route, known as the Elizabeth Line, was originally due to open in December 2018 but a series of issues have pushed that back several times.

On top of the setbacks, the cost of the project has also risen, with it now expected to cost around £18.7billion.

At the peak of the pandemic, Crossrail construction sites shut down for almost three months, and fewer than half of on-site workers have been able to return.

Mark Wild, Crossrail chief executive, said: "Everyone working on the Crossrail project knows London needs the Elizabeth Line more than ever and we are doing everything possible to deliver the railway as safely and as quickly as we can."

## Police appeal after suspected drink-driver arrested

A man from Shenfield was arrested on suspicion of drink-driving after police were tipped off by a passer-by.

The man, who is 46 years old, was arrested on August 29 after being stopped on the A12.

He was stopped after a woman flagged down police officers at 11.45pm in Hatfield Peverel before the Shenfield man, in a silver BMW 7 Series, was pulled over at Sandon just five minutes later.

Now, officers from Stanway's Road Policing Unit are keen to speak to the woman and a driver of a blue Mini in Sandon.

A police spokesperson said: "Anyone with

information is asked to report it online to us or to call 101.

"The incident number to quote is 1438 of August 29.

"If you have information but would prefer to remain anonymous, you can call Crimestoppers on 0800 555 111."

## Aunt praised for surprise on nephew's birthday

A thoughtful aunt from Shenfield received widespread praise after giving her four-year-old nephew a birthday he will never forget.

Rebecca Crow, her partner James Ellender and son, Zachary, donned T-Rex outfits to surprise dinosaur-loving Cameron as the family made a visit to the seaside town of Walton.

Cameron has always been obsessed with the historic reptiles and his wardrobe is filled with dinosaur-themed clothing, while his toys also revolve around dinosaurs.

Rebecca said that as her nephew has always loved dinosaurs, she thought a few extra guests would make the day really special.

Rebecca thought it was a perfect surprise for Cameron, and the Jurassic trio also received many positive comments from passers-by.

Since the trip to the seaside, Rebecca's thoughtful surprise has proved to be a roaring success online, too.

Many people have praised 'Dinosaur Aunt' for going the extra mile on her nephew's big day.

She said she was surprised at the reaction.

Rebecca added: "It was never my intention to surprise or make anyone else smile other than Cameron.

"We are a close family and not seeing each other as much has been hard.

"To see that we made lots of other people smile is the icing on the cake.

"It has really made us laugh at how many people saw us and photographed us and took the time to leave such lovely messages."



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## BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



LOCAL NEWS SHENFIELD



I am spending more and more of my time in the constituency talking to local businesses and hearing about how they have faced down the challenges of 2020 and how they are planning for the months to come. Last Friday, I visited Ingatestone and talked to the ladies who run the brilliant The Ginger Tree florists and Greg the jeweller. They told me that they are coping, although trade in the village is quiet – hopefully this will start to pick up soon. Ingatestone is a great High Street – parking is easy and there are top places to eat and independent shops to explore.

I have also visited a number of pubs in the patch to get a sense of how they have fared through lockdown and to find out how they are coping with the changing regulations. I have to say, I came away from my tour deeply impressed by the resourcefulness of each of them. Seeing how they have adapted to the new circumstances, created new opportunities and found new ways to support customers really reaffirmed my faith in good, sound Essex business sense.

It was good to hear how a number of pubs took advantage of Eat Out to Help Out in August and some – like The King's Head in Ongar – have chosen to extend it through September. Those who used

the scheme said that it really brought people in on Mondays, Tuesdays and Wednesdays and made a significant difference to takings at the till. A lot of places, like The Olde Dog Inn in Herongate, have opened up new outdoor areas to seat customers and keep them safe or, like The Green Man in Ingrave, have rearranged their inside seating thoughtfully to help people stay comfortable while being COVID secure.

As I saw on my tour, places are doing pretty good business, all things considered. The Rising Sun on the Ongar Road – which has had a brilliant facelift recently and is under new management with Ian Boyd at the helm – is reporting good passing trade in the evenings. And The Green Dragon in Shenfield was doing a roaring lunch trade when I popped in.

This is good news, but we can't take our pubs for granted. It's extremely important we all support them in the months to come. I'm encouraging everyone to buy a pint a week in a local pub (this doesn't have to be booze; it could be lemonade or cola). Our pubs need our patronage because we want them to be there when this is all over. So, socially distance as the regulations require, but please get out there and support your local boozer.

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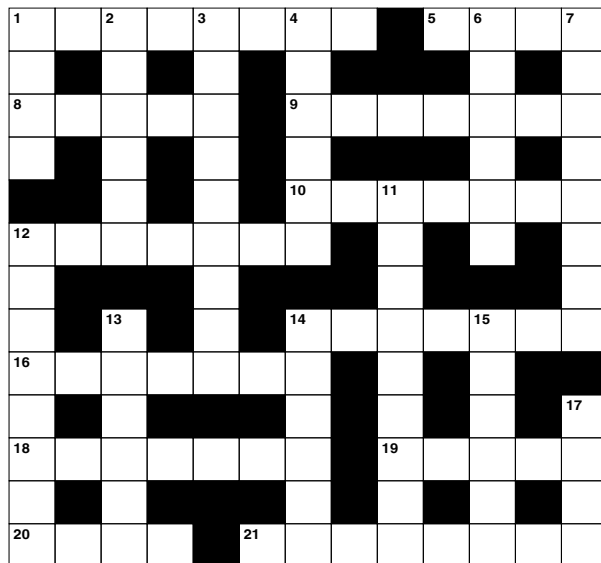
Answers can be found on the Contents Page 4

## ACROSS

1. People who consume a particular beverage (8)
5. Cut (4)
8. Paved area (5)
9. Deserved (7)
10. Ideas (7)
12. Long pins (7)
14. Small Arctic whale (7)
16. Gather (7)
18. Biting (7)
19. Immature insects (5)
20. Overly curious (4)
21. Definitions (8)

## DOWN

1. Depressions (4)
2. Chant; speak solemnly (6)
3. General erudition (9)
4. Manors (anag) (6)
6. Country (6)
7. Base of a statue (8)
11. Immediately following that (9)
12. Astronaut (8)



13. Entraps (6)
14. Hold close (6)

15. Occur (6)
17. Not as much (4)

## DID YOU KNOW?

- The name Big Ben only refers to the bell inside the Elizabeth Tower, not the Tower itself, as commonly thought
- In 1952, a double-decker bus, driven by Albert Gunter, jumped a gap across Tower Bridge after it started to rise to allow a boat to pass
- The London Eye pods are numbered one to 33, missing 13 with superstitious passengers in mind. Each pod weighs 10 tonnes, the equivalent of one million pound coins
- From the 1200s to 1835, the Tower of London was home to a zoo of exotic wild animals that were given as royal gifts, including lions and a polar bear
- Buckingham Palace was originally known as Buckingham House and was built as a private townhouse for the Duke of Buckingham

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|---|---|---|---|---|---|---|---|---|
|   | 3 |   |   |   | 4 |   |   |   |
| 8 |   | 9 |   |   | 5 | 4 |   |   |
|   |   | 4 | 1 |   |   |   | 7 | 3 |
|   |   |   |   |   |   | 1 |   | 9 |
|   |   |   | 3 | 4 | 1 |   |   |   |
| 7 |   | 1 |   |   |   |   |   |   |
| 2 | 4 |   |   |   | 6 | 7 |   |   |
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ALL AREAS COVERED

# MOBILE MADNESS

Some 35 years on from the first mobile phone call being made in the UK, we look at the limitations of the first available models.

It was a man named Michael Harrison, the son of former Vodafone chairman Sir Ernest Harrison, who made the UK's first ever mobile phone call. It happened on January 1, 1985, and it's fair to say that, in the 35 years since, we have come quite some distance in telecommunication technology.

Phones these days are powerful computers, with a bewildering array of functions, laser-sharp connectivity and a clarity that can enable you to FaceTime someone on another continent. Suffice to say, in 1985 things were a little more basic:

## TALK TIME

The first mobile phones had a talk time of 30 minutes. At that point the battery would die and it would need to be recharged... for 10 hours. And no, it didn't work while charging.

## WEIGHT

The latest iPhone weighs in at 188g; compare that to the Vodafone VT1, the first mobile phone, which totalled 4.7kg... that's the equivalent of 25 iPhone 11 Pros.

## COST

The first mobile phone cost £1,650 – that's more like £6,000 today when factoring in inflation. And even up to the Millennium, call costs were hugely prohibitive in the UK, with fees of more than 50p per minute for mobile-to-mobile calls. And as for dialling numbers abroad... well, probably better to send a letter.

## FEATURES

The first mobile phone was just that – a phone. It offered no additional features. Indeed, not until Nokia's rapid advancement into the market in the late 1990s did phones start incorporating text messaging and games (and yes, by games, we mean snake, and not a lot else).



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TRAVEL

## the isle of wight

Forget long slogs to foreign lands – holiday utopia could be much closer to home, because it's alright on the Isle of Wight.

With so many holidays abroad having restrictions and a quarantine period once you return to the UK, a good, less-stressful option could be to look for a break closer to home.

A short hop on the ferry across to the Isle of Wight could be just the ticket, and here's why:

**Tube train:** Speaking of tickets, the Isle of Wight's first unique tourist attraction is the former underground train that connects those arriving on the mainland at Ryde Pier Head to Shanklin, some eight and a half miles away. The British Rail Class 483 rolling stock dates back to 1938.

**Alum Bay:** While Alum Bay gets most of the publicity, from Colwell to Compton, Sandown to Shanklin, so many of the island's sumptuous, sandy beaches are a delight to behold.

**The Needles:** These iconic chalk stalks and resplendent lighthouse have always been a major tourist draw, as well as sparing the lives of countless sailors.

**Blackgang Chine:** A piece of the Wild West, a voyage into a fairy wonderland, or perhaps something else... Located in the south of the island, the amusement park is the oldest in the UK, having first opened in the 1840s, and will transport kids and adults alike back to a simpler age.

**Freshwater Bay:** So typical of the history hiding behind the island, Freshwater Bay's serenity disguises the caves pirates used to hide their wares in, situated at the foot of the cliffs.

**Osborne House:** For those who like their history to be rather more regal, sample Queen Victoria's favourite retreat, which remains almost untouched from when it used to welcome dignitaries over 100 years ago.

Photo credit: Dinko G. Kyuchukov/Shutterstock.com, J. M. Ritchie/Shutterstock.com





A photograph of Robert Pattinson in a tactical vest, looking off to the side. The vest has a handgun holstered on the left side and a walkie-talkie on the right. The background is a blurred city street.

# THE RISE OF

# ROBERT BAT-TINSON

It's taken eight years, 19 movie roles and a complete revision of his status as the teenage heartthrob of his era, but in landing the role of Batman in the latest incarnation of DC Comics' ultimate action hero, Robert Pattinson has emerged from the gloomy, seedy shadow of *The Twilight Saga* into the dazzling, dangerous surrounds of, well... his local gym.

We've always known him best for his vampiric swagger and lofty presence, and for being followed around by a posse of adoring young teens, but since the Sky series in which he made his name, Robert Pattinson has dabbled in everything from serious drama, horror, crime, action and even biopics.

And while excelling on screen in the likes of *The Lost City of Z*, *Good Time*, *The Rover*, *The Lighthouse* and *Tenet*, as the latest ripped and action-ready Batman, this is surely his biggest project yet.

The big-budget Warner Bros movie represents for him a defining moment, both physically and mentally – it's the final piece of the jigsaw in the ascent of the accomplished Londoner to true movie icon status, and by his own admission, the removal of self-doubt that accompanies it is a relief.

"Doubt is in the genetic make-up of any actor," he begins. "You are always wondering what's around the corner and whether you can live up to your best role, your last role, your future potential... whatever it will be."

Taking on Batman represents the same mental challenge, but RPatz sounds more secure in himself than ever before.

"I think any actor will go through periods where they will question whether they can live up to a character in a script, or even the expectations that go with it.

"Batman, for me, means pushing boundaries and building up to a point where I know, in the flesh, I can do justice to the physicality required.

"You look at the true warriors of the superhero genre – Hemsworth, The Rock, Downey Jr – and wonder if you're putting yourself in the wrong place. And yet, having spoken to a few I know, everyone is nervous when the opportunity comes about."

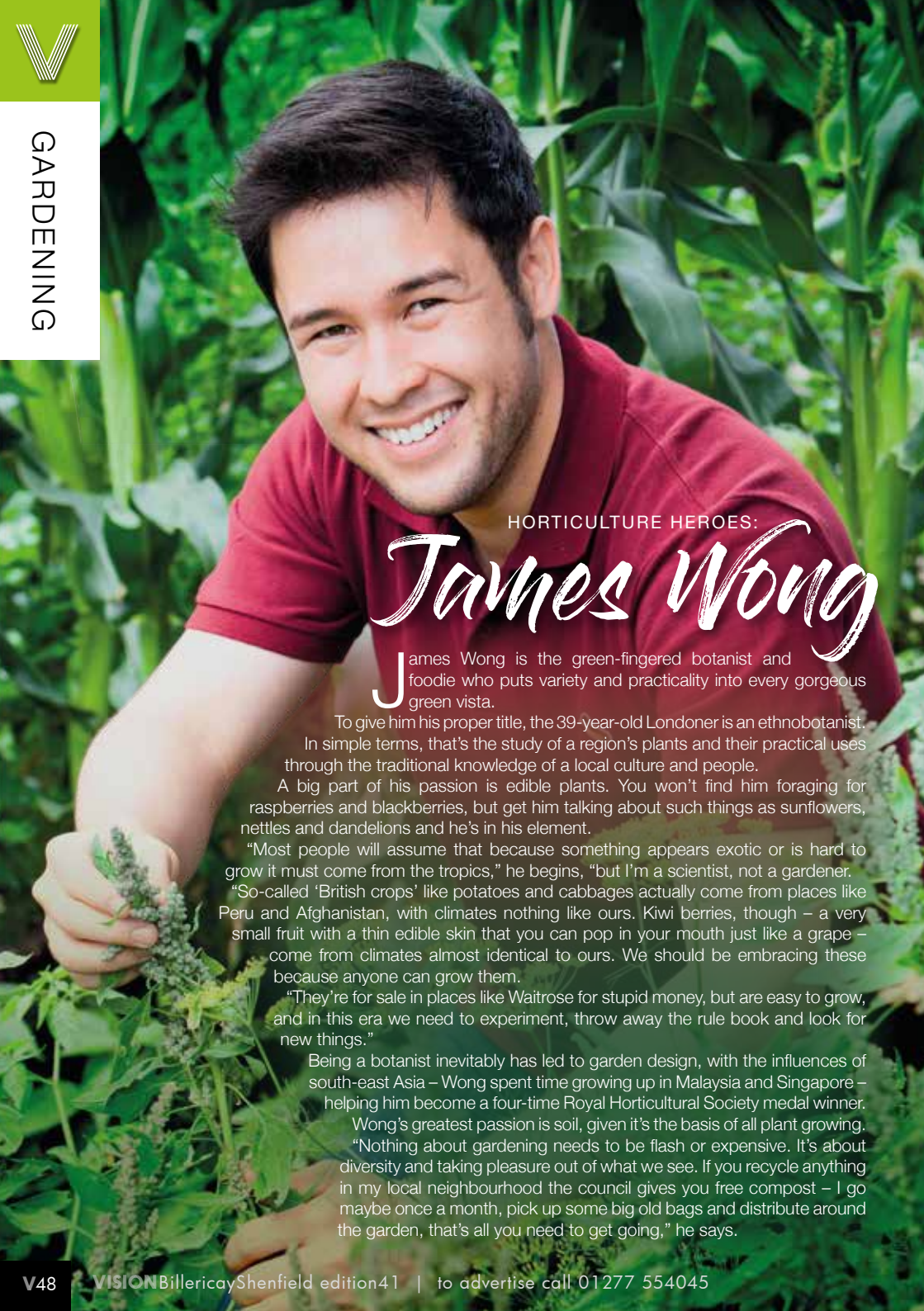
Of course, the legacy of those to have played Batman goes back right to the early days of movie-making. People were still awaiting the conclusion of the Second World War when actor Lewis G Wilson first stepped up to play the caped hero in 1943. Wilson's physique saw critics perhaps unfairly deride him as "thick about the middle", and actors who assumed the role thereafter were toned in a way rather more fitting for a character adept at taking down a range of enemies without, in fact, the use of any superhero powers at all.

From Robert Lowery and Adam West – who played Batman for two decades – through to Michael Keaton, Val Kilmer, George Clooney, Christian Bale and Ben Affleck in the modern era, style and stamina has often gone forward before age – something that stands Pattinson in good stead.

"This feels like the start of a new era for me, and I hope fans come along for the ride."

In 2020, Pattinson talks, behaves and interacts like a very different person from when he was only known as Edward Cullen from *The Twilight Saga*. His evolution into an accomplished actor of variety, veracity and vigour is now surely complete.





HORTICULTURE HEROES:

# James Wong

James Wong is the green-fingered botanist and foodie who puts variety and practicality into every gorgeous green vista.

To give him his proper title, the 39-year-old Londoner is an ethnobotanist. In simple terms, that's the study of a region's plants and their practical uses through the traditional knowledge of a local culture and people.

A big part of his passion is edible plants. You won't find him foraging for raspberries and blackberries, but get him talking about such things as sunflowers, nettles and dandelions and he's in his element.

"Most people will assume that because something appears exotic or is hard to grow it must come from the tropics," he begins, "but I'm a scientist, not a gardener.

"So-called 'British crops' like potatoes and cabbages actually come from places like Peru and Afghanistan, with climates nothing like ours. Kiwi berries, though – a very small fruit with a thin edible skin that you can pop in your mouth just like a grape – come from climates almost identical to ours. We should be embracing these because anyone can grow them.

"They're for sale in places like Waitrose for stupid money, but are easy to grow, and in this era we need to experiment, throw away the rule book and look for new things."

Being a botanist inevitably has led to garden design, with the influences of south-east Asia – Wong spent time growing up in Malaysia and Singapore – helping him become a four-time Royal Horticultural Society medal winner.

Wong's greatest passion is soil, given it's the basis of all plant growing.

"Nothing about gardening needs to be flash or expensive. It's about diversity and taking pleasure out of what we see. If you recycle anything in my local neighbourhood the council gives you free compost – I go maybe once a month, pick up some big old bags and distribute around the garden, that's all you need to get going," he says.



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OCTOBER BIRTH FLOWER OF THE MONTH

# Marigold

**GARDENING**

If you were born in October, your birth flower is the vibrant marigold. Native to the Mediterranean, this plant is also known as the 'herb of the sun' owing to the fact that its flowers open when the sun is shining. Incredibly versatile flowers, marigolds can be used as bedding plants or grown in containers.

**What does the marigold symbolise?**  
With its intense orange colour, it's hardly surprising that the marigold symbolises both passion and creativity. In medieval England, the leaves and flowers of the marigold were combined with ground egg shells and added to heated ale as a treatment for the plague. Whereas, in Mexico, they are the official flower for the *Día de los Muertos* – the Day of the Dead – as their scent is believed to help guide the spirits from the cemetery to the altars.

**What does this birth flower say about you?**  
If your birth flower is the marigold, you are said to be a warm and inviting person who has the ability to brighten any day. You are full of drive and are often the one that others turn to for advice or help. Personal growth is also important to you.

**How to grow marigolds**  
Marigolds enjoy full sun and grow well in both dry and moist soil. You can plant marigold seeds directly outdoors in spring once the threat of frost has gone, or start seeds inside for up to eight weeks before planting outside. These flowers require little maintenance and only need watering if the weather has been dry for more than two weeks.

**Fun facts about marigolds**

- Marigold flowers are edible
- Marigolds are a natural insect repellent
- They contain carotenoids that can lower your risk of heart disease and some cancers





**GO GREEN** – Bewildering arrays of colour don't sit well with Japanese garden design. Instead, focus on the blend of greens; explore texture over colour, and appreciate the shape of plants rather than obsessing over size.

**PERFECT PRUNING** – So much of the art behind this unique horticultural mood is in constant styling, reshaping and pruning. Gracious curves and sharp edges intertwine, with plants bending around rocks and guiding the eye around.

**WATER WONDER** – Whether it's a simple trickle of a small stream or a pond decorated with lily pads, the sight and sound of water is a key part of the equation.

**NATURE'S KNACK** – The Japanese have a strong respect for Mother Nature, and will encourage the build-up of moss and other elements that weather and climate bring about. While not letting the garden be reclaimed, you should certainly allow a natural imprint to work its way in.

**STONE COLD SOBER** – The use of stone is a big thing in garden design, and never more so than in south-east Asia, with large rocks and the smallest pebbles complementing perfectly green spaces and water.

To understand how to create your own Japanese garden, it first helps to appreciate the values behind this most unique form of horticultural design.

The Japanese appreciate precision, elegance, space and places for careful thought and contemplation, and all of these elements come through in meticulously curated green spaces.

So forget rugged bushes, sprawling trees and bustling beds, and begin to style your garden one small space at a time.

**OPEN SPACES** – Detail is everything, and nothing focuses the eye on this better than open space with a focal point, such as a small statue, collection of rocks or even a bonsai tree.



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# CHECK mate!

If you are looking for a fashion trend that checks all the boxes, then look no further. The traditional checked pattern was seen across multiple AW20 collections including Saint Lauren, Miu Miu, Versace and Michael Kors.

Not sure how to make this print work for you? Don't worry, everyone and anyone can rock this form of plaid.

## CHECKED SHIRTS

A checked shirt should be a key staple in everyone's wardrobe, never going out of style and providing a quick and simple way to look effortlessly stylish. Ideal for layering when the evenings turn colder; try adding an open-buttoned checked shirt over a plain tee for a chic and comfortable look.

## CHECKED COATS

With the ability to suit both men and women, an oversized checked coat is a must-have this winter. Wear over layered knitwear, a tailored suit or even a party dress; this style of outerwear is incredibly versatile. For those who love to stand out from the crowd, choose a bold and colourful check such as red, yellow or green. Alternatively, monochrome check will always look classy.

## CHECKED ACCESSORIES

If you are a little worried about trying out this trend, you may want to try starting with one checkerboard item such as a pair of black-and-white checked heels or a checked scarf. But make sure you don't sync the checks of your accessories with the checks of your clothes – this is never a good look!

## CHECKED TROUSERS

You don't often see women wearing checked trousers, but when you do they nearly always look fabulous. So, why not give this daring look a go yourself? Pair with a hoody for a sporty touch, with a chunky sweater for a casual daytime look or with a silk shirt and leather jacket for instant edginess.

Photo credit: asos.com

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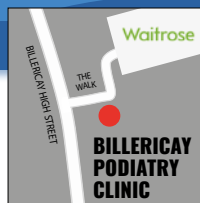


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# STOP TOBER

*How to help someone with an addiction*

**W**ith Stoptober already under way, we thought it would be a good time to offer a few words of wisdom for those supporting a loved one with an addiction.

#### DON'T BE AN ENABLER

There is a very fine line between supporting someone with an addiction and actively enabling them. While you may want to help your loved one by carrying out household tasks, lending them money or apologising for their actions, this can actually stop them from making positive changes in their lives. Sometimes you need to let someone reach rock bottom for them to start their own personal recovery journey.

#### BE COMPASSIONATE

Although you don't want to stray into enabler territory, that doesn't mean that you can't treat your loved one with compassion as they struggle with addiction. In fact, studies have shown that negative social support is one of the biggest barriers for entry to treatment.

#### ENCOURAGE HEALTHY HABITS

Addiction is linked to not only poor physical health, but also mental well-being, with common mental health issues such as anxiety and depression being greatly amplified by alcohol or substance dependency. Ways in which you can promote overall good health and well-being include encouraging healthy eating habits and regular exercise, as well as establishing a positive daily routine.

#### DON'T FORGET YOURSELF

Supporting an addict can be an exhausting and often fruitless process, so it is vital that you take the time for self-care. Think of this not as an act of selfishness but as a means of self-preservation. Focus on doing something you love and make sure you take care of your own physical and emotional needs.

#### DO...

Focus on building trust • Be honest • Respect their privacy

#### DON'T...

Threaten with ultimatums • Criticise or name-call • Expect too much too soon





# THINK POSITIVE

**W**e could all be forgiven for feeling a little less than motivated right now. That being said, there comes a time when we need to stop languishing and start flourishing. Now is that time...

## SET THE TONE FOR THE DAY

How often do you wake up on the wrong side of the bed and let that negativity continue throughout the day? Why not instead start your morning with a few enthusiastic affirmations? Even a simple, "Today will be a good day", can work wonders.

## FOCUS ON THE GOOD

Although you may find it difficult at the moment to find joy in everyday life, by focusing on the good things, however small they may be, you will start to find yourself feeling more motivated and less eager to hide away from any of life's challenges.

## LAUGHTER REALLY IS THE BEST MEDICINE

When you laugh, the body releases two types of

chemicals: endorphins and dopamine. Endorphins help you feel happy and diminish pain, whereas dopamine, known as the reward hormone, contributes to feelings of pleasure and satisfaction. Finding humour in even the darkest or lowest of moments can help you get through a particularly bad day.

## EMBRACE FAILURE

Whether you are struggling to home-school, are completely messing up your latest DIY project or you simply feel that nothing you do at the moment is right, try to focus on what you can learn from your mistakes.

## BE PRESENT

If you are struggling with the current lack of routine and worry about not being able to set any short-term goals, other than getting out of bed each day, try focusing on the immediate present. What are you doing at this precise moment that is making you or someone close to you happy?

new mindset *e ↗* new result



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# WHAT A racket



Why squash,  
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is a good sport to play

**F**orget football, turn aside tennis, and golf can get lost – the proven best sport you can play for a total body workout... is squash.

It's a simple game, played in singles or doubles, and involves smashing a rubber ball against a wall in the hope your opponent won't be able to return it within one bounce. Its popularity has continued to grow, despite the fact that television coverage is almost non-existent.

The reason people love squash is because it tests every element of the human body:

> **Reactions:** Players must respond to opponents' attacks in split seconds, often moving into position as soon as their own shots are taken in expectation of where the ball might go.

> **Agility and speed:** From returns on the floor to left and right stretches; from frantic back-peddalling to tearing towards a concrete wall before needing to urgently apply the brakes, squash uses every muscle group.

> **Power:** While some plays can be tickled into winning areas, squash thrives on the idea of smashing the ball into areas an opponent cannot get to.

> **Precision and intelligence:** At the heart of it, the placement of shots will win you the game, and in such a confined space you're testing hand-eye coordination in a way that's measured, intelligent and so much more intense than on a ranging tennis court.

> **Stamina:** Unrelenting and in many cases played in what can resemble a concrete oven, squash demands high stamina for anyone who wants to stay in the game.

There's only one downside to squash, and it's something that any vocal sportsperson will have experienced – notably, if you're prone to letting out the odd expletive after a bad shot or missed return, the echoing nature of a boxed in 10-metre x 6-metre squash court will ensure everyone within a half-mile radius can hear you.



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I have over 26 years' experience of working with people affected by disorders/diseases such as stroke, MS, Parkinson's, brain/spinal-cord injuries etc.

I used to work for the NHS, based at Mayflower Community Hospital, together with our lovely Community/District Nurses, as Community Occupational Therapist covering mainly Billericay and Wickford, and occasionally Basildon and Brentwood, since March 2004.

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## Are you BLUSHING yet?

**W**ith summer over, you are probably ready to banish the bronzer and bring on the blush. But do you know what type of blush is best for you?

### *Powder Blush*

If you are not quite ready to give up that natural, sun-kissed glow that you have enjoyed over the last few months, then powder blush is the ideal choice for you. Available in a variety of colours, including red, pink, orange and peach, powder blush is long-lasting, easy to blend and offers a matte finish. Ideal for acne-prone and oily skin types.

### *Cream Blush*

If you are looking for a dewy, fresh-faced finish, then cream blush can help you to achieve this. Arguably the best choice for those with dry skin, this type of blush lasts for around five to six hours and can be seamlessly blended into your skin. Be sure not to overapply or you risk a greasy-looking finish.

### *Shimmer Blush*

Available in soft shine or a glittery formula, shimmer blush can set you up for the day and prepare you to party. It's great for highlighting your cheekbones. Make sure you build this blush up gradually to avoid a major make-up mishap. Shimmer blush can be used on any skin type.

### *Gel Blush*

Although this type of blush is mostly recommended for the summer, it can be used to softly transition into autumn, allowing you to enjoy a healthy colour for longer. Best for light to medium skin tones, gel blushes can be easily blended with just your fingertips.

### *Tinted Blush*

Otherwise known as cheek stain, tinted blush has become increasingly popular in recent years owing to its extreme long-lastingness and quick-drying formula. Plus, it can double up as a lip stain. Remember, less is more with this product.



BEAUTY





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# Regrow

## HAIR CENTRE



**Hi there my Visionaries,**

I hope you are all well and have enjoyed the summer despite the tough conditions.

I wanted to give you the low down on 'at home hair treatments' that are advertised all over the place, online, in shops or on social media.

When embarking on finding that compete solution that's going to regrow your hair, stop your hair from thinning and return to your glory days (for me it was about 18 years old.) I'm afraid it's not going to happen.

What you can do however is to stop buying over the counter products or products advertised on Amazon that claim you will restore your hair completely - I have seen 100's of people who come in and told me they have used product x,y and z to no effect and have spent £100's on products over the years.

Here at the Regrow Hair Centre through extensive research and personal testing we have compiled a few treatments (which aren't available over the counter) which are completely natural but are strong enough to actually make an impact on your hair.

The foundations of our home treatments work on three simple actions

- Health of your hair
- Stopping your hair loss
- Stimulating hair to become thicker and stronger.

Now one product cannot do all of these, its simply not possible but by combining a few products we have had great success in achieving these goals.

We use a supplement called Viviscal Professional - which works on health of the hair and hair growth.

We also use a serum called Hairmax Acceler8 Booster - which works to thicken hair - and a shampoo called Watermans Grow Me which contains no sulfates or parabens and is used for strengthening and replenishing.



And lastly a derma roller - an inexpensive tool that releases collagen to your scalp to replenish and open blocked follicle pores.

So stop buying Chinese products or products you find in Boots or Superdrug claiming they are the answer - if you want results go professional.

I will even give a 10 per cent discount on all products when you use the code VISION10 on our online shop [www.regrowhairproducts.co.uk](http://www.regrowhairproducts.co.uk) or come into our shop to buy direct.

Stay Safe,

Lawrence

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# Love your LEFTOVER PUMPKIN

Don't throw away any leftover pumpkin from Halloween. Instead, pump up your beauty routine with these four DIY pumpkin beauty recipes that are guaranteed to give your skin and hair an autumnal glow.

## BEAUTY BENEFITS OF PUMPKIN

**Healthy skin:** Pumpkin is full of vitamin A, zinc and antioxidants that are essential for healthy-looking skin.

**Healthy hair:** Pumpkin seed oil is antibacterial and antifungal, helping to maintain a healthy scalp and strong hair follicles.

## PUMPKIN MOISTURISING FACE MASK

You will need: 200g pumpkin purée | 1 tbsp honey | 2 tbsp brown sugar | ½ cup yoghurt

How to apply: Stir all ingredients together | Evenly coat your face with the mixture | Leave for 10–15 minutes | Rinse with warm water

## PUMPKIN LIP SCRUB

You will need: 1 tsp pumpkin purée | 2 tsp sugar

How to apply: Mix ingredients together | Massage onto clean lips | Wipe off | Finish with a coat of hydrating lip balm

## PUMPKIN HAND CREAM

You will need: 50g pumpkin purée | 1 tsp olive oil | 1 tsp honey

How to apply: Mix all ingredients together | Spoon a generous blob into your palm and rub into your hands | Rinse with warm water

## PUMPKIN DEEP CONDITIONING TREATMENT

You will need: 50g pumpkin pulp without seeds | 50g raw coconut oil (liquefied) | 50g raw shea butter (solidified) | 25g vegetable oil or olive oil | 1 tbsp oatmeal powder

How to apply: Separate seeds from pumpkin pulp | Add oils, butter, oatmeal powder and pulp to a bowl | Mix well and then blend in a blender until a smooth consistency is achieved | Apply to damp, clean hair and massage into scalp | Leave for a minimum of 10 minutes | Rinse with warm water

Don't throw away the leftover pumpkin seeds; instead, roast them for a tasty snack. They are great for encouraging hair growth, as they contain iron and L-lysine which both help to prevent excessive hair shedding.



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## WHAT IS BODY SCULPTING?

Body sculpting is a non surgical and non invasive, pain free and completely relaxing treatment. It is a revolutionary procedure which combines cavitation and radio frequency for a sculpted result on desired body areas.

## WHAT IS CAVITATION?

Cavitation is a revolutionary procedure that uses ultrasound technology to, in simple terms, 'melt' fat.

During a cavitation procedure the machine targets specific and desired body areas, then comfortably heats the skin sending shock waves that penetrate through the derma layer.

This causes a micro bubbling in the liquid surrounding the adipocytes (fat cells). Under pressure the adipocytes rupture and release glycerol (fatty acid) 40% safely goes into your blood stream to be used or stored as energy. The other 60% goes to your liver to be metabolised and then finally your body is able to process these glycerol through its proverbial waste-disposal plant: the lymphatic system.



## WHAT IS RADIO FREQUENCY

Radio frequency is used to improve skin elasticity, remove cellulite, renew muscles and enhance skin rejuvenation by applying electromagnetic high frequency waves.

The goal of radio frequency treatment is to tighten the skin of the body and dilated pores, smooth fine lines and wrinkles. Collagen and elastin are boosted, cellulite is removed.

Loose skin, wrinkles and fine lines may give away one's age or make them appear older than they are. Fortunately, skin elasticity can be restored using radio frequency therapy. Collagen takes 14-21 days to synthesise, therefore you may see the best results in the 3rd/4th treatment.

## RADIO FREQUENCY / CAVITATION BENEFITS

- ✦ Fat Reduction ✦ Cellulite Removal
- ✦ Boosts Collagen & Elastin Process
- ✦ Skin Tightening & Toning ✦ Skin Rejuvenation
- ✦ Improves Skin Texture
- ✦ Smooths Fine Lines & Wrinkles

## AREAS TREATED

- ✦ Buttocks ✦ Stomach ✦ Chest ✦ Legs ✦ Arms
- ✦ Face ✦ Hands ✦ Décolletage ✦ Mummy Tummy



Men's skin toning & tightening after one treatment

Men's stomach after one treatment

Clients can see improvements after three sessions. The recommended course is six treatments, however some clients may need additional sessions depending on the individual.

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KIDS



## HOW TO ENJOY A SOCIALLY DISTANCED HALLOWEEN

As traditional trick or treating may be cancelled this year, unless you want some seriously disappointed children, you may want to look into alternative ideas for celebrating Halloween as a family.  
Don't worry, there will still be lots of sweet treats to be enjoyed!

### HOST A VIRTUAL PARTY

If you normally host a massive Halloween party for all your family and friends, why not use your new-found knowledge of Zoom to host a virtual party instead? Adults can enjoy some spooky cocktails and a chat, whereas the kids can show off their costumes and even play Halloween games such as bobbing for apples via the app. Alternatively, you could host a virtual scary movie night or virtual Halloween sleepover.

### ORGANISE A NEIGHBOURHOOD DECORATION PARTY

In the same way that neighbours got together to decorate the outside of their homes and the local streets for VE Day, you could bring the local community together to put up some creepy decorations. That way, instead of trick or treating, children can enjoy a spooky walk on Halloween.

### SET UP A HALLOWEEN PHOTO BACKDROP

A great way to make dressing up for Halloween fun despite restrictions, one or more local families could host a Halloween photo backdrop at the end of their driveway or in their front garden. Children can then take turns coming up to get their photo taken, creating long-lasting memories of Halloween 2020.

### DECORATE A FACE MASK

A fun Halloween activity for children of all ages. Either buy some plain disposable face masks or make your own and then get your children to decorate them. Some great Halloween-themed decorative ideas include creepy grins, animal faces or pumpkin patterns.

### OTHER IDEAS INCLUDE:

- Bake some sweet treats
- Visit a pumpkin patch
- Carve a pumpkin face





# THREE HAUNTING HALLOWEEN COCKTAILS

Put the boo in booze with these creepy cocktails that will make your hair stand on end. Literally. From a spooky smoking potion to a colour-changing creation, these Halloween drinks provide both a trick and a treat.

## TEQUILA TERROR

### You will need:

2 oz 100% agave silver tequila • 1 oz lemon juice • 8 blackberries • 5 sage leaves • 1 tsp maple syrup • 1 dash orange bitters • Dry ice

### How to make:

Bash the blackberries and sage in a cocktail shaker until broken down and fragrant • Pour in the tequila, lemon juice, bitters and maple syrup • Give it a good shake • Pour over a cube of dry ice

**Safety tip:** Do not drink the cocktail until the dry ice has completely dissolved



Photo credit: wickedspaula.com

## BLACK MAGIC

### You will need:

2.5 oz black vodka • ¾ oz lime juice (freshly squeezed) • ¾ oz simple syrup • Ice • Pearl white edible dust (can be found online or at craft shops in baking aisle)

### How to make:

Add syrup, lime juice and vodka to a cocktail shaker • Fill with ice to the liquid line • Vigorously shake for 30 seconds • Add a dash of pearl dust to the bottom of a martini glass • Pour and serve



Photo credit: eliatalk.com

## PURPLE RAIN

### You will need:

Blue butterfly pea flowers • 3 oz cranberry juice • 1/3 cup gin • 1.5 oz elderflower liqueur (rose or violet also work well) • Juice of half a lemon • Ice

### How to make:

Make a pot of blue pea flower tea and allow to steep • Leave to cool and freeze into ice cubes • When frozen, crush in a blender • Add the cranberry juice, gin, liqueur and lemon juice into a cocktail shaker half filled with ice • Shake vigorously • Fill two glasses with ice and divide liquid between them • Top with blue crushed ice and watch as it turns purple



Photo credit: supergoldenbakes.com

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# Spice UP YOUR life

## A QUICK-FIRE GUIDE TO KNOWING YOUR HERBS AND SPICES

**S**pices and herbs are about so much more than heat. They provide colour, texture, flavour, aroma and more hidden pizzazz than you would expect.

The trick, when it comes to adding them to your food, is to choose those that complement your dish.

### BITTER

Think of coffee, chocolate and beer, and you'll know we have a love/hate relationship with bitterness. From bay leaf to clove, horseradish to marjoram, peppercorns to turmeric, a bitter flavour is great for hearty foods such as roasts and stews, where spices creep in without overpowering the dish.

### SALTY

Salty herbs and spices actually provide a sensible and health-focused alternative to sodium chloride. Consider paprika, cumin, onion powder and oregano as the perfect seasoners, and revel in spicy goodness without the negative side effects.

### SOUR

The ability for sour spices to make our mouths water works perfectly when we match them with sweet

foods. Limited in quantity – the key sour spices are amchur, sumac and tamarind – they are powerful and purposeful with desserts and sauces especially.

### SWEET

From caraway to fennel, nutmeg to sesame seeds, our love of sweet spices is something that means firm meats such as pork and poultry can be softened, while sour flavours in cheese can really be brought out with a dash of sugar-like life.

And one for luck – **UMAMI**, the cool younger brother of the spice world, boasting a savoury, meaty, seaweed flavour that bucks all the negative connotations of MSG despite using the same molecule, an amino acid called glutamate.

Of course, true aficionados will point out that limiting the range to just four or five varieties is doing spices a disservice. They will note a number of cooling, floral, earthy, pungent, nutty and woody variations, but as a starting point for understanding these most excellent essences, you've got more than enough umming, ahing, wincing and reaching for water to be getting on with.

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**FOOD & DRINK**

# Return TO YOUR ROOTS *part 1*

**W**ith the weather turning colder, now is the time to shift away from salads and, instead, embrace more robust and hearty vegetables.  
Whether you are harvesting the veg yourself or you have opted for shop-bought, the below guide will help you make the most of your roots this autumn.

## TURNIPS

A member of the brassica plant family, turnips are high in fibre, making them great for gut health. They also contain antioxidant and anti-cancer properties.

**HOW TO STORE:** Always cut off the greens of turnips before storing in the fridge. Lifespan: two to three weeks.

**HOW TO COOK:** With their delicate, sweet flavour, turnips make a great mash. Alternatively, use as a substitute for potatoes in dauphinoise.



## CARROTS

These much-loved staples are cheap, versatile and contain carotenoids that are known for their ability to boost your immune system and protect your skin from sunburn.

**HOW TO STORE:** Cut their tops off and store them in a cool place such as the lowest shelf in your fridge. Wrap in a damp towel for prolonged crispiness. Lifespan: four weeks.

**HOW TO COOK:** Avoid boiling carrots; instead, look to roasting them with honey, grating them raw into a salad or stir-frying them.



## PARSNIPS

Parsnips are incredibly high in fibre and are also a great source of folate that is needed for a healthy brain and nervous system.

**HOW TO STORE:** Store in the same way as carrots but avoid placing near apples or pears, as this gives them a bitter taste. Lifespan: three to four weeks.

**HOW TO COOK:** You can roast parsnips in the same way you would potatoes. They also work well in a gratin, to bulk out stews or grated into hash browns.



Look out for *part 2* in next month's edition where we will explore the beautiful beetroot, amazing artichoke and the super versatile sweet potato.



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# YOUR HOME under the hammer



BUSINESS & PROPERTY

*The pros and cons of auction properties*

Daytime reality TV shows have given us a unique insight into the workings of the auction room, but where buying a home is concerned, the stakes are considerably higher than when bidding on a Nissan Micra, or perhaps an antique teapot.

The plus side is that buying a home at auction can save you tens of thousands of pounds. You can also find yourself unearthing some unusual properties that high-street estate agents wouldn't look to market, and as far as renovation projects go, auctions tend to attract every brand of dilapidated property going.

It's also a fast process – when the bidding ends the process kicks off... There's no hanging around for estate agents, and within weeks the property can be yours.

And yet, when buying under the hammer, the

phrase 'buyer beware' certainly rings true. Firstly, the time in between the catalogue being published and the auction itself – typically about three weeks – is all you have to arrange a survey on the property and get a solicitor to check over the legal pack. If you don't take these steps, you're buying blind and that could be costly.

Auctions also require finance to be in place – if you're the highest bidder, you are contractually bound to go through with the process, and on day one that will mean a deposit of 10 per cent.

The other downside is it's easy to get swept along with the cut and thrust of the auction room. Setting a spend limit is sensible, but sticking to it is vital, and can be easier said than done when you sense you are only one bid away from clinching something that will become a home or an investment.





# ONE FOUR ALL

Is the four-day week a commercial and social experiment that's here to stay?

While none of us needs reminding of the devastation COVID-19 has brought to society, an unexpected upside has been the way we've all been encouraged to reset, recalibrate and readjust.

Businesses and individuals have stripped back processes and preconceptions, but if you think this all begins and ends with Zoom, think again.

While many corporations will insist staff return to a central place of work rather than work from home and lose the valuable mechanics of 'the team', it could be that retaining the sort of four-day week many businesses have trialled has a bit more longevity.

Advantages for the employer:

- > Research shows staff embed processes better on longer shifts (perhaps 10 hours) over four days than they would do across five. This so-called 'super-efficient' mode can be up to 40 per cent more productive.
- > Work needing to be completed in a shorter time frame brings about urgency and removes an

employee's tendency to be distracted (such as checking social media or news sites).

- > The modern nature of the four-day week is great for the image of a business, and staff can still field calls and enquiries on the fifth day.
- > A 'three-day weekend' removes Friday afternoons from the work schedule, notoriously the most inefficient segment of the working week anyway.
- > Overheads are reduced.

Advantages for the employee:

- > 'Four on, three off' means extended breaks.
- > The perception is staff will make the most of their additional day by taking up new pursuits and hobbies, meaning better mental health and greater efficiencies when back in the workplace.
- > A reduction in the cost of travelling to and from work.

The success of a concept widely embraced on mainland Europe is dependent on the business sector and employee buy-in, but the idea of a three-day weekend is a prospect many will relish... even those in charge.



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### Q Who Are Coversure Brentwood?

A We're Coversure Brentwood, one of Essex's leading independent insurance brokers. We opened in 2013 and since then have helped hundreds of residents and businesses in Brentwood and the surrounding areas. Director Neal Brezina has over 25 years of insurance experience, so you know you're in safe hands.

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## KNOW YOUR NUMBERS THIS TAX YEAR

It's well worth being aware of the tax allowances and exemptions available in 2020-21 to be able to maximise them for your own individual financial planning. In the second of our two-part article we look at some of the figures that are worth knowing regarding savings and inheritance tax:

### SAVINGS LANDSCAPE

The annual amount you can save into a JISA (Junior Individual Savings Account) or Child Trust Fund has increased substantially, from £4,368 to £9,000. The ISA (Individual Savings Account) allowance, including the Lifetime ISA allowance if used, remains unchanged at £20,000. ISAs represent a tax-efficient way of saving or investing and the JISA is a great way of building up funds for your child.

### INHERITANCE TAX (IHT)

The current IHT nil-rate threshold is £325,000 for individuals and £650,000 for a married couple or civil partners. Beyond these thresholds, IHT is

usually payable at a rate of 40 per cent. The main residence nil-rate band, which applies if you want to pass your main residence to a direct descendant, has increased to £175,000 for individuals and £350,000 for a married couple or civil partners.

### PLANNING PAYS

Whilst tax efficiency can play a vital part in successful saving and investing, it's important not to make it the sole driver of your savings or investment decisions, or to steer you away from achieving your core goals.

**At HCR we can advise you on the sensible steps to reduce the amount of tax you pay, safeguarding your wealth for the future. We take the time to understand our clients' unique planning needs and circumstances, so that we can provide you with the most suitable solutions in the most cost-effective way. For a free review of your current financial situation, please contact Karyn Vogel on 01277 654153.**

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# KING OF THE KOP

## JÜRGEN KLOPP: THE WORLD'S BEST MANAGER?

Liverpool's narrow opening-day Premier League victory over newly promoted Leeds United provided an interesting array of feedback from pundits suggesting the Reds' profligacy in defence would see them struggle to repeat last season's saunter to a first league championship in three decades.

Perhaps those naysayers have forgotten the fact that Liverpool possess Jürgen Klopp, possibly the world's best manager when it comes to drawing every last ounce out of his squad.

The way he does this is through charisma and unity, and that's obvious to anyone who has witnessed the German in press conference mode – he is charming, charismatic, funny, reflective... yet fiercely competitive at all times.

Klopp's playing career saw him a decent footballer with Mainz who, by his own admission, exceeded the limitations of his talent. That type of personal elevation is what he now expects of his players, and all those at the club. It is a philosophy of unity that begins right at the top and ends with programme sellers and stewards.

The ethos of self-improvement has decorated his own life – he worked multiple jobs through university and his early playing career; then returned to higher education aged 28 while a professional footballer, to gain a diploma in Sports Science.

The simple psychology he emits has transformed 'eight of out 10' footballers such as Salah, Milner, Robertson and Wijnaldum into truly global stars, and the confidence he has in both himself and his troops means the 53-year-old has resisted the urge to splash the cash this summer.

While the doubters will circle, hopeful of a slip from the world's best side, anyone who truly believes Liverpool will sink back again into the also-ran abyss should probably take another look at the talismanic German at the helm, and think again.



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**CARS WE MOCKED IN THE 1980s THAT NOW HAVE ICONIC STATUS**

When the shapely, streamlined, smooth curves of car manufacturing in the 1990s came about, the cars we'd been driving over the previous decade suddenly seemed lazy, lumbering, clumsy things that were headed to one place only – the breaker's yard.

Yet those motors that survived the cull are now being brought back to their former glory, with many of us asking if we were perhaps a bit hasty in dismissing these bold, booming examples of classic engineering. These vehicles' price tags – all more than £10,000 – certainly suggest we may have put the handbrake on a little too readily.

**TOYOTA COROLLA**

Famously uncool in every car showroom the length and breadth of the country when Kylie and Jason were number one, this motor now screams 1980s chic, with its pointing bonnet, nodding headlamps and completely useless sidestep that only served to graze knees upon entry and exit.

*Toyota Corolla*

Photo credit: beta rodriques/Shutterstock.com

**FORD CAPRI 2.8**

A classic Ford, with a frontage that had Essex written all over it. And if you think the bonnet was big on one of these premium vehicles from a classic era, check out how the Capri tapers into an exhaustive abyss at the rear. A beauty.

*Ford Capri 2.8*

Photo credit: Gaschwald/Shutterstock.com

**ROVER SD1 VITESSE**

The Rover was a brand your dad loved as he toured around the south-east flogging double-glazing. A bold, ballsy, impossibly solid motor that said 'family' and 'midlife crisis' in the same breath, the Rover was always sleek and has aged incredibly well, and offers a little peek into the UK's fine motoring magnificence of the era.

*Rover SD1 Vitesse*

Photo credit: erigey Kofu/Shutterstock.com

**RENAULT 5 GT TURBO**

For a car that appealed to young drivers while still retaining a small amount of Gallic flair from those famously French roots, the Renault 5 had the lot. A nippy thing that looked ready-pimped on the forecourt and had the engine power to match.

*Renault 5 GT Turbo*

Photo credit: empass/Shutterstock.com



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