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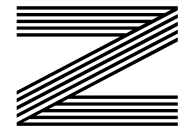
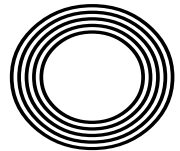
The perfect present this Christmas

PRINCE CHARLES'

Aston Martin runs on cheese and wine

Ramesh
RANGANATHAN

Crawley-born comedian celebrating 10 years on the circuit



FREE

Photo credit: Matt Frost/ITV/Shutterstock



Living the island lifestyle



Having completed projects for them in their two previous homes, it was probably no surprise that that Mr & Mrs Emerson contacted Regal Kitchens when they bought a new property in Benfleet, Essex.

With the aid of their sister company, Regal Developments, Phil Edgell was able to help design an open-plan living area. Knocking down the small, cramped, unwelcoming kitchen and extending to create a generous sized (over 40 sqm) area.

When the architect plans were drawn up, they asked designer John Martin, with whom they had worked with on both their previous projects to assist with the kitchen plan. After consultation they concluded that as well as a main kitchen, they needed a working utility space (with no visible appliances) & ideally a separate drinks area for hosting friends & family, also a dining area with additional soft furnishings, tv etc.

John explains the design: "By opting for the Schuller furniture, we were able to integrate the extractor above the induction hob yet keep the bottom of the wall cabinets in a straight line, creating a modern unfussy look. We ordered the handle less trims in brushed metal to compliment the seamless strips joining the Neff oven & combi.

Putting the sink in the island meant that we were able to keep that big kitchen feel without demanding the cook jog a marathon to create every meal.

Although the build granted both a sky-pod and bi-fold doors we didn't want to lose the natural light from the existing kitchen, so the window was replaced with a narrower one to allow for

the tall and wall cabinets in the new utility area. By housing the freestanding wet appliances in a bespoke deep & wide larder and duplicating that in front of the vertical beam, we were able to hide the structural support, giving us generous storage as well as creating a symmetrical look to the area & clearly defining each zone.

A free-standing wine cooler, a twenty-four-bottle wine rack, a worktop ice maker and wall cabinets with built in LED lights creates a Barkeeps dream area without compromising on the homogenous feel of the room.

Mr and Mrs Emerson had previously enjoyed the unrivalled capabilities of Neff products in their other two Regal Kitchens, this time they opted for a pyrolytic single oven, microwave-oven combi, flexinduction hob with hidden extractor, under counter fridge and freezer as well as dishwasher to complete their beautiful new space.

The counter tops are 40mm Schuller laminate to co-ordinate with the top cabinets with a warm grey Alusplash wall covering. The statement piece is the beautiful island worksurface, made from 20mm Cambria Quartz, it contrasts wonderfully in thickness, colour, material and look with the other tops as well as lightening the impact of the sophisticated, dark base furniture. The huge piece not only covers the integrated dishwasher, bins, sink, compulsory kettle tap it still leaves room for additional storage, pop up electrics and seating for four. Really creating that elusive WOW factor.

Overall Regal & (our hat trick achieving) clients are both proud and delighted with this project.



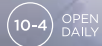
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Editor's notes...

NOVEMBER 2021



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** BillericayShenfield. I am writing this after the recent death of Sir David Amess MP. Sir David was a monthly contributor to our **VISION** LeighThorpeBay edition. Over the past few days, I have read many articles and seen local people react and talk about their admiration of Sir David. For certain, he was a great person and a family man who cared greatly for the soon-to-be city of Southend, and his commitment to his role has been reinforced by the Prime Minister and the Queen in their recent speeches. For more than 40 years, he worked tirelessly for the area of Southend.

My thoughts and prayers are with Sir David's family and close friends.

If ever we needed a reminder to hold our loved ones close, this is it. Spread love, not anger. In a world full of hate and cruelty, it's moments like this, when honouring a true gent in Sir David, that remind us life is short and you never know what's next. His legacy lives on through the lives he's touched over the years and his mark in Essex and in politics. RIP Sir David Amess MP.

In this month's edition, we look back on Romesh Ranganathan's career and his new venture as host of *The Weakest Link*. We also discover Prince Charles's latest attempt to reduce his carbon footprint.

Nik Allen

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ASTON *marvelling*

HOW HRH PRINCE CHARLES, SOME LEFTOVER WINE AND A CONSTITUENT OF CHEESE ARE HELPING THE PURSUIT OF ECO TRAVEL

It's a fine line between innovation and eccentricity, but HRH Prince Charles appears to have landed the right side of it... just.

The Prince of Wales, who turned 73 in November and is first in line to the throne, has converted his cherished Aston Martin DB6 so that it can run on cheese waste and surplus white wine. His move to decarbonise fits perfectly with a modern revolution in motoring, where electric cars, the future ban of the sale of petrol and diesel vehicles, and various road taxes designed to keep gas-guzzlers out of our city centre spaces are giving our roads a green makeover.

Charles revealed in a recent interview that he was offered the conversion some time ago and did not hesitate to accept.

"I think when opportunities and ideas come your

way, you need to judge them on their own merits," he says.

"Certainly, where classic cars are concerned, there is the temptation to leave them as they are and not tinker with them, but if we all thought like that, we wouldn't make the strides we have, and the strides we need to."

It was Gloucestershire-based firm Green Fuels – the company has since earned a Royal Warrant of Appointment – which suggested it could supply bioethanol produced from a combination of wine and cheese (whey).

Blending the fuel then adding 15 per cent unleaded petrol meant the car was more powerful than before, yet significantly greener.

Of course, this isn't

the first time Prince Charles has taken the lead where green and eco matters are concerned. He established The Prince's Trust and The Prince's Rainforests Project and has always been a passionate advocate for initiatives that put the planet's needs first. He became the first member of the royal family to adopt electric cars for official duties in 2018, and has rallied behind his son William's successful efforts with The Earthshot Prize, with its £1million bounty awarded to fund solutions to help tackle climate change.

However, Charles believes there is much still to be done. He says the world's leaders are big on environmental talk, but rarely take the actions required to back up the platitudes.

"It is time for a lot of

people, influential people, to stand up and make real decisions," he says. "They have the expertise, they have the wherewithal and they have the resources, so there is no reason why we can't be moving forward much quicker than we are."

"Green initiatives in the past always seemed to come with some sort of cost or inconvenience. A lot of those I see today have no such thing – look at my DB6, it is a better vehicle than it was before."

The classic Aston Martin emerged in 1969 and has been one of Charles's true joys. He even enlisted the services of two-time Formula One world champion, Graham Hill, to teach him how to drive the car to its maximum potential.

He added: "It gives me great pleasure every time I drive it – and to know I can do that while limiting harm to the environment is a wonderful feeling."



Photo credit: David Hartley/Shutterstock

SUPER subscriptions

THE CHRISTMAS GIFT IDEAS THAT KEEP ON GIVING

A gift isn't just for Christmas, so treat your loved ones to a subscription box this festive season and leave it to the postman to deliver the perfect package to your friend or family member's doorstep each month.

Flower and plant subscription service – If you have a green-fingered friend, what better gift than a new potted plant or bunch of flowers each month? Also suited to remote workers who could do with freshening up their home working environment. You can even find sustainable providers who only work with Fairtrade growers.

Cocktail subscription service – For your boozy bestie or a mum who loves a mojito, a cocktail subscription service makes the perfect gift. Depending on the service you select, the recipient can expect to receive ingredients and instructions to make a new cocktail each month.

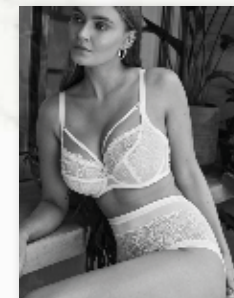
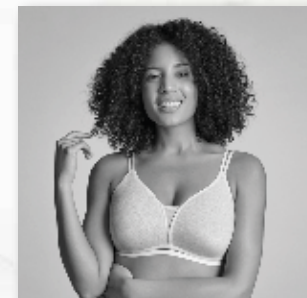
Food subscription service – Whether you know someone who is a real foodie or your loved one could do with a helping hand in the kitchen, a weekly delivery of high-quality, fresh ingredients is just what they need. Choose the size of the box depending on how many people they cook for. Subscriptions are available to cater for all dietary requirements.

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HOME & DIY

Brake cleaner isn't just for vehicle maintenance. It can also be used in several household applications, with unbelievable results.

How to use brake cleaner

If you have used brake cleaner on your car, then you won't have any problems using brake cleaner in your home as the application process is the same. However, if you haven't used brake cleaner before, simply follow the below steps:

- > Shake the can thoroughly to activate the formula.
- > Hold the can about 30cm away from the surface and apply.
- > Allow the brake cleaner to soak in and evaporate.
- > Reapply to stubborn areas and wipe away any excess dirt with a clean cloth before it evaporates.

Always wear gloves and use in well-ventilated areas. Do not allow brake cleaner to come into contact with plastic or rubber, and keep away from any open flames.

To clean windows: With the ability to cut through grease without leaving any residue, apply sparingly when using brake cleaner to achieve streak-free

windows. Wipe with a microfibre cloth for optimum results.

To remove stains from a driveway: Unsightly oil stains can ruin the look of your concrete driveway, but can be easily removed by throwing down some cat litter or sawdust to get rid of the worst of the spill and then applying brake cleaner.

To remove ink and paint: Brake cleaner can effectively remove stains made by permanent markers, paint and nail polish on surfaces such as walls, tables and countertops.

To remove stains from fabrics such as tablecloths: Perchloroethylene, a chemical that is commonly used in chlorinated brake cleaners, is also used by professional dry cleaners to remove food and oil stains. Always test in a non-conspicuous spot first and wash the fabric as usual after application.



DULUX COLOUR OF THE YEAR

Bright Skies

OPEN YOUR EYES TO BRIGHT SKIES



It's perhaps peculiar that Dulux waits for the time of year when the summer skies begin to seep away, and the radiant, elegant blueness of those warm months is dissipating, to name its much-heralded Colour of the Year... as blue.

The reveal of Bright Skies as a shade that is set to transform our homes for the next 12 months coincides with an autumnal browning and greying of life outside our windows. Yet the paint expert's choice has been met with approval for its ability to extend our elevated, enlightened view on the year for just a little bit longer, as winter gradually approaches.

Dulux's choice has much to do with the brightness and optimism that is being felt in the wake of the end of lockdown. The brand speaks of uplift and progression, with the colour working as an alternative to the mass of light grey shades that have

been so prevalent in offices.

The ability of Bright Skies to blend with all manner of other tones makes it stand up to scrutiny. Its pastel essence draws in other colours instead of repelling them, so use it in living spaces, against light or medium woods, and even on ceilings. Alternatively, pick out the colour on cushions or fabrics.

In the kitchen, a Blue Skies splashback can offer incredible contrast to silver or copper pots and pans; while in the bathroom, ditching formal white for this breathless, brilliant blue will give 'big sky' thinking to every groggy winter morning.

Where, in the past, light blue could feel cold and frosty, particularly when temperatures begin to drop in the winter months, Dulux is asking us to view it from a new angle, accompanying it with textures and tones to help us decorate even the gloomiest of days with bright, sunny, uplifting moments.

Photo credit: dulux.co.uk

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How to clean a COOKER HOOD FILTER

Can you remember the last time you checked underneath your cooker's hood to see if the exhaust fan filter needed a good clean? If it's been a while, we warn you, this is not going to be a pretty sight.

Fortunately, you can get your filter looking squeaky clean and grease-free in just eight simple steps.

WHAT YOU NEED:
 Boiling water | Washing-up liquid | Baking soda | A non-abrasive scrubbing brush | Paper towels or a tea towel

- HOW TO CLEAN:**
- > **Step 1: REMOVE THE FILTER FROM THE HOOD**
The filter should easily slide or pop out from underneath the hood.
 - > **Step 2: FILL A BUCKET WITH BOILING WATER**
You can use hot water from the tap, but boiling water is more effective.
 - > **Step 3: ADD BAKING SODA AND WASHING-UP LIQUID**
Pour ¼ cup of baking soda and a good squirt

of washing up liquid into your bucket of boiling water and swirl around with a brush. Be careful not to place your hands directly into the water, to prevent burns.

- > **Step 4: SUBMERGE YOUR FILTER IN THE WATER**
Make sure the filter is completely covered by the boiling water.
- > **Step 5: LEAVE IT TO SOAK**
Allow the filter to soak for a minimum of 10 minutes, longer if possible.
- > **Step 6: SCRUB THE FILTER**
Once the filter has finished soaking, take it out of the water and scrub with a non-abrasive brush. Add more washing-up liquid to your brush if needed.
- > **Step 7: RINSE AND DRY YOUR FILTER**
Rinse the filter in hot water and dry with paper towels or a tea towel.
- > **Step 8: REPLACE THE FILTER**
Put the clean filter back into the hood and repeat as and when needed. It is recommended to clean your hood filter once a month to keep it working properly.



LITTLE BIG BELL

ARE YOU IN NEED OF A COLOUR BOOST IN YOUR INTERIORS? LOOK TO BRIGHT AND BEAUTIFUL BLOG **LITTLE BIG BELL**

The world can be a little bleak sometimes; the last year has shown us that. Therefore, it's refreshing when a ray of sunshine comes into our lives that lifts our spirits and puts a smile on our faces. And that ray of sunshine is Little Big Bell.

Little Big Bell is the interiors blog of Dr Geraldine Tan, whose passion for design is clear to see. Little Big Bell is where Geraldine shares her incredible style, but by day, she's an NHS doctor based in London.

So what makes Little Big Bell's style so popular, and how can you get the look in your own home? Some of the most popular interiors trends at the moment favour muted colours and neutrals – a classic choice, but not everyone's cup of tea. So it's exciting to stumble across a style like Geraldine's. It's fresh, colourful and full of beautiful ideas. Her style is like pop art brought to life, and it's impossible not to smile when you browse through her incredible photos.

HOW TO STYLE YOUR HOME THE LITTLE BIG BELL WAY

- Don't be afraid of colour. Geraldine uses all the colours of the rainbow for her interiors, creating a look that's light, energetic and so much fun.
- Use bold prints to brighten up your walls. Even if you're not confident enough to go for full-on colour, prints can be a subtle way to add colour to the most neutral of spaces.
- Go for the mix and match approach. Not everything has to be matchy-matchy – mix up your accessories to create a more interesting look. Geraldine's kitchen is the perfect example of how different types of vases and dinnerware can complement each other, even when they're all different. Using display cabinets can add colour and interest in your kitchen.
- Geraldine uses accessories such as cushions and rugs to inject some colour while bringing looks together. She uses cushions of the same shape and size in different colour and pattern variations, as well as rugs with complementary colours and patterns, to create a look that is cute and colourful but doesn't look over-the-top or gauche.
- In the bedrooms, Geraldine mixes muted colours with bolder hues that keep the room looking airy and spacious. A colour block wall is all you need as a starting point, and you can add furniture and accessories in different colours to create a similar look.
- Many people shy away from colour in the bathroom, but Geraldine's style provides the perfect inspiration for how pastel shades can make your bathroom look fun and interesting – a space that makes getting ready for the day all the more enjoyable.



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Trendsetting TERRARIUMS

Embrace the green interiors trend and bring a bit of nature indoors with our DIY guide to making your own terrarium.

Essentially a miniature glass plant display, a terrarium is simple to make and easy to look after, and each creation is 100 per cent unique.

YOU WILL NEED:

A glass container such as a jam jar or a large pasta container – with or without a lid | Small stones or pebbles | Gravel | Potting soil – a small handful | Activated charcoal – you can buy this online and at some garden centres | Decorative items such as moss or marbles | Your chosen plants | A selection of small tools, including a little trowel and a pencil or chopstick.

HOW TO PICK PLANTS:

Ideally, you should choose a slow-growing and small plant for your terrarium. You can consider a range of leafy plants, succulents and cacti depending on whether you are planning on having an open or closed ecosystem. Examples include:
Air plant | Nerve plant | Meadow spikemoss | Polka dot plant | Inch plant | Sweet woodruff | Earth Star bromeliad

HOW TO SET UP YOUR TERRARIUM:

1. Add 2-3cm of pebbles to a dry and clean glass container. You could vary your design by turning the container on its side.
2. Add a scattering of activated charcoal. This will keep the water fresh and prevent bacteria from growing.
3. Layer on the potting soil. You need enough to comfortably cover the plant's roots.
4. Select your biggest plant first and then make a hole in the soil. Gently place the plant in and fill around it with soil.
5. Add any smaller plants that you want to feature in your terrarium.
6. Place in some more stones, pebbles, sand or moss.
7. Add any finishing touches.

OUR TOP TERRARIUM DESIGN IDEAS:

- > Use a mini glass geometric terrarium container.
- > Create a hanging terrarium wall.
- > Make a miniature waterfall terrarium.
- > Design a lightbulb terrarium.
- > Add candles or fairy lights instead of plants to your container.



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SOFA, *so good*



HOME & DIY

From striking shades to fabulous fluting, tactile textures to durable designs, these five sofa trends for 2022 are anything but boring.

Bold colours: Moving away from more muted shades such as grey and dark slate blue, 2022 sofas are unabashedly bold and beautiful. Think bright blue and ruby red, as well as more subdued, warm colours such as paprika. Keep your walls neutral and let your sofas do the talking.

Curves and fluting: A key sofa trend that emerged in 2020 and is still going strong as we move into 2022, expect to see more intricate pleating combined with chunky quilting for a cosy yet stylish look. For an added sense of luxury, opt for velvets that perfectly complement the curves of the flutes.

Raw materials: Arguably one of the biggest sofa trends for 2022, the appearance of sofas will become more natural and pared back as people strive to embrace a more simplistic lifestyle. Look out for heavy textures such as bouclé which add softness, and more earthy tones like rust and green that simply scream 'au naturel'.

Sustainability: With consumers becoming increasingly interested in how their goods are made and how it affects the world they live in, ethical sofa designs are becoming much more mainstream. From sofas that are made using 100 per cent recycled fabric to styles that are designed with durability in mind, it has never been easier to buy a stylish sofa that also helps to reduce your carbon footprint.

Mismatched sets: Say goodbye to three-piece suites and hello to more eclectic, mismatched sofa arrangements. With spaces in the home now needing to be both versatile and tactile, regimented furniture schemes are no longer relevant. Instead, embrace different shapes, sizes, colours and patterns in your living room.



Photo credit: cloud-interiors.com, cocorepublic.com.au, heels.com, Studio McGee via thespruce.com



LOCAL NEWS

from your neighbourhood



Council awards £2,500 of funding to community groups

Billericay Town Council (BTC) has given thousands of pounds to good causes in the local area.

Billericay parkrun, Billericay Men's Shed and Friends of Lake Meadows will all receive funding after BTC allocated £2,500 of funding in its annual budget to provide grants to local community groups.

Billericay Men's Shed was granted £500 towards the refurbishment of an old building in Lake Meadows Park to provide a workplace for people in the community who would benefit from support, whether because of illness or social isolation.

Friends of Lake Meadows were given £375.95 to

purchase plants to replenish the rhododendron area in the park.

Billericay parkrun was awarded £337 towards the total cost of £674 for an automatic electronic defibrillator (AED). It is a requirement that every parkrun event has its own AED within five minutes of the finish line. Billericay Round Table has generously donated the remaining £337.

BTC is pleased to be able to help community groups and welcomes applications for up to £500.

To find out more, visit www.billericaytowncouncil.gov.uk/Additional_Services_3916.aspx

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Photo credit: Facebook Give a gnome a home



LOCAL NEWS BILLERICAY

Shop till you drop at twilight Christmas event

A twilight Christmas experience and shopping event promises to get attendees in the holiday spirit.

Taking place on November 27 from 4pm to 8.30pm at Ramsden Bellhouse Village Hall, Church Road, Ramsden Bellhouse, CM11 1RH, the event will allow shoppers to browse a variety of stores while enjoying live entertainment, festive food and cocktails.

Whether you're searching for Christmas decorating ideas, presents or beauty hampers, the event will offer

a variety of options.

There will also be a seasonal singalong with Bear Performing Arts and one of Essex's greatest entertainers, Charlie Regan.

Tickets are £5 at the door or online at bit.ly/3vWUJfP. Children under the age of 12 go free. There is limited car parking on site and disabled access.

For further information, contact greatideaevents@gmail.com or call Abby on 07197 003695.

Church's festive fayre returns for Christmas

Billericay United Reformed Church is looking forward to the Christmas season with an exciting upcoming event.

The church is holding a festive fayre on Saturday, November 20 from 11.30am to 2.30pm in the Mayflower Hall, Chapel Street, Billericay.

All are welcome to come along to celebrate with friends and family and enjoy some coffee and cake.

There will be artisan stalls selling craft items, including silver jewellery, scented candles, homemade cards, beauty products and handicrafts.

Valerie Forde, of the United Reformed Church, said: "We are really looking forward to holding our festive fayre again and giving our local community an opportunity to meet in person, have a coffee and a homemade cake together or browse the stalls of local artisans."



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Photo credit: Nicky Hayes Photography



Billericay Town FC confirms new manager

Jody Brown has been appointed as the new first team manager of Billericay Town Football Club.

Following Kevin Watson's departure from the club, they were "delighted to announce" Brown as the new manager on Friday, October 8.

The former Dagenham and Redbridge, Heybridge Swifts, Concord, Welling and Grays manager has taken the reins from Monday, October 11, for the team that is currently one place off the bottom of the

National League South. A club statement confirmed: "Following a short but thorough process, we are delighted to announce that Jody Brown is to be appointed as our new men's first team manager.

"Jody brings a wealth of both experience and contacts.

"He immediately impressed us with his energy, attitude and his commitment to getting the team back on the right track."

Family's tribute to 'peaceful and gentle' father

A man has been found guilty of manslaughter following an attack in Billericay in 2019.

Dennie Griffiths, 28, of Basildon, was found guilty of the manslaughter of Matthew Bion (pictured), when he appeared at Basildon Crown Court in September. Co-defendant Jade Chambers, 24, of Hermitage Drive, Laindon, was found guilty of assisting an offender.

Father-of-two Matthew went to Reids bar in Laindon Road, Billericay, in August 2019. He was attempting to calm an altercation between two groups who had been in the same venue when he was punched by Griffiths, causing him to fall to the ground. He was taken to hospital, but died 10 days later. A post-mortem examination recorded that he had died as a result of head injuries.

Matthew's family said: "Matthew was a peaceful, gentle and caring man. It will forever bring his family and friends such pain that his life was taken through such reckless and unnecessary violence."

Detective Chief Inspector Scott Egerton, of the Kent and Essex Serious Crime Directorate, said: "The actions of Dennie Griffiths will have a lifelong impact on Matthew's family and all those who witnessed what happened."

Griffiths and Chambers will be sentenced at a later date.



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Photo credit: Nicky Hayes Photography



Blues have mixed month despite back-to-back wins

After finally stringing together a couple of wins, Billericay FC suffered a drab defeat at the hands of Tonbridge Angels on Saturday, October 23.

Billericay managed to grab their first wins of the season earlier in the month, initially beating Dulwich Hamlet 1-2 away from home courtesy of goals from Anderson Pinto and Kweku-Conrad Lucan, before scraping another 2-1 victory against fellow Vanarama National South strugglers, Slough Town, with an 85th minute Frankie Sutherland strike.

But a 0-1 defeat vs Tonbridge Angels in front of more than 800 fans at New Lodge the following weekend dampened the mood of the Blues.

At the time of writing, Billericay sit in 19th place – but new manager Jody Brown was level-headed in the club's post-match interview on October 23.

He said: "I don't think we can get too excited when we win and I don't think we can get too downbeat when we lose.

"I've got to look at the pros and cons of the performance. I don't think we started well enough, but we grew into the game. With a bit more quality in the final third, I think we would've had more success.

"We have to focus on what we've learnt and see more of the positives and find that tempo earlier in the game."

Appeal for information after attempted burglary

Police have released an appeal for information following an attempted burglary at a home in Billericay.

The attempted burglary by two men on Potash Road took place on Thursday, September 9, just before 1pm.

It was reported that a gate at the side of a property was damaged, and an attempt was made to access the property via the back.

Officers have recently released images of two men in connection with the incident.

Police are asking the public to get in touch if they recognise the men pictured, or anyone with information to submit a report online at www.essex.police.uk or use the live chat button to speak to an online operator between 7am and 11pm. Please quote reference 42/192480/21.

You can also call 101 or contact Crimestoppers anonymously on 0800 555 111.



LOCAL NEWS BILLERICAY



LOCAL NEWS

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Council opens new play area at recreation park

As part of its five-year Play Area Strategy, Brentwood Borough Council has developed a new accessible play area.

The council's new play area at Hutton Recreation Ground, developed with playground equipment manufacturer HAGS, was opened by Mayor Olivia Sanders on Friday, October 22 at 2.30pm.

The play area contains a variety of equipment for all ages, including double zip lines, rope swings, rockers and a spinning Mobius.

Chair of the Community and Health Committee, councillor Cliff Poppy, said: "We undertook a consultation with all our schemes and Hutton's play area has benefited from £320,000 to bring it up to

date and ensure that the play areas across Brentwood all offer the very latest in enjoyable, challenging and sensory equipment.

"Working with HAGS and Short Breaks, we have made sure a broad range of imaginative and inclusive play opportunities has been included so that all children, particularly those with physical or sensory challenges, can enjoy the schemes.

"And of course, the King George's Playing Fields Adventure Play and Splash Pad will be opened in 2022."

The project completes Brentwood Borough Council's plans to improve the play facilities at Hutton Recreation Ground.

Correction regarding image used in last edition

In last month's edition of VISION Billericay Shenfield, an image was shared on the story 'Hammers legend puts home worth £2.4million on the market'.

The image of the house shown was used in error, and not the home of former England international Sir Trevor Brooking. We sincerely apologise for this error.

BURGHART for BRENTWOOD

Alex Burghart MP for Brentwood and Ongar



LOCAL NEWS SHENFIELD

The shocking and violent death of Sir David Amess, MP for Southend West, last month has changed the lives of his family, friends and parliamentary colleagues, who mourn the loss of this decent, kind and good man.

It is a fitting tribute to his years of campaigning that Southend is to be given city status. I will always be grateful to him for his kindness when I arrived in parliament in 2017.

The circumstances of Sir David's death mean all of us working in parliament and our constituencies need to take stock of our safety and listen to the excellent advice of the police and security services. That said, at this stage, I do not intend to change the way I work and campaign locally – if we arrive at a place where MPs cannot meet their constituents, the terrorists will have won. We will not let them.

Sadly, since Sir David's death, we have also seen two teenage boys die in Brentwood, although in different circumstances. I understand how concerning and worrying it is for all of us living in the area and I am in regular contact with the Brentwood District Commander, Chief Inspector Ant Alcock, who is based in Brentwood Police Station at the Town Hall, and whose team has been extremely helpful and effective throughout this most difficult time.



Scheme to help pupils learn skills

Students with special educational needs in Shenfield will have the opportunity to gain work experience and new life skills by working in a coffee van.

Brentwood Borough Council, in a deal with Grove House School, has organised for young people to learn customer-facing and retail skills in the van, to help students increase their employability after they finish school.

Brentwood Council Leader, councillor Chris Hossack, said: "This proposal, while commercial in nature, also carries with it a high degree of social impact. The coffee van is a great way for students with special educational needs to gain new skills and grow in confidence, and we are excited to work with Grove House School to bring this to life.

"This experience will hopefully be a great help to the students to confidently approach potential employers with both skills and work experience that will put them in a much stronger position to secure employment."

The coffee van will be stationed outside the Town Hall, but can also be taken to community events.



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Electric dream

LEGISLATION ANNOUNCED TO HAVE CHARGING POINTS IN ALL NEW BUILDS

The UK government recently cemented legislation that will make our rapid adoption of electric and hybrid cars all the more attractive, with new builds now bound by law to provide electric charging points for vehicles.

While the charging of a car by use of a lead from a ground-floor home or office is straightforward, the government realises access is more complicated for those living in flats or working in office blocks with no private charging point access. As a result, it is moving forward with the Department of Transport's guidance that states any new work or residential construction projects must have built-in charging points. These directives could come into force as early as 2022.

As it stands, there are almost 26,000 electric charging points in the UK. Yet the number of electric and hybrid cars on our roads is doubling every six

months and an estimated 10 times the number of current charging points will be required by 2030, the target date for when petrol and diesel cars will stop being sold in the UK.

In the UK, the cost of charging an electric car from flat battery to full is around £7 (depending on your supplier). For an average vehicle, this would produce a range of around 180 miles. The equivalent petrol or diesel cost would be around two and a half times that amount.

Despite the challenges ahead, the UK is still one of the countries leading the way in the adoption of electric cars. As well as a rapid increase in charger provision, it is investigating moves to make night-time charging a preferred option for cars – this will ensure users don't overload the grid, and also means they can take advantage of cheaper electricity prices.



MOTORING



TRAVEL

PARK LIFE

Made famous by Disney World, Orlando is much more than that – it's the theme park capital of the world, bringing in more than 75 million holidaymakers each year. Here's our five-day guide to the ultimate thrill-seeker vacation:

DAY 1 – UNIVERSAL ORLANDO – Most people migrate towards Universal Orlando, one of the biggest theme parks in the world. Here, it's all action, adventure and showbiz, with rides and attractions focused on your favourite TV shows and movies.

DAY 2 – ISLANDS OF ADVENTURE – Universal's Islands of Adventure Theme Park – with combined tickets available for around £275 per person – showcases Hogsmeade and Diagon Alley (connected by a ride on the Hogwarts Express), plus everything from *Jurassic Park* to the Hulk. The £265million project is an escape among beloved fantasy characters.

DAY 3 – LEGOLAND/DISCOVERY COVE – This one depends on whether you're a bit of a daredevil or more the chilled-out type. If you're the latter, a semi-rest day at Legoland with the familiarity of some block brilliance is probably the way to go. Thrill-seekers may prefer Discovery Cove, where diving, snorkeling and sub-aqua pursuits invite visitors to literally immerse themselves in the action.

Photo credit: Chansak Joe/Shutterstock.com, Spinel/Shutterstock.com, Rob Hainer/Shutterstock.com, trailfinders.com, uk.hotels.com

DAY 4 – MAGIC KINGDOM PARK – Yes, Orlando is more than Disney World, but that doesn't mean its aptly named Magic Kingdom should be ignored. The theme park, which has more than 40 attractions, is divided into six themed lands, each with a different focus, but all catering to visitors of any age. After arriving at the park by your choice of ferry or monorail, you'll stroll through the gates into Main Street, USA. From there, the majestic land is your oyster – just be sure to head back to Main Street for the iconic fireworks display.

DAY 5 – BUSCH GARDENS – Finally, wrap things up with a trip to Tampa, 90 minutes away. Busch Gardens is a safari wonderland that feels straight out of Africa, yet with that unique Florida twist. It's bigger, better and more pumped up than any animal park you've been to before, with plentiful rollercoasters and rides.

DURATION – Park-to-park passes are available from some agents and can save you money as well as helping you stay organised. Rest time is recommended, as long days in the parks can be tiring.

WHERE TO STAY – Downtown Orlando is a good place to base yourself, combining great hotels with nightlife and shopping. It's also safe, making it suitable for families.



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WIKI-WONDER

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In theory, it just shouldn't work. A global online encyclopaedia created by people who voluntarily update and moderate on every subject imaginable, and in many cases in real time. It is a network for information that's almost unmanageable in its size, and roundly open to the publishing of errors, be they accidental or on the part of pranksters.

And yet, somehow, Wikipedia works. The site has 18 billion web views per month, sees almost 400,000 new topics and articles added each year, and is a resource so drenched in information on, seemingly, every topic imaginable, that many of us automatically make it a first choice for research.

The site's ubiquitous popularity across different generations, different demographics and the most extreme geographical expanses the world over has even given rise to the 'wiki' prefix becoming embedded in everyday language. The exact definition of 'wiki' is a database for creating, browsing and searching through information, but its usage goes well beyond that.

Wikipedia launched on January 15, 2001, and over the past two decades has worked to deflect countless rumours that the site is dying. After all, it is a non-profit-making entity that relies on the word of its users for factual accuracy and, in a lot of cases, it does get things wrong. Yet it has never been more popular, and in an online world where nothing can truly be regulated, its worth is impossible to calculate.

Perhaps it seems perverse that the site's founder, Jimmy Wales, is rumoured to have a net worth that doesn't even make him a millionaire; or perhaps, across 20 years and almost half a trillion web impressions, he has fulfilled perfectly the idea of a website updated for the people, by the people.



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GROUNDS FOR ECONOMIC OPTIMISM AS WE JOURNEY THROUGH THE AUTUMN

Although the strength and speed of the global recovery over the first half of this year exceeded most expectations, the economic outlook inevitably remains uncertain. However, while future growth prospects are likely to stay closely linked to the COVID-19 pandemic, as we journey through the autumn there do appear to be grounds for optimism.

STRONGER RECOVERY PREDICTED

Over the summer months, forecasting agencies took turns to upgrade their growth projections for developed nations, as a succession of economic data proved stronger than analysts had predicted. In its latest assessment, for example, the International Monetary Fund (IMF) increased its combined 2021 growth forecast for advanced economies by half a percentage point, primarily due to the success of vaccine rollouts and government stimulus measures supporting recovery.

RISKS AND UNCERTAINTIES

However, the IMF assessment did highlight a divergence in fortunes between rich and poor nations due to differing levels of access to vaccines. As a result, an offsetting downgrade across emerging markets and developing economies meant this year's overall global growth forecast remained unchanged. Ongoing concerns surrounding inflation also persist, despite policymakers' insistence

that the recent upward trend in prices will prove transient. Furthermore, the current mammoth levels of spending by governments and central banks can only be a temporary phenomenon and, when stopped, will impact on growth.

GROUNDS FOR OPTIMISM

While the outlook is therefore expected to remain relatively uncertain, there are grounds for investor optimism. Market fundamentals, for instance, remain comparatively strong, with earnings growth still being fuelled by pent-up demand as economies reopen, and companies starting to invest again as the recovery gathers momentum.

DIVERSIFICATION REMAINS KEY

There is no question that the world is in a period of immense change, with issues relating to the pandemic, as well as sustainability, fundamentally altering the investment landscape. Some things, however, do not change, like the importance of holding a diversified investment portfolio and the need for expert financial advice. That's where we come in.

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ARE YOU
HAVING
A
LAUGH

ROMESH RANGANATHAN

CELEBRATES 10 YEARS ON THE COMEDY CIRCUIT

Romesh Ranganathan is evidence personified that it's never too late to change direction in life. The 43 year old is a regular on the live circuit, on chat and panel shows and, from the end of this year, will take on the role of host of *The Weakest Link*. He is vastly experienced, wholly respected and has within his armoury the poise and potential to become one of this generation's stars of modern entertainment.

And yet, little more than 10 years ago, the Crawley-born-and-raised comedian was still a maths teacher. While his stock on the stand-up circuit was rising all the time, Ranganathan was another year away from turning professional. Instead, he was teaching at The Beacon School in Banbury and Hazelwick School in his home town, where he was once a student.

Indeed, Romesh – real name Jonathan – owes a lot to the West Sussex town. Rarely has Crawley found itself so namechecked in popular culture, yet Ranganathan has a peculiar affinity with it.

"I've just never seen the point in leaving," he says. "It's where I grew up, it's where my family are, it has a League Two football team. What more can you really ask for?"

The dad-of-three also launched a career as a rapper, under the name Ranga, and made it all the way to the finals of a UK freestyle competition.

The double BAFTA-winning star of his own series *The Ranganation*, *The Misadventures of Romesh Ranganathan* and *The Reluctant Landlord*, to name but three, Romesh's appeal is in his irreverent, somewhat sneering take on the world. In a world of increasing wokery, he's unafraid to examine and celebrate racial and societal differences, always with an undercurrent of self-deprecation.

Yet this is nothing new, nor an act. At school, he was the same, happy to deliver put-downs (or "slap downs" as he would call them), yet just as willing to accept them back from classmates.

"We've got to be able to take the mickey out of ourselves first and foremost," he says. "I think when you meet people who do that, you realise that the conversation is only ever going to be good."

"I often tell people who are easily offended not to come to my gigs. I don't set out to insult people, but I will highlight our failings as human beings – all of us."

"We need to get away from this veil of perfection, or the insinuation that if anyone pokes fun at us they must be racist or sexist or mentally damaged."

"I want us all to get back to having a laugh at ourselves and each other – I'm like a schizophrenic, Asian Jerry Springer. We should all have a set of put-downs ready to fire off at any moment."

There appears little danger that Romesh's refreshing brand of comedy is going to fall by the wayside. As he prepares to celebrate a decade in his entertainment career, his first move into quiz show hosting is an interesting diversion, with *The Weakest Link* returning to our screens after a 10-year absence.

"Obviously I've done stuff like *8 out of 10 Cats* and a couple of one-off projects such as *Have I Got News for You*, but this is the big one," he says. "I'm watching old shows with Anne Robinson wondering how I can possibly emulate this institution of TV."

"She's certainly much better than me at put-downs."



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

- ▶ ALMOND
- ▶ BACON
- ▶ BANANA
- ▶ BLUEBERRY
- ▶ CARAMEL
- ▶ CHEESE
- ▶ CHOCOLATE
- ▶ CINNAMON
- ▶ CREAM
- ▶ HONEY
- ▶ LEMON
- ▶ MUSHROOM
- ▶ PEANUT BUTTER
- ▶ RASPBERRY
- ▶ SPINACH
- ▶ STRAWBERRY
- ▶ SUGAR
- ▶ SYRUP
- ▶ THYME
- ▶ TOMATO

R	B	L	U	E	B	E	R	R	Y	E	D	O	Q	A
X	Q	C	A	A	T	P	D	N	T	F	P	L	G	H
Z	B	R	P	A	K	P	C	A	O	T	A	M	O	T
M	V	E	U	D	P	H	L	E	K	U	E	F	R	A
R	S	A	R	K	E	O	R	T	M	J	E	V	D	R
A	P	M	Y	E	C	C	I	N	N	A	M	O	N	R
S	I	R	S	O	T	M	O	O	R	H	S	U	M	E
P	N	E	H	B	G	C	Z	R	H	M	Q	R	K	T
B	A	C	Z	E	A	C	S	N	O	M	E	L	H	S
E	C	Y	Y	B	A	U	Q	U	N	E	J	Y	K	N
R	H	S	S	U	G	R	T	T	E	T	M	T	O	W
R	L	E	M	A	R	A	C	T	Y	E	C	Q	R	V
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P	E	A	N	U	T	B	U	T	T	E	R	A	L	O
Z	A	L	M	O	N	D	A	N	A	N	A	B	J	R

DID YOU KNOW?

- ▶ The acronym ISS stands for International Space Station
- ▶ Before applying to be an astronaut, a pilot must have completed 1,000 hours of flying time in a jet aircraft
- ▶ Neil Armstrong was the first human to walk on the surface of the moon
- ▶ According to NASA, the Space Shuttle travels around 17,600 miles per hour when orbiting the earth
- ▶ Most of the elements found in the human body originated in stars that have gone supernova
- ▶ The Space Shuttle makes one complete orbit around the earth approximately every 90 minutes
- ▶ Alan Shepard hit a golf ball on the moon during the Apollo 14 mission

WORD LADDER

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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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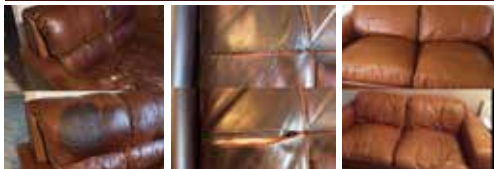
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Peculiar PET LAWS



PETS



We are a nation of pet lovers, so we think you need to know about the following pet laws in the UK. Some are common sense, some are a bit weird, and others are just plain hilarious.

1. NOT HAVING POO BAGS

In Daventry, Northamptonshire, you can be issued a £100 fine for not having a spare poo bag, regardless of whether your dog has fouled or not.

2. BURYING YOUR PET IN THE WRONG PLACE

It is illegal to bury your pet anywhere other than the grounds of the home that they lived in. You need to own your home, not just rent it. If you plan to sell, it is not a legal requirement to tell buyers about the burial, but you may want to mention it as a courtesy.

3. NOT SECURING YOUR PET WHEN DRIVING

You can be fined up to £5,000 and have your insurance invalidated if you fail to buckle up your pet when driving. This law applies to all pets, as not only can they act as a distraction, but their wellbeing is also at risk without suitable restraint.

4. RIDING A HORSE OR CATTLE WHILE UNDER THE INFLUENCE

Everyone knows it's illegal to drink and drive, but did you know that this law extends to horses? Yes, under the Licensing Act 1872, it is illegal to be drunk and in charge on any highway or other public place of any carriage, horse or cattle.

5. MATING WITH A ROYAL DOG

Although we admit this scenario is unlikely, if you do stumble upon one of Her Majesty's corgis while walking your dog, it is illegal for your pet to mate with it without seeking permission first.

OTHER UNUSUAL PET LAWS IN THE UK:

- > You are not allowed a pigsty in front of your house unless it is appropriately hidden
- > It is illegal to run cows through the street during the daytime, although after 7pm is fine
- > In the Lancashire coast area, it is illegal to encourage your dog to bark.



BRUCE KING

on how to sell yourself and what you do



Sales mentor and personal growth coach, Bruce King, begins an exclusive monthly column designed to help you organise, improve and maximise everyday life.

It's often said that people do business with people they like and trust, and that's most certainly true.

Let's face it, if you look scruffy and unprofessional, have poor body language, won't make eye contact and look suspicious, it's unlikely anyone will want to talk about doing business with you.

But if you do exhibit any of those characteristics and you want to sell something to somebody, those are fairly easy to fix.

From there on, successful selling is nothing about you personally. In fact, most people have no interest in you whatsoever. The only thing they really care about is what the product or service you are selling can do for them.

Let's focus on what you sell and how to sell it. Here's a definition of selling I wrote many years ago: selling is the process of identifying problems

individuals and companies are suffering from – some of which they may not have known existed – and opportunities they could exploit, and showing them how your product or service can help them solve the problems and take advantage of the opportunities.

Therefore, we need to ask as many questions as possible to identify those problems and opportunities before presenting our products and services.

Even if they come to you with a problem and ask you to solve it, still question them further. It's likely you can discover other problems and be of even greater benefit to them.

This is called consultative selling. It's the best and easiest way to sell.

More information:

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit bruceking.co.uk



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BUSINESS & PROPERTY

If you are thinking about buying a new build, you may be excited at the prospect of moving into a never-been-lived-in blank canvas that you can style into your perfect home. However, these types of properties are not without their pitfalls. Here are things to consider before committing to a new build.

SNAGGING: Snagging refers to teething problems in a new build, such as cracks appearing in the walls or loose guttering. Eighty-seven per cent of new build homeowners in the UK have reported snagging issues. Therefore, conduct a snagging survey to ensure everything is fixed ahead of moving in.

LEASEHOLD OR FREEHOLD: Many new build properties are sold as leasehold rather than freehold, although the government is planning to ban the sale of these types of houses (not flats). Leaseholders face maintenance fees, ground rent, annual service charges, a share of the building's insurance and restrictions on renovations.

NEGATIVE EQUITY: Make sure you do not pay over the odds for your new build. Although you may have seen the price of your preferred property plastered on hoardings around the development site, this is only the asking price, and you can and should negotiate before signing on the dotted line, because your extra costs will not be included.

DELAYS AND EXTRA COSTS: New build properties are often not completed on time, and if there is a hold-up during the construction of your future home, your mortgage offer could expire. You may also have to pay for essentials such as carpets, garden fences and even grass.

SIZE: New build homes are known for having smaller rooms than those in older properties, so you need to make sure that all your furniture and belongings will fit into your new space. Look out for (and avoid) 'micro homes', which have a total area of less than 37 square metres.

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GARDENING



Following last month's article on "How to build a raised bed garden", in this edition we are going to show you how to turn your raised bed into a cold frame. Ideal for hardening off seedlings, growing cool-weather crops and protecting tender perennials, a cold frame can extend your gardening season well into the winter months.

WHAT IS A COLD FRAME?

Essentially, a cold frame is a removable glass or plastic-covered frame that fits over the ground or over a raised bed garden. It is predominantly used to protect plants from the elements by keeping them warm using natural heat sources.

HOW TO ADD A COLD FRAME TO A RAISED BED

- > **Step 1:** Find a salvaged window frame that is roughly the same size as your raised bed. If it is slightly bigger, this is fine, but it cannot be smaller. Wooden frames work best as these provide ample space to affix the hinges.
- > **Step 2:** Drill holes into the window frame and the edge of the raised bed to match the holes on the hinge. Affix either one large hinge or two smaller hinges to the edge.

- > **Step 3:** Affix a handle to the opposite edge so that you can easily open and close the frame. You can find handles for this in your local kitchen design department.

TOP TIPS:

- > Choose a salvaged window that has small panes rather than one large pane if possible, as these are less likely to break.
- > Regularly check your cold frame over winter. If it snows, remove any build-up of snow straight away.
- > Keep a brick or stick nearby for hot days so that you can prop the lid open and prevent your plants from becoming overheated.
- > Remember to water your plants as they will not receive any rainwater.



Light up!



Who doesn't love going to see a wondrous winter light display in the run-up to Christmas?

If you're looking for the most dazzling lights and winter trails the UK has to offer, here we've gathered the best and the brightest.

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Enjoy a fun-filled, festive day out for all the family at Waddesdon Manor, with a Christmas fair, winter light trail, manor illuminations and an exhibition in the Coach House. Plus, for the first time ever, see the parterre illuminated by a dazzling light show.

From November 13 to December 23 and December 27 to January 3.



DUNHAM MASSEY, GREATER MANCHESTER

If you are willing to travel a bit further afield, the after-dark illuminated trail through the festive gardens at Dunham Massey is not to be missed. Marvel at the glittering deer, the gleaming waterside reflections and the multicoloured trees.

Plus, fill your belly with tasty treats from a vast array of seasonal food and drink chalets or toast some marshmallows at one of the purpose-built fire pits.

From November 19 to January 2.



WIMPOLE ESTATE, CAMBRIDGESHIRE

Set to be Wimpole Estate's biggest Christmas extravaganza to date, take the kids to Percy the Park Keeper's winter wander trail by day, and enjoy a mesmerising walk through the estate's gardens by night. Expect sparkling lights, giant baubles and illuminated trees.

From November 26 to January 2.

LIGHTOPIA, CRYSTAL PALACE PARK, LONDON

An award-winning light festival, Lightopia is an annual Christmas event that takes place in Crystal Palace Park. Featuring handmade Chinese lanterns, multi-sensory interactive lights and breathtaking illustrations that tell a story of wonder and rebirth, book your tickets fast as this is one winter light display that is guaranteed to sell out.

From November 19 to January 2.



Photo credit: waddesdon.org, nationaltrust.org.uk, london.lightopiafestival.com

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HORTICULTURAL HEROES:

Monty Don



Even after almost four decades studying the flora and fauna of our gardens, green-fingered expert Monty Don's passion shows little sign of waning.

A love affair with the outdoors that has lasted a lifetime might be taking its toll physically on the 66-year-old broadcaster and writer Monty Don OBE, who suffered a bout of peritonitis in 2007 and a stroke that could have killed him a year later. But the everyday rigours of flowering and weeding, pruning and digging have left his body "happily weathered", as he puts it.

"It comes with the territory when you get to my age," he says matter-of-factly. "I'm not going to start complaining – by the very nature of gardening, you are outdoors, filling the lungs up with oxygen and experiencing what it is to be around plants and trees and flowers. If that isn't good for the soul, I don't know what is."

Monty's garden at Longmeadow in Herefordshire has undoubtedly provided an antidote to seasonal depression, which the presenter has battled with for a long time.

"It's tremendous for clearing away the debris in my mind," he explains. "There is nothing better."

Monty has published 26 books during his career and still pens a number of popular newspaper columns. He became the welcoming, enthusiastic, all-knowing expert on BBC's *Gardeners' World* between 2003 and 2008, returning again in 2011, and is now completing a full decade of stewardship. He also took on lead presenting duties for the flagship Chelsea Flower Show in 2014.

Well dressed in his 'painterly' style and with a sparkling demeanour, Monty's delivery to camera is composed and natural, charismatic yet down to earth, knowledgeable yet easy-going – through to the fact that he refuses to call himself a professional gardener.

"I'm an amateur gardener, that's the truth," he says. "I taught myself how to garden. That's why I say to people, 'Don't worry about the process – do it your way, try it out; just make sure you enjoy yourself'."

Photo credits: BBC/Glenn Dearing

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Whether you want to give the gift of gin this Christmas or your motives are a little more self-focused, making your own flavoured gin is simple to do – and it can save you money.

How to make flavoured gin

Step 1: Choose your gin

If you want to create a high-quality flavoured gin, you need to pick one that is both clean-tasting and uncomplicated. Any gin that already has a flavour will not mix well, so try to stick with a classic London dry variety.

Step 2: Pick your flavours

As Christmas is fast approaching, you may want to choose a seasonal flavour such as cinnamon, nutmeg or cloves. However, you can pick pretty much any fruit, vegetable or herb that takes your fancy, such as strawberries, damsons, rhubarb, chilli, mint or elderflower.

Step 3: Bottle your gin

Pour your gin into a sterile sealable container, such as a Kilner jar, and then add your chosen infusing ingredient. You can sterilise your glass container either on a hot rinse cycle in the dishwasher or in the oven for 15 minutes at 160°C. Use around 300g of produce per litre of gin.

Step 4: Leave to infuse

Depending on the potency of the fruit or herb you choose to add, you can leave your infusing ingredient in for anywhere from one day to one month.

- > Strong flavours such as chilli, vanilla and citrus = less than one day
- > Hardy herbs and strong-flavoured fruit such as rhubarb and lavender = five to seven days
- > Berries and other potent fruits = three to four weeks
- > Milder ingredients like apple or pear = up to one month

Step 5: Strain and store your gin

Once you are happy with the intensity of your gin, strain it through a filter or muslin cloth. Pour into a well-sealed bottle and store for up to one year in a cool, dark place.



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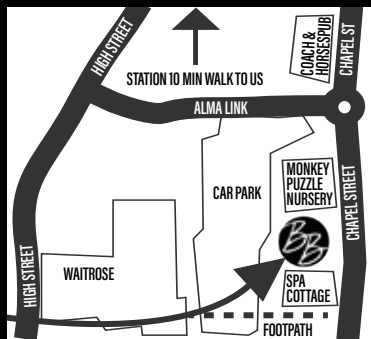
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Sainsy's Pie and Mash (formerly at Lakeside Shopping Centre) has arrived and is now open, on Brentwood High Street. The traditional pie shop is a welcomed addition to the area offering all the expected favourites such as traditional pie mash liquor, hot and jellied eels, vegan pies, and traditional desserts like apple crumble served with hot custard.

The shop has been fitted out to a high spec but has kept all the traditional features such as green tiles, church pews, and marble tables. You can reserve their mini-VIP booth for two people where you can enjoy a posh pie and mash (well suited to the Essex crowd). Or how about a pint and a pie? Yes, Sainsy's will be offering a range of alcoholic drinks including local beers, ales and ciders.

If you haven't yet visited the new shop for your pie and mash fix, what are you waiting for? We are certain your first visit won't be your last. Look out



for Danny Sains in the kitchen, the Guvnor, whose genuine cockney accent and warm humour will complete your East End experience right here in Essex.

Find Sainsy's Pie and Mash at 111 Brentwood High Street, CM14 4RX. Call 01277 295943 - local lunch time delivery available.



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Don't go out STAY IN!

A NEW COOKING EXPERIENCE ON THE BLOCK!



I'm Simeen the face behind Naseem's Kitchen, a home based cookery school in Essex which is named after my mum. Indian mums are notorious for being feeders and I've inherited the trait. I must admit I didn't fully appreciate the amazing food I grew up with until I left home and it dawned on me that the regular food packages from my mum wouldn't always be there! It made me realise I simply couldn't live without daa! I'm now on a mission to share the knowledge handed down from my family and passion of traditional home-style North Indian cooking. Here's my pakora recipe for you to enjoy!

ONION PAKORAS

Recipe for 4.

- | | |
|--------------------------|--------------------------------|
| 3 medium onions | 2 tsp garam masala |
| 100g gram flour | 1 green finger chilli, chopped |
| 3 cloves garlic, crushed | 2 tsp chopped fresh coriander |
| Olive oil for frying | 1 tsp salt |
| 1 tsp turmeric | 2 1/2 tsp salt |
| 2 tsp cumin seeds | black pepper |
| 3 tsp coriander seeds | 100ml water |

1. Finely slice the onions.
 2. In a pestle and mortar, crush the cumin and coriander seeds (or use the end of a rolling pin in a bowl).
 3. Add crushed garlic, chilli, fresh coriander and all spices, mix together well.
 4. Add the gram flour and combine thoroughly.
 5. Add water slowly to create a very thick batter.
 6. Heat the oil in a deep pan.
 7. Using a tablespoon, lower
- a spoonful of the pakora mixture into the oil and repeat but don't overcrowd the pan. Cook for a few minutes, turn and cook the other side. The pakora should be a dark golden brown.
8. Using a slotted spoon, lift out the pakora and place on a plate with kitchen towel to absorb excess oil.
 9. Serve while hot with a green chutney or my favourite, ketchup!



LOVE INDIAN FOOD?

Always wanted to learn how to cook Indian dishes?

Naseem's Kitchen is an Indian cookery school teaching in small classes. Hosted in my own home or yours, where you can then enjoy a cosy dinner with friends or family.

Or

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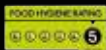
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HOW TO SAVE MONEY ON YOUR

Christmas shop

While you may have had the best intentions to save all year for Christmas, unfortunately, real life often scuppers our plans. If you haven't yet managed to put aside some extra cash for your Christmas food shop, the below tips will help you to save big on all those tasty festive treats.

STOCK UP EARLY

Rather than leaving everything to the last minute, why not start stocking up on items such as chocolates, savoury snacks and Christmas liqueurs from now and spread the cost of your food shop over two months rather than one?

GET SOCIAL

If you have a few favourite food brands, now is the perfect time to start following them on social media so that you can pounce on any early Christmas offers as soon as they become available. Don't forget to also sign up to their email newsletters for possible discounts.

MAKE YOUR OWN

While some items are cheaper to buy in store – such as a Christmas pudding, which can be purchased for as little as 99p – there are some foods that are cheaper to make yourself. These include canapés, side dishes such as pigs in blankets, and even mince pies.

SHARE THE BURDEN

If you are hosting Christmas dinner this year and are concerned about the cost, there is no reason why you shouldn't ask family members to help out. Rather than demand cash, ask each person to bring a different dish or drink.

USE COMPARISON SITES

Simply type into Google 'cheapest supermarket for your Christmas food shop' and you will be met with a whole host of sources that can save you money. Compare turkey costs, Christmas pudding prices, and so much more. Plus, find out about home delivery and click-and-collect slots.



FOOD & DRINK



Understanding Natasha's Law



Following the tragic death of Natasha Ednan-Laperouse, who died after suffering an allergic reaction to an undeclared ingredient in a prepacked meal, and relentless campaigning by her family, Natasha's Law came into effect on October 1.

Almost one in five people in the UK suffers from an allergy. Natasha's Law was created to protect allergy sufferers and give them confidence in buying prepacked food.

What exactly is Natasha's Law?

Natasha's Law requires all food businesses to provide full ingredient lists and allergen labelling on foods that are prepacked for direct sale on their premises. According to the new regulations, Prepacked for Direct Sale (PPDS) foods must clearly display the following information:

- > The name of the food
- > A full ingredient list with allergenic ingredients emphasised. For example, in **bold**, *italic* or a different colour.

How did Natasha's Law come about?

Natasha's Law, also known as the UK Food Information Amendment, was introduced as a result of the actions of a lobbying group led by Tanya, Nadim and Alex Ednan-Laperouse, the family of Natasha, a teenager who died after suffering an allergic reaction to an undeclared ingredient in a prepacked meal.

What allergens need to be declared?

Food businesses are required by this law to tell customers if any food they provide contains any of the below listed allergens as an ingredient:

- > Celery
- > Eggs
- > Fish
- > Lupin
- > Milk
- > Mustard
- > Peanuts
- > Sesame
- > Soybeans
- > Cereals containing gluten, such as barley or oats
- > Crustaceans such as prawns, crabs and lobsters
- > Molluscs such as mussels or oysters
- > Sulphur dioxides and sulphites if they are at a concentration of more than 10 parts per million
- > Tree nuts such as almonds, hazelnuts, Brazil nuts, etc.

Where to find further guidance on Natasha's Law

If your business sells or supplies PPDS food, you can use the Food Standards Agency's online food labelling tool to help you to identify the type of food your business provides and the allergen labelling requirements. This information can be found at www.food.gov.uk



Natasha's family Tanya, Alex + Nadim



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Parma ham and melon

ANTIPASTO DI PESCE NATALIZIO
Smoked Salmon, smoked halibut, peeled prawns, salad

SORBETTO DI LIMONE
Lemon sorbet

SECONDI (MAINS)

TACCHINO DI NATALE

Roasted turkey breast served with all the trimmings
or

ARROSTO DI PESCE NATALIZIO

Grilled seabass fillet, salmon fillet and large king prawns
served with fresh lemon, garlic sauce

or

SURF & TURF

Scotch fillet with a lobster tail, in a garlic and chilli sauce

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KIDS

TIME TO APPLY for schools

WHAT TO CONSIDER WHEN
APPLYING FOR A SCHOOL PLACE

Applying for a school place can be a stressful time for parents, filled with worry and apprehension. While the criteria will be different depending on whether you're looking for a primary or a secondary school, what should remain the same are the checks and investigations you undertake before cementing your choices.

CHECK OFSTED RATINGS: Ofsted ratings exist to help schools to improve, while also enabling parents a full view of what level an institution is at. Although inspections are irregular, reports are always full and detailed and often provide a good read, so check them out.

CHECK YOUR SCHOOL RUN: Have a look at the distance and route your child will be taking to school each day – is it practical, are there any hazards, does it fit in with your other morning commitments? Remember, for primary school children, proximity is the lead criteria.

CHECK NUMBERS: Being realistic about getting a place also means knowing the school's capacity, so have a look at last year's intake figures in order to give you a better idea of success rates.

SPEAK TO PARENTS: There's nothing quite like the experience of others, so chat to people locally whose kids already attend and gain a first-hand picture of what the school is really like.

CONSIDER SECOND CHOICES: If the worst thing happens and, for whatever reason, you don't land your first choice, look at and imagine your child attending an alternative school. Consider the positives, embrace the opportunity to go somewhere different and convey any optimism you have to your child – it will be vital should things not go to plan.

DO NOT BE LATE: Applying for a school place is essential parenting, so when the process opens, don't delay – get your application in well before the deadline.



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Odd SOCKS

THE LATEST FOOTWEAR TREND

Who says that your socks have to match? Showcase what makes you unique and support Anti-Bullying Week 2021 by rocking odd socks on November 15 and beyond. No longer a fashion faux pas, odd socks may be brazen and bold, but they can also be chic and stylish.

WHAT IS ODD SOCKS DAY?
Launched in 2017, Odd Socks Day was created to deter bullying in schools. With the aim of showing children that it is okay to stand out from the crowd and to embrace what makes you different, children and adults alike are being asked to rock odd socks and to appreciate the odd socks worn by others.

HOW TO CELEBRATE ODD SOCKS DAY
Wear your oddest pair of socks. These can be colourful and bright, mismatched or have a wacky pattern. Be sure to wear them proudly and invite your friends and family to join you in your support against bullying.

HOW TO WEAR ODD SOCKS
Seen on the likes of Ant and Dec, Emma Willis and

Craig David, there are many different ways to wear this fun and frivolous trend. Check out the below top tips which should help you rock this look with confidence:

- > Embrace bold colours and prints
- > Don't be afraid to wear your odd socks with sandals or sliders
- > Wear long odd socks pulled up to your knees with boots and a statement skirt
- > Mix stripes and spots
- > Layer up two pairs of socks with two different colours, one on top of the other
- > Pair neon socks with white trainers
- > Wear clashing colours with skyscraper heels.

POST YOUR SOCKS ON SOCIAL MEDIA
Boost awareness by posting photos of your odd socks on social media with the hashtags #OddSocks and #AntiBullyingWeek.

LEARN MORE ABOUT ANTI-BULLYING CAMPAIGNS
To find out more, explore the many online resources on anti-bullying at www.anti-bullyingalliance.org.uk and share your knowledge with others.



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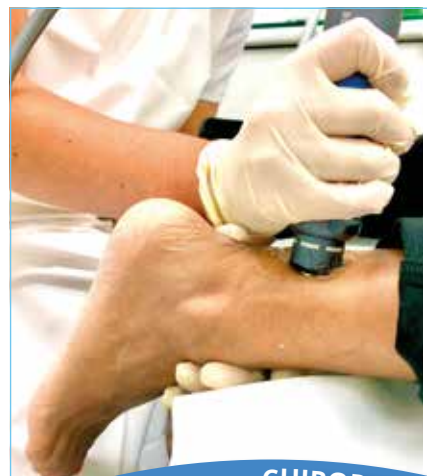
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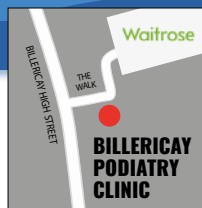


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BESPOKE SKIN CARE FOR INNER BEAUTY

My company, Viktoryia Health, is celebrating its 10th anniversary providing anti-ageing and skin rejuvenating treatments for both men and women.

Looking back, I am pleased with how much I have been able to achieve, especially in the last 12 months which have been really challenging. As a result of hard work, and with huge support from my lovely clients, I am honoured to be the Winner of the most prestigious Professional Beauty Awards 2021 and Gold Winner in the British Hair and Beauty Awards 2021.

My nursing background and a passion for wellbeing & natural beauty led me to study alternative therapies and beauty aesthetics. These are the inspiration and foundation for my practice. Despite years of experience, I am still intrigued by new treatments. One of the latest techniques is sculptural face lifting, which I have studied at two international specialist schools, and with a world-renowned Master.

Viktoryia Health skin treatments range vary from non-invasive to invasive procedures providing you



Viktoryia Rohal,
founder of
Viktoryia Health



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Winner Professional
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with a bespoke service with complete confidentiality. I tailor my treatments to each individual client. I carry out an in-depth skin analysis, using OPATRA, the facial skin analysis system. This examines the complexion which helps to develop more targeted treatment, and is used to compare after treatment results.

Client satisfaction is of great importance to me and I strive for every client to be happy, to enjoy the results and benefits from their treatments more importantly to fall in love with their own inner beauty and uniqueness.

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BEAUTY

Hairband HEROES



Does your hair always fall out when you tie it up? Or perhaps you spend more time detangling your locks than enjoying your updo? If the answer is yes, you could be using the wrong hairband for your hair type.

For thin hair

Thin hair that is prone to breakage needs a hairband that is gentle on your delicate locks. Opt for a silk hairband that will protect your hair and help to keep flyaway strands in check. When removing a silk hairband, you should notice significantly less pulling on the roots.

For thick hair

If you have thick hair, you are likely to experience both tangles and a struggle to keep your voluminous hair contained. Look for spiral plastic hairbands that are specifically designed for thick heads of hair, as these are easy to use and remove without your hair becoming tangled in the tie.

For wavy hair

Do you feel like no hairband can hold back your big mane of wavy hair? Forget elastic bands and scrunchies and, instead, invest in a hair bungee. Boasting a hook on each end, a hair bungee can be easily wrapped around your hair to keep it in place all day.

For short hair

People with short hairstyles are always going to struggle to pulling their hair back into a ponytail. However, there is a solution. Polybands are great at gripping short hair and staying in place. Small and often clear, they will simply disappear into your hairstyle.

For straightened hair

Bringing back a blast from the past, if you want to tie your straightened hair back without causing kinks, you need a scrunchie. These hairbands work best directly after a blow-dry to help maintain a smooth and straight look. However, they are also effective at keeping your hair in place while you sleep.



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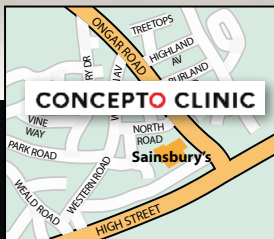
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HEALTH & FITNESS

VICKS VapoRub

7 ALTERNATIVE USES



Known for its ability to effectively manage cold symptoms, most households have a tub or two of this mentholated ointment in their medicine cupboard. However, you may be surprised to discover what else you can use Vicks VapoRub for.

1. TO BANISH HEADACHES: When applied to the base of the skull, Vicks VapoRub has proved highly effective at relieving headaches, especially sinus headaches.

2. TO SOOTHE SORE MUSCLES: Two key ingredients in Vicks, camphor and menthol, are topical analgesics, which means they can be used to relieve pain when rubbed on to the skin. Creating a powerful cooling sensation – although the pain relief will be temporary – it can help you to get on with your day.

3. TO HEAL YOUR FEET: Vicks VapoRub is a popular home remedy for several foot conditions, including athlete's foot and fungal nail infections. The combination of its antimicrobial ingredients and the inclusion of petroleum jelly helps fight bacteria and lock in moisture.

4. TO TREAT SKIN CONDITIONS: If you suffer with either acne or eczema, Vicks VapoRub can be used to calm the skin and clear up your complexion. This is owing to its ingredients like camphor and eucalyptus.

5. TO FADE BRUISES: For minor bruises, Vicks can be used to reduce inflammation and cool the skin. The menthol can also help to reduce any pain you are experiencing.

6. TO HEAL SCRAPES AND BURNS: When applied twice a day, the petroleum in Vicks VapoRub can help to create a thick barrier on your skin so that any cuts or burns can heal. Its anti-inflammatory properties can also promote healing.

7. TO EASE EARACHE: If you are suffering with a mild earache, rub a small amount of VapoRub onto a cotton ball and gently place in your ear. This can help to reduce any pain, but will not clear up an infection.

Photo credit: pixnoo/Shutterstock.com, ashok india/Shutterstock.com



JUST breathe



IMPROVE YOUR QUALITY OF LIFE WITH THREE EASY BREATHING TIPS

You don't need to be a philosopher to know that people can spend their days navigating between a negative inner critic and a more positive and less apparent inner believer. Allowing the latter to express itself more is a key part of healthy living, positive self-image and good self-esteem.

Well, imagine if something as simple as breathing could be the key to being more positive, more confident, less stressed and more physically strong to boot.

Check out these three easy ideas and get started today.

Five deep breaths

If you are feeling stressed or self-critical, take five deep inhalations and exhalations through the nose. Clear your mind and focus on the sensation of breathing. This is part of breaking the negative inner dialogue. Closing your eyes can also help. When ready, you can go back to what you were doing.

Diaphragmatic breathing

Another easy win is to breathe diaphragmatically. This means using the belly muscles to fully fill and empty the lungs with each breath. As well as being calming, this can help with public speaking, as it allows you to control your breath and voice far more effectively.

This breathing also helps the body discharge waste and take in more oxygen, which boosts brain activity.

Quick energy

For a short, sharp boost that will make you feel up for anything, take a deep breath and hold for a second or two, then make a loud 'hmm' sound on breathing out. Not only does this break negative thought patterns, but it will also provide you with a welcome mental lift.

Breathing is something we do every minute of the day – it's time to make it work for us more than ever before.

ONE SMALL STEP FOR YOU, ONE GIANT LEAP FOR YOUR BUSINESS



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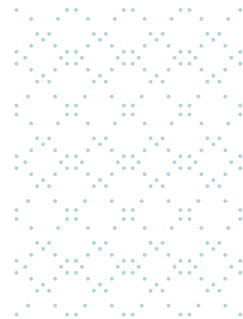
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Self-care

is not selfish

To celebrate National Spa Week, which takes place from November 4-9, we thought we would share with you our top self-care practices that promise to leave you feeling physically and mentally rejuvenated. Plus, discover why you need to make time for self-care.

What is self-care?

While many believe that self-care is self-indulgent or even selfish, it is in fact a crucial process that allows you to tend to your physical and emotional needs. Essentially, it involves making the time to take care of yourself.

There are said to be eight main areas of self-care that you should focus on:

Physical | Psychological | Emotional | Social | Professional | Environmental | Spiritual | Financial

What are the mental health benefits of self-care?

According to recent data from the Office for National Statistics, depression rates have doubled during the COVID-19 pandemic, with concerns growing over a nationwide mental health crisis.

When it comes to looking after your mental health, self-care has the unique ability to:

- > Manage your stress levels

- > Lower your risk of mental health conditions, such as anxiety and depression
- > Increase your overall energy levels
- > Boost your self-esteem
- > Improve your relationships.

Ten simple ways to practise self-care

1. Get a good night's sleep – ideally between seven and eight hours per night.
2. Drink lots of water – up to eight glasses a day.
3. Go for a daily brisk walk – at least 30 minutes.
4. Take a relaxing bath using essential oils.
5. Say no to something you don't have time to do or don't want to do.
6. Listen to your favourite music.
7. Watch your favourite film.
8. Indulge in a massage.
9. Make something healthy and delicious for dinner.
10. Make a list of five things you like about yourself.

If you are struggling with your mental health, there are several UK charities that can help, including Mind and YoungMinds, which is aimed at children, young people and their parents. To find out more, visit www.mind.org.uk or www.youngminds.org.uk





HISTORY

30 years since the death of the icon

FREDDIE MERCURY

It's somewhat peculiar that Freddie Mercury's only solo UK number one hit was in 1993, two years after his death – a remix of his track, *Living on My Own*, originally recorded eight years previously.

And yet, in many ways, with its choral line, "I don't have no time for no monkey business", it provided the perfect posthumous legacy for a man who lived, created and inspired like every day was his last.

Naturally, solo work wasn't ever at the crux of what made Freddie Mercury great. As a founding member of rock bastion Queen, he was a singer, songwriter and producer with a four-octave range, a breathless flamboyance and a creative lilt that put him in the same bracket as David Bowie, Sir Elton

John, Sir Paul McCartney and others.

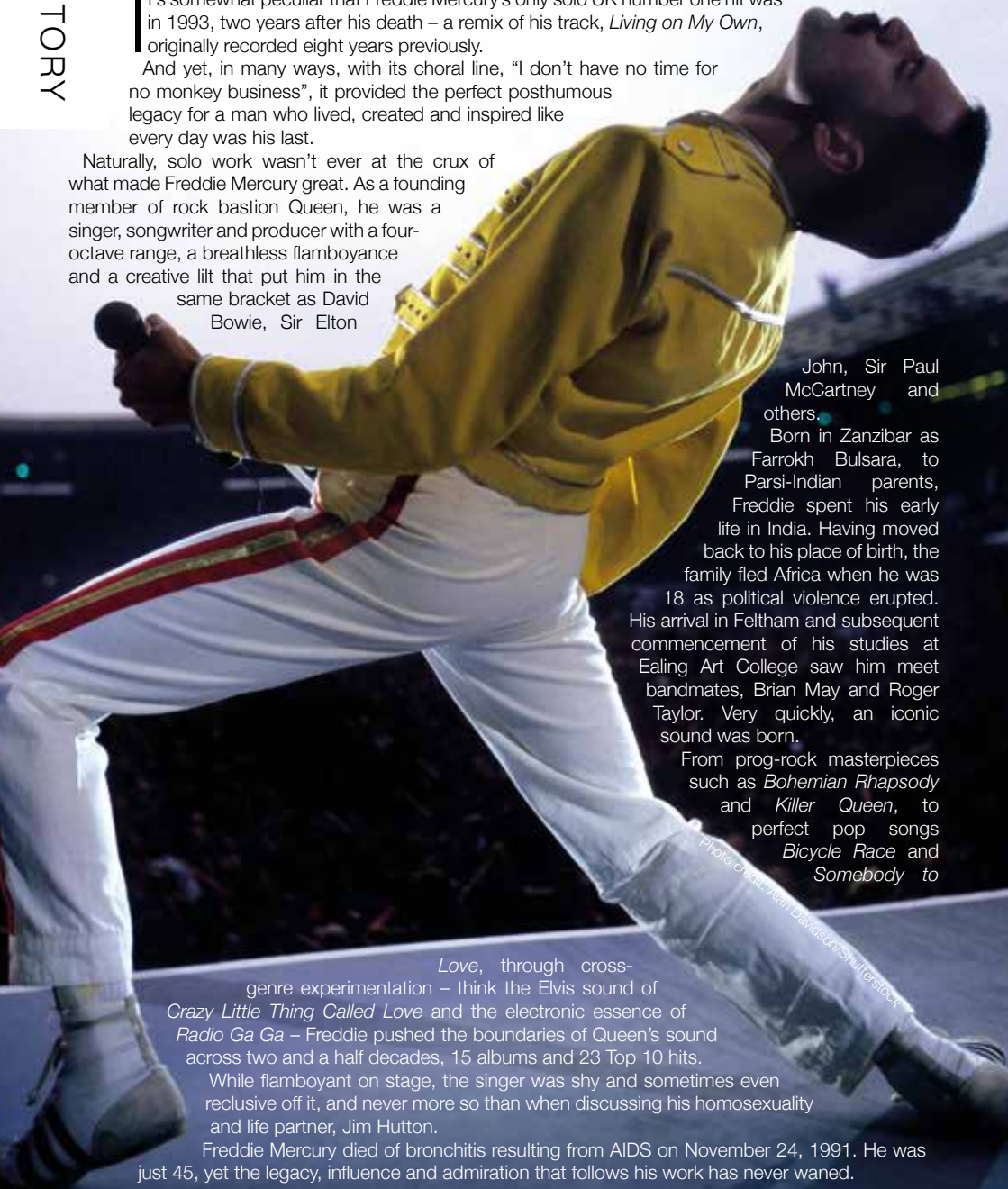
Born in Zanzibar as Farrokh Bulsara, to Parsi-Indian parents, Freddie spent his early life in India. Having moved back to his place of birth, the family fled Africa when he was 18 as political violence erupted. His arrival in Feltham and subsequent commencement of his studies at Ealing Art College saw him meet bandmates, Brian May and Roger Taylor. Very quickly, an iconic sound was born.

From prog-rock masterpieces such as *Bohemian Rhapsody* and *Killer Queen*, to perfect pop songs *Bicycle Race* and *Somebody to*

Love, through cross-genre experimentation – think the Elvis sound of *Crazy Little Thing Called Love* and the electronic essence of *Radio Ga Ga* – Freddie pushed the boundaries of Queen's sound across two and a half decades, 15 albums and 23 Top 10 hits.

While flamboyant on stage, the singer was shy and sometimes even reclusive off it, and never more so than when discussing his homosexuality and life partner, Jim Hutton.

Freddie Mercury died of bronchitis resulting from AIDS on November 24, 1991. He was just 45, yet the legacy, influence and admiration that follows his work has never waned.



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SPORT

THE BOXING

King



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TYSON FURY TAKES ANOTHER MAJOR STEP TOWARDS THE ULTIMATE PRIZE

Many judge Tyson Fury as the best British fighter we have, even as the tormentingly long wait for him to prove that – when he steps into the ring with Anthony Joshua – goes on.

And yet, across two weekends, the armchair experts who decreed the Gypsy King as the ultimate number one added considerable weight to their argument.

First, on September 25, at the Tottenham Hotspur Stadium, Anthony Joshua lost his multiple heavyweight belts to Ukrainian Oleksandr Usyk. The manner of the defeat had echoes of Andy Ruiz Jr all over again, with Joshua looking unthreatening, hesitant and stuck in first gear. Subsequently, he lost to a unanimous points decision to take a major step back.

Then, just 14 days later, Tyson Fury stepped up once more against Deontay Wilder. After a draw in the first epic against the brazen American and a comprehensive victory in the first rematch, the

33-year-old Brit was looking to cement his reputation as the leader of the pack. And while, by his own admission, he was “rusty”, Fury again showed power, guile, craft and the ability to pick himself up off the canvas as he despatched Wilder, finally seeing off his opponent in the 11th round with a devastating blow.

So over the course of a couple of weekends, we learned a bit more about how the heavyweight division would play out. We also have a new champion in Usyk, although many will speculate his victory had as much to do with the poor performance of Anthony Joshua.

As far as the prospect of a Fury v Joshua fight goes, we still seem some distance away. The most anticipated British heavyweight boxing bout of all time slipped through the promoters’ fingers against Usyk.

Joshua will need to get past his dogged, clever and unrelenting opponent in the rematch for serious talk of the all-British showdown to restart.



SPORT

BRITAIN’S GREATEST SPORTING MOMENTS...

DENNIS TAYLOR



We celebrate 50 years of the Crucible Theatre in Sheffield by remembering one of world snooker’s greatest ever matches.

To many, he was the quirky, pint-sized Irishman with glasses you’d more readily expect to see on Dame Edna Everage or Sir Elton John, yet Dennis Taylor’s doubters were to be silenced on the night of April 28, 1985, when he completed one of the most dramatic fightbacks in sport to defeat Steve Davis and win the Embassy World Snooker Championship.

With a final stretched out over two days and four sessions, Englishman Davis strode into a commanding lead in the “best of 35 frames” match. The defending champion, who was looking for his fourth world title in five years, found himself 8-0 up and coasting. Taylor fought back in the second session to trail 9-7 overnight.

The following day’s play saw a cat and mouse battle, with Taylor level at 11-11 and 15-15, but never ahead. When Davis won the next two frames, he required only one more to win the match, but Taylor again responded to level matters, and in the final frame was left needing to pot the black to win. After Davis’s thin cut missed, Taylor seized the advantage to clinch the title.

A colossal audience of 18.5 million viewers watched the drama unfold on BBC Two, with the match finally finishing at 12.23am.

Taylor’s achievement was made all the more remarkable after his mother’s death the previous year had left him unable to muster up the enthusiasm to play.

The Crucible Theatre has hosted championship snooker since 1977 and celebrates its half-century in 2021. Its unique acoustics give even the most hushed matches a tension that other venues cannot replicate, although few kept quiet as Taylor grabbed the most sensational finish in snooker history.

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