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EMERGENCY  
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HOTLINE

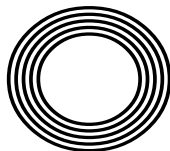
NATURAL  
REMEDIES  
for indigestion

MARKING 80 YEARS  
since the Pearl Harbor attacks

*Love your leftovers*  
Leftover Christmas pudding recipes

ADELE

Singing sensation makes her musical comeback



FREE

Photo credit: Columbia Records



## A timeless kitchen for a modern baker

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A keen baker, Mrs. D runs her own business providing a home baking range of 'Free From Mixes' to help people with some food intolerances bake delicious muffins and cookies without worry. She had helped out at some of Regal's "cookaholics events" run by Emma at the showroom so already knew about some of the different kitchen ranges on offer, she was pleased when she was introduced to senior designer John.

It became clear fairly early on that they couldn't stretch to an in-frame kitchen but were delighted when they saw a sample of a faux in-frame MDF door. This allowed some of their budget to be allocated to quality finishes and appliances such as the Neff flex-induction venting hob in conjunction with Neff 'Slide & Hide' creating the dream for a keen cook.

The white Corian contrasts beautifully against the indigo door and the antique mirror splashback (as well as keeping the wall brick) adds a timeless feel to the whole room. The wine cellar housed under the floor is a great addition that our customers will use for years to come.

Mrs. D said she is grateful that Regal were able to fulfil her dream and still be mindful of the budgetary restraints and also added: "From



design consultation to delivery and then after care, Regal have been amazing. Going above and beyond to help us realise our perfect kitchen, we really can't recommend them enough. And we are extremely happy with our new kitchen".

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# Editor's notes...

DECEMBER 2021



Nik Allen, Editor

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

I will start by wishing you all a merry Christmas, and I pray it is a better one than last year.

Last December, we were told we could not visit our friends and family. Plans being cancelled at the last minute was a tough pill to swallow, especially after the challenges we faced in 2020. But hopefully this winter we won't face any more lockdowns, and so far, so good.

It's at this time of year that I always like to look back on the past 12 months, and for most of our clients, it's been a great recovery year.

We have all tried not to get too carried away, as 2020 taught us to be cautious. But as long as you have your health and the love of friends and family, I would say you have had a pretty good 2021.

In this month's edition, we feature Adele, who is making her musical comeback with her new album. We also report on the new emergency fraud hotline, 159, as well as marking 80 years since the Pearl Harbor attacks. Wishing you a wonderful end to the year and a fantastic 2022.

*Nik Allen*

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CONTRIBUTORS | Tabatha Fabray, Christina Pantelly

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

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# GOOD COP, BAD COP

## WHAT DID WE LEARN FROM THE UN CLIMATE CHANGE CONFERENCE?

For a gathering of global minds, each driven and committed to making huge strides forward in the preservation of the Earth and everything that exists on it, there was no shortage of conflict surrounding the United Nations Climate Change Conference in Glasgow, which was held in the first two weeks of November.

A 26th Conference of Parties (hence the COP26 title that most people referenced the event by), the event invited world leaders to commit to enhanced ambitions in terms of mitigating climate change. They arrived in their droves – more than 25,000 delegates from 200 different countries, including 120 heads of state. That meant there was an immediate pointing to the hypocrisy of a convention configured to help the planet, yet whose carbon footprint was one of the largest in history.

Regardless, included in the number of high-profile attendees were US President Joe Biden, German Chancellor Angela Merkel, French President Emmanuel Macron, Canadian Prime Minister Justin Trudeau, and English broadcaster and natural historian Sir David Attenborough.

Those not in attendance courted similar headlines – China's leader Xi Jinping decided not to participate and instead delivered a written address to the conference, while Russian President Vladimir Putin cited COVID-19 concerns as his reason for staying in Moscow.

Air travel aside, the summit was the cleanest in history, with 70 per cent of electricity being supplied from low-carbon nuclear power from plants in Torness and Hunterston B, while the rest mostly came from wind power. All that energy led to some impressive take-outs from COP26:



**DECARBONISATION.** There was the ubiquitous acceptance that decarbonisation is the way forward, and on that front a variety of targets were accepted and signed up to across the board.



**1.5°C, NOT 2°C.** Recognition of 1.5°C (the temperature at which we must limit global warming) as opposed to 2°C is now a revised and real climate pact target adopted by those at COP26. Scientists believe this altered figure is a far safer limit for potential global temperature increases.



**THE ONE-YEAR RATCHET.** Previously, a five-year ratchet system was in place, where countries were conditioned to effect positive change across a multilateral system. This has now been transformed into a yearly ratchet. The accelerated pace from making annual adjustments is thought to be a much more realistic way of succeeding in halving global emissions by the year 2030.



**NATURAL RESOURCES.** As a final take-out from COP26, significant attention has been placed on the preservation of natural resources, including \$20 billion in commitments of public and private money for forest protection.

While critics will say these initiatives are tarnished by some of the climb-downs from the conference – including scaled-back ambitions on the phasing out of coal, and various conditions around China's role in climate change not being enforced owing to its leader's non-attendance – there are clear targets and promises in place that offer renewed hope for the planet.

Yet words will only go so far – as swathes of protesters noted as they marched through the streets of Glasgow and across hundreds of other cities around the world: now is the time for action.







STOP, HANG UP AND

CALL 159

Fraudsters stole £4million a day in the UK in the first half of 2021, with the banking trade body, UK Finance, describing the level of fraud as a national security threat.

#### What is the 159 service?

A new emergency hotline has been launched in the UK to stop people becoming victims of fraud. Run by an industry body called Stop Scams UK, this service is supported by the Financial Conduct Authority and Ofcom.

When a potential victim dials 159, they will be automatically connected to their bank's fraud prevention service. Initially, this project is being run for a year, with the intention for it to eventually become a universal service.

#### When to call 159

- > Someone contacts you saying they are from your bank
- > You receive a call asking you to transfer money or make a payment
- > You receive a call about a financial matter and it appears suspicious.

The 159 number will never call you, and only a fraudster will object to you using this service.

#### Is the 159 number free?

Calls to 159 are charged at the national rate and are usually part of the included minutes in most phone tariffs. You can call 159 from your phone if your contract is with BT, including EE and PlusNet; Gamma; O2, including Giffgaff; Talk Talk; Three; Virgin Media; and Sky.

#### Which banks are taking part?

High street banks that are currently taking part in this service include Barclays, Lloyds (including Halifax and Bank of Scotland), NatWest (including Royal Bank of Scotland and Ulster Bank), Santander, and Starling Bank. TSB plans to implement the number from January 2022.

Nationwide isn't participating in the pilot 159 scheme. However, it does have its own Scam Checker Service which allows you to check a payment you are worried about with a member of its trained fraud team, either in branch or by phone on 0800 030 4057.



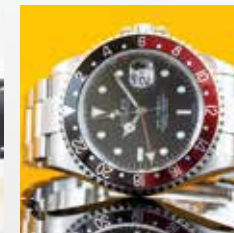
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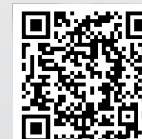


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## PERFECT planning

Are you always forgetting family commitments? Let us introduce you to the DIY family planner that promises to transform your life from chaotic to calm in a matter of minutes.

All you need is a few supplies and a door – this could be in a kitchen cupboard or even the whole side of a door.

### WHAT YOU NEED:

Chalkboard paint | A paintbrush | Sandpaper | Old guttering and gutter clips (for shelf) | Old copper pipe and pipe clips (for rail) | Handsaw | Electric drill or screwdriver | Hot glue gun | Spray paint – colour of your choice | A bulldog clip | Paper roll

### HOW TO MAKE:

**Step 1: Prepare the space** – If using a cupboard door, remove it from its frame using a screwdriver or electric drill.

**Step 2: Sand the wood** – Sand the door down before you paint it as this will ensure a smoother surface. Wipe down with a wet cloth to remove any dust.

**Step 3: Paint the door** – Apply 2-3 coats of chalkboard paint, making sure you leave the door to dry in between each coat.

**Step 4: Create a shelf** – Measure the width of the door and subtract a few centimetres from each side. Cut the guttering to this size and sand down any rough edges.

**Step 5: Spray paint the shelf** – Spray paint your guttering in your preferred colour. Apply fine coats gradually to avoid drips.

**Step 6: Attach the shelf to the bottom of the door** – Screw the gutter clips to your chosen position on the door and place the guttering inside the clips.

**Step 7: Make a hanging rail** – Cut the copper piping to the same width as your shelf. Screw the pipe clips to the door at least 30cm above the gutter shelf and attach your rail. Add your paper roll.

**Step 8: Add a bulldog clip** – Attach a bulldog clip to the door using a hot glue gun. This will hold the end of your paper roll in place.

**Step 9: Draw your planner** – Use a whiteboard pen to draw a grid at the top of the door and then add each week's activities/appointments with chalk.



Photo credit: cassiefairy.com





# OH CHRISTMAS TREE

**G**et ready to break the status quo this festive season and reimagine the traditional Christmas tree. Whether you are short on space, hate the hassle of a real tree or you just want to break the mould, check out the below Christmas tree alternatives that promise to deliver the wow factor.

**Minimalist metal:** If you love minimalism and you don't have a lot of space in your living room, then this is the perfect Christmas tree alternative for your home. Choose to buy one online that comes complete with baubles, or make your own using some copper pipes.

**Christmas crates:** A budget-friendly option, you don't need to have any DIY skills to stack a selection of wooden crates into the shape of a Christmas tree. Fill each crate with your favourite Christmas décor items, such as mini wreaths, candles and stockings, and you are good to go.

**Teepee tree:** For households that can't have a real tree owing to pets or small children, this is a great alternative. Simply erect a child-safe teepee and decorate with Christmas ornaments and decorations. This idea has the added benefit of doubling up as a play area.

**Light-up ladder:** If you don't mind a tree that looks a bit rustic and you don't want to have to spend a penny, this DIY ladder tree is a cool idea. Simply use an old stepladder to create a tree shape and then hang baubles, fairy lights and whatever else takes your fancy.

**Christmas card tree:** Do you save all your Christmas cards from the year before? Or perhaps you always seem to get more than you know what to do with? Put these cards to good use and stick them on the wall in the shape of a Christmas tree. Hey presto – an instant contemporary tree.



Photo credit: Pinterest



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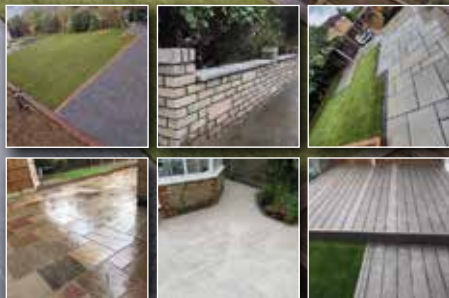
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**T**oothpaste is not only good for cleaning your teeth but it can also be used to refresh and revitalise items in your home, as well as to remove stubborn stains.

#### 1. WHITEN YOUR TRAINERS

If your trusty trainers are looking more grimy than glowing, some spare toothpaste is exactly what you need. Simply apply a small amount of non-gel toothpaste to the rubber parts of your trainers and scrub using an old toothbrush. Then wipe clean with a wet cloth.

#### 2. CLEAN YOUR IRON

There is nothing worse than ironing clean clothes with a dirty iron. Fortunately, you can quickly remove any gunky build-up on the bottom of your iron with toothpaste. Just unplug your iron, leave to cool and then scrub the bottom with toothpaste on a cloth and wipe clean.

#### 3. REMOVE CRAYON FROM WALLS

Kids love to draw on the walls, but most parents are not so keen on this creative activity. However, all you need to remove waxy crayon stains is a scrubbing brush and a little toothpaste. Plus, because toothpaste is non-toxic, you can even get your little ones to help you.

#### 4. RESCUE DVDS

If you still love to watch DVDs but many of your much-loved discs have become scratched, toothpaste can save the day. Simply dab a tiny amount of paste onto the scratch and then rub all over the disk in circular motions with a soft towel. Wipe away any excess.

#### 5. PREVENT FOG

From foggy bathroom mirrors to foggy headlights, toothpaste is great at preventing fog from clinging to glass or plastic. Just rub a non-gel toothpaste onto the area and then wipe off with a damp cloth.

#### 6. ELIMINATE TEA AND COFFEE STAINS

Apply a dab of toothpaste to any stubborn tea and coffee stains and then wash as usual. Hey presto! No more stains.



HOME & DIY



# MAD about the HOUSE

Update your home with inspiration from the multi-award-winning blogger, Kate Watson-Smyth

If you're going to look to anyone for interiors advice, who better than leading property, interiors and design journalist Kate Watson-Smyth?

Kate enjoyed a long career as a journalist, including writing for *The Independent* and the *Financial Times*, before developing her blog, *Mad About the House*.

She has also written a series of *Mad About the House* books, which are your must-have guides to styling your home.

Kate's own home, which is often featured on her blog, is the result of renovating two former rental flats. It is the perfect reflection of Kate's effortless, timeless and elegant style.

Fuel your own home décor inspiration with Kate's expert interior eye. Let's break down her philosophy:

“Your home should tell your story. It should make your heart sing when you open the front door”

Your home is unique to you. So instead of following all the interior trends, help your home tell your story. When you walk in through the door, what you see should make you feel happy and comforted; it's your place to relax, after all. Incorporate your favourite colours to reflect your personality, and get creative with your artwork.

“Something old, something new, something black, something gold”

Decorating a room involves a lot of different elements. By mixing up some vintage or second-hand pieces with new elements, you'll create a style that's all your own.

Black is the perfect accent shade for any room, so don't be afraid to bring in black detailing, hardware and accessories. Meanwhile, a little gold can provide a touch of glamour, making a room look more expensive and stylish. It's a look that Kate calls 'urban glamour'.

“And always some natural wood”

Natural wood is beautiful and timeless, and it can really bring your home together. Whether you have natural wooden floors or some wooden furniture pieces, adding a little natural wood to your home will create that picture-perfect space.

Check out [www.madaboutthehouse.com](http://www.madaboutthehouse.com) for more interior style tips and advice.



Photo credit: [www.madaboutthehouse.com](http://www.madaboutthehouse.com)



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# A GUIDE TO Tablescaping

## TOP TIPS FOR DECORATING YOUR TABLE THIS CHRISTMAS

Instagram is awash with decadently decorated tables and, quite frankly, it's giving us a serious case of the green-eyed monster.

From choosing your colour palette to considering your centrepiece, check out our guide to tablescaping below, complete with our top festive-inspired suggestions.

### CHOOSE YOUR COLOUR PALETTE

The first and arguably most crucial step of tablescaping is choosing a colour palette. This will form the foundation of your table and enable you to bring your chosen theme together. As a general rule, two colours is preferable, and you should avoid any colour clashes.

**Christmas colours:** Red and green, red and gold, or silver and gold.

### PICK THE ESSENTIALS

When setting your table, you must not forget all the essential items such as a tablecloth, plates and glassware. While white plates will always look classic, they are not suited to every table theme. Consider black plates for an ultra-modern look, or

floral plates for a vintage vibe.

**Christmas essentials:** Gold-trimmed plates, a moss table runner and festive napkin rings.

### CONSIDER YOUR CENTREPIECE

Every showstopping table needs a centrepiece which will act as the focal point of the entire design. Depending on the time of year, flowers are a great choice, as are an assortment of different sized candles.

**Christmas centrepieces:** Pine cones and candles of various heights, mini potted Christmas trees, or a snow-filled glass vase complete with silver baubles.

### REMEMBER THE SMALL TOUCHES

To create an unforgettable table, you need to add all the little details such as name cards, matching placemats and decorative ornaments. Remember that these all need to match your theme and colour scheme, or your setting may appear overcomplicated and chaotic.

**Christmas decorative details:** Pine wood card holders, stocking silverware holders, or sprigs of holly and mistletoe.

Photo credit: Brian Woodcock via countryliving.com, seansforadvice.com, bleeshestheshop.com, seayes.com



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# CHALK IT UP!

A decorative paint that is known for its matte appearance, chalk paint is the perfect choice for those wanting to give their home décor a shabby-chic look. It's extremely versatile, with the ability to stick to any surface, so discover five ways to use chalk paint in your home below.

**TO CREATE A STATEMENT WALL:** Bedroom walls look great with a matte, unwaxed finish and there are many shades of chalk paint to choose from. Apply the paint with a large brush rather than a roller as this will add depth and texture to the final finish.

**TO TRANSFORM FLOORS:** Chalk paint is ideal for transforming old concrete and wooden floors. Simply apply 2-3 coats of chalk paint and then apply chalk paint lacquer with a sponge roller for enhanced durability. Be sure to test the paint on a few areas first to check whether any stains bleed through.

**TO UPDATE YOUR OUTDOOR SPACE:** Chalk paint can be used to revive metal fixtures and fittings and can even cover and slow down rust. It also works well on brick, concrete and terracotta, and can be used to refresh garden furniture.

**TO PAINT UPHOLSTERY:** For best results, use chalk paint on small items that are firmly upholstered and made from a natural fabric like cotton or linen, such as a dining room chair seat. Dilute the chalk paint with water and paint on as a 'wash' to stain the fibres. No waxing is needed.

**TO REFRESH KITCHEN CABINETS:** If your kitchen cabinets have seen better days, then chalk paint provides the perfect solution. Apply at least two coats of your chosen colour of chalk paint and then two or three coats of chalk paint wax to seal and protect them. Make sure that your cabinets are clean before painting.

Photo credit: Annie Sloan

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HOME & DIY



# LOCAL NEWS

*from your neighbourhood*



## Hundreds take part in popular annual 10k road race

A group of runners recently celebrated their 25th anniversary with their annual road race.

After being cancelled last year because of COVID-19 restrictions, the Billericay Striders 10K Road Race returned on Sunday, November 7. The event sold out in seven days and 609 runners took part.

First place in the men's race went to Chelmsford AC's Ben Felton, who ran the race in 32:55 and earned himself £100 and a special Striders' Salver. In second place was Shane Boxall, of Southend-on-Sea, and in third place was James Rygate.

Thurrock Harriers' Kathryn Spring won first place in the women's race, and she also scooped the

V35 award. Eleanor Johnson came second for the second time, and third place went to Leigh-on-Sea's Stephanie Miglorini.

The Male Youth Award for runners under 21 was won by James Ferrant (40:53) and the Female Youth Award was won by Jemma Ager (51:28).

The Women's Team Award went to Leigh-on-Sea Striders and the Men's Team Award to Thurrock Harriers.

Billericay Striders have thanked their sponsors, Ground Control and Fisher Jones Greenwood. The club's chosen charity is the Forget Me Not Café, which supports those living with dementia and their carers.

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Photo credit: Nicky Hayes Photography



## Former football club owner alive after incident

Glenn Tamplin, the former owner and manager of Billericay Town and Romford FC, was left with minor injuries after an altercation at his house.

Essex Police were called to a property in London Road, Abridge, on November 3 following a reported altercation that left Tamplin with minor injuries.

A 38-year-old man was arrested after the incident, but has been released on bail until December 1.

A police statement read: "We responded to the incident shortly after 8.15pm.

"Officers arrested a man at the scene on suspicion of actual bodily harm.

"A man aged in his 40s sustained injuries which did not require hospital treatment."

Mr Tamplin's son, Archie, took to social media to inform his fans that Mr Tamplin was still alive, following rumours that he had died during the incident.

He said: "My dad is not dead. People need to stop spreading rumours. Think about family around him hearing this. Have some respect for our family."

## Mural of Remembrance Day painted on café

A striking mural has been created by a street artist in Billericay to mark Remembrance Day.

The painting, on the wall of One3fourlife coffee shop on High Street, Billericay, features a picture of a war monument and an L32 zeppelin.

The mural was commissioned by the café and was painted by artist Dave Nash, who goes under the name Gnasher Murals.

It was painted in black and white with red poppies and includes the words, 'Lest we forget'.

The mural received positive feedback from the public on social media.

One3fourlife said in a Facebook post: "We hope you enjoy the latest artwork. The reactions we see from passing traffic and the older generation was absolutely amazing, and we thank you."



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## Shed Network 'delighted' to receive donation from Lions

The Essex Shed Network (ESN) was presented with a cheque for £500 to support a new shed being created in Lake Meadows in Billericay.

The network's sheds are used primarily by men who have just retired, lost their jobs, or are widowed, and who are often left feeling alone, which may lead to depression and poor health.

The shed can provide a secure and comfortable environment in which to participate in practical

activities with others.

Billericay Lions members presented the network with a cheque on November 2. The money will be put towards the refurbishment of the shed and buying tools for participants.

The ESN was "absolutely delighted" to receive the donation. They previously received £500 from the Billericay and Mayflower Rotary Club and £360 from Billericay Bowls Club after their President's Day event.

## Tree removal sparks outrage among residents

Residents in Billericay are outraged by proposals to cut down overgrown trees beside the railway line.

Locals have been notified by Network Rail that many trees beside the railway in Billericay will be cut between now and March for safety reasons.

Following representations from Billericay Tree Wardens and others, councillor Andrew Schrader, who represents Billericay East Ward, wrote to Andrew Haines, the chief executive of Network Rail, seeking assurances that they will not be adopting an overzealous approach to tree removal.

Cllr Schrader said: "To be fair to Network Rail, they set out their reasoning in some detail. I fully accept that passenger safety, as well as the safety of rail staff and the proper maintenance of trains and track equipment, is the top priority."

Mr Jerry Daly, a manager at Network Rail, has

reiterated the company's commitment to biodiversity and good ecological management of its trackside trees and vegetation. He has also restated Network Rail's intention of holding a community meeting.

A Network Rail spokesperson said: "We're very aware of the impact that removing trees and vegetation can have on local communities.

"Managing trees and vegetation is very important to keep passengers and track workers safe. Trees and vegetation can obscure signals, touch live electrical equipment, blow or fall onto the tracks, undermine track foundations or prevent our track staff having a safe place to wait while trains pass.

"This work also helps reduce leaves falling onto the line, which can affect train acceleration and braking, delaying trains during the autumn months and increasing the risk of an accident happening."







Photo credit: Nicky Hayes BTFC

# Football team signs their talented new striker

Billericay Town FC have confirmed the signing of their new striker.

The football team confirmed Shaquille Coulthurst, a former Southend United loanee, as their newest recruit on November 12.

Shaquille is a striker who came through the Tottenham youth system. During his time at Tottenham, he went on loan to Leyton Orient, Torquay United, Southend

United, York City and Wigan Athletic, among other football clubs.

A Billericay Town spokesperson said: "We welcome Shaq to the club and wish him the best of luck here."

A post on the football team's Instagram reads: "We're delighted to announce the signing of forward Shaquille Coulthurst."

"Welcome to the Blues, Shaq."

## Firefighters issue urgent candle safety advice

Firefighters are urging residents to take candle safety advice seriously after crews were called to a candle fire in Billericay.

Two fire crews were called to Norsey Road on November 15 to find a heavily smoke-logged house after a candle had fallen and set furniture alight.

The crews from Basildon extinguished the fire in around 20 minutes and ventilated the property.

Watch manager Rob Fossett, from Basildon Fire Station, said: "With many people using candles at this time of year, we'd advise you to always keep an eye on your candles and never leave them burning unattended."

"The resident was in the room with the candle, as we would advise, and acted quickly to use a fire blanket before calling us."

"Make sure you place candles in a secure holder and well out of reach of children or pets. Keep them well away from flammable materials like curtains."

The fire service has shared other simple precautions residents should take when using candles at home.

These include swapping wax candles for LED candles, making sure candles are secured in holders, putting out candles when you leave a room, trimming the wick before burning, and not moving candles once they have been lit.

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# LOCAL NEWS

*from your neighbourhood*



Photo credit: Essex Council

## Plans for modern new library and public garden approved

Essex County Council cabinet members agreed to move forward with the demolition of the existing library in Shenfield to allow construction of a new library building.

Cabinet members approved plans at a meeting at county hall recently.

Shenfield Library will relocate to Bishops Hill Adult Community Learning Centre before demolition of the original building begins in spring 2022. The new library will be completed by autumn 2023.

The redevelopment will include a new, modern, energy-efficient library and meeting room with more floor space than current facilities. A new public garden with outdoor learning and activity areas and a flexible commercial space designed for business use will also be included.

The development will be funded by the creation of

nine high-quality apartments above the library in a three-storey building, and so will be delivered at no cost to taxpayers.

Councillor Lesley Wagland, cabinet member for economic renewal, infrastructure and planning, said: "I am delighted formal approval has been given for this exciting scheme that will see a new library for Shenfield and quality housing in a sustainable location, as well as a new commercial facility and public garden."

Councillor Louise McKinlay, deputy leader and cabinet member for community, equality, partnerships and performance, said: "Shenfield Library is a much-valued local community facility and the development will ensure that the building is improved, providing a modern, bright and enhanced space for residents."

Further details on the project can be found at [shenfieldlibrary.co.uk](http://shenfieldlibrary.co.uk)



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Photo credit: RMC Event Photography  
via Brentwood Borough Council Facebook

## Residents come together for Remembrance Day Parade

A Remembrance Day parade and church service took place in Brentwood on Sunday, November 14 to honour all those who have sacrificed their lives for their country.

The parade started at Brentwood Town Hall and marched down Middleton Hall Lane towards the war memorial at the junction with Shenfield Road, where wreaths were laid and two minutes' silence was observed.

The parade continued along Shenfield Road, crossing the mini roundabouts at Wilson's Corner, and finishing with a service at St Thomas of Canterbury Church.

The salute was taken by the Deputy Lieutenant of Essex, Dennis Rensch, accompanied by other

dignitaries, including the Mayor of Brentwood, councillor Olivia Sanders, and the president of Brentwood Royal British Legion, Brian Kitchener.

Mayor Sanders said: "I am proud that we are commemorating Remembrance Day in Brentwood.

"It is important that we never forget those who have fought and selflessly given their lives for our country. We owe them a debt of gratitude, and I am pleased that residents can attend the parade.

"We must never forget those who have given and continue to give their lives in wars and conflicts and those who have fought for our freedom."

The parade included contingents from all major uniformed services as well as members from Essex Police, Scouts, Guides and charitable organisations.

## Nominations now open for annual Civic Awards

The annual Civic Awards are now open for nominations.

The awards are an opportunity to acknowledge the dedication and commitment of individuals and groups within Shenfield who go above and beyond to help others and make the area a better place.

The award categories are for Service to the Community, Lifetime Achievement, and Young Volunteer of the Year.

Mayor of Brentwood, councillor Olivia Sanders, said: "I am always amazed at the selflessness of people

within our community who freely give their time for the benefit of others without expecting anything back."

Ensure you include as much detail as possible when nominating, with examples of what the individual or group has done. Nominations close on February 14, 2022, and will be considered by the panel of judges in March. The awards will be presented on April 8, 2022.

To nominate, search 'Civic Awards nominations' at [www.brentwood.gov.uk](http://www.brentwood.gov.uk) and complete the online form or email [mayors.secretary@brentwood.gov.uk](mailto:mayors.secretary@brentwood.gov.uk) to request a hard copy of the nomination form.

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# EYES ON THE PRIZE

## ARTIFICIAL EYES, BIONIC VISION AND OCULAR PROSTHETICS THAT ARE REVOLUTIONISING HOW WE SEE THE WORLD

For people who suffer trauma or serious eye disease, the reality of losing an eye or significant sight can be a harrowing one. In the past, the solution of replacement with a glass eye was the only way of restoring some level of aesthetic appearance.

In 2021, those aesthetics have moved forward significantly. The prosthetic implants involved in eye surgery are at the very peak of artificial eye technology, with a completely natural look and the ability for the patient to resume normal activities, such as driving, swimming and other forms of exercise. They can also apply make-up and mascara to the area without damaging the prosthetic.

Of course, the next level of eye technology is the bionic eye. When science can replace so many other parts of the body, are we really so far away from replacing artificial eyes with fully working machines that restore sight, or even offer it to people who,

from birth, have never been able to see?

Scientists in America are currently working on the bionic eye, although the technology is still in its infancy. It uses a retinal implant to mimic the function of the retina. When connected to a video camera, it converts images into electrical impulses. These, in turn, stimulate existing retinal cells which carry the signal back to the brain for processing.

At present, the bionic eye would produce sight as basic shapes and depth, and in black and white. It would be possible to read a book, though with only 60 electrodes – a fully working eye has a million – the quality of vision is limited.

The good news is this is only the start. Just as the technology behind cochlear implants accelerated quickly to give sound to those who thought their hearing was lost forever, so too may there be a light at the end of the tunnel for those who yearn to be able to see.

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## DRIVERS FACE NEW MOBILE PHONE FINES FROM 2022

New laws are set to come into force from next year to crack down on mobile phone usage while behind the wheel, with 81 per cent of people supporting the tightening of driving rules in the UK.

### HOW MANY ACCIDENTS ARE CAUSED BY DRIVERS USING MOBILE PHONES?

According to the Department for Transport, 17 people were killed on the road last year in crashes that involved drivers being distracted by their mobile phones. A further 114 were seriously injured and 385 were slightly injured. More than one in six of those killed or seriously injured were either pedestrians or cyclists.

### HOW IS THE LAW CHANGING?

Under current UK laws, drivers are banned from making a phone call or texting using a handheld device, unless there is an emergency. However, from 2022, drivers will also not be allowed to take photos or videos, scroll through music playlists, or play games on their phones when driving. This includes

when stationary in motorway jams and at traffic lights.

### WHAT WILL HAPPEN IF YOU ARE CAUGHT BREAKING THESE NEW LAWS?

Anyone caught using their handheld device while driving will face a £200 fixed penalty notice and six points on their licence.

### ARE THERE ANY EXCEPTIONS TO MOBILE PHONE USAGE WHILE DRIVING?

Drivers can still use devices such as sat navs and mobile phones using satellite navigation, but these must be secured in a cradle. They can also make contactless payments using their mobile phones when stationary.

### WHEN DO THESE LAWS COME INTO EFFECT?

These new laws will start to be implemented from next year, with the government planning to revise the Highway Code to clearly explain the new measures to drivers. More information on the new changes to road mobile phone usage can be found at [www.gov.uk](http://www.gov.uk)

FROM 2022, DRIVERS ARE NOT ALLOWED TO...

- ✗ Make a phone call/text
- ✗ Take photos/videos
- ✗ Scroll through music playlists
- ✗ Play games





# PEARL HARBOR *remembered*

LOOKING BACK TO THE BATTLE AT PEARL HARBOR, 80 YEARS AGO IN DECEMBER

Pearl City in 2021 is a pleasant enough place. It is clean, sunny, and remains very proud of its reputation as both an early site for Benjamin Franklin's railway network and a jazz hotbed in late 19th-century Hawaii.

Yet such a peaceful reputation is at odds with events in its harbour, when it came under the attack of one of the most vicious airborne onslaughts in military history.

The Japanese attack on Pearl Harbor was actually a pre-emptive move designed to limit the US army's ability to defend other areas, which were earmarked in phase two for later that day. Essentially, by ripping apart the US Pacific Fleet, it would be unable to stem the tide of attacks on British, Dutch and US territories in southeast Asia.

The Japanese began the assault on December 7, 1941. They rained down bombs on hangars and aircraft around the island, while launching torpedoes at US airships in Pearl Harbor.

Four battleships were hit immediately, with the USS *Arizona* sinking after a bomb hit its explosives stores. A total of 1,177 crew members perished.

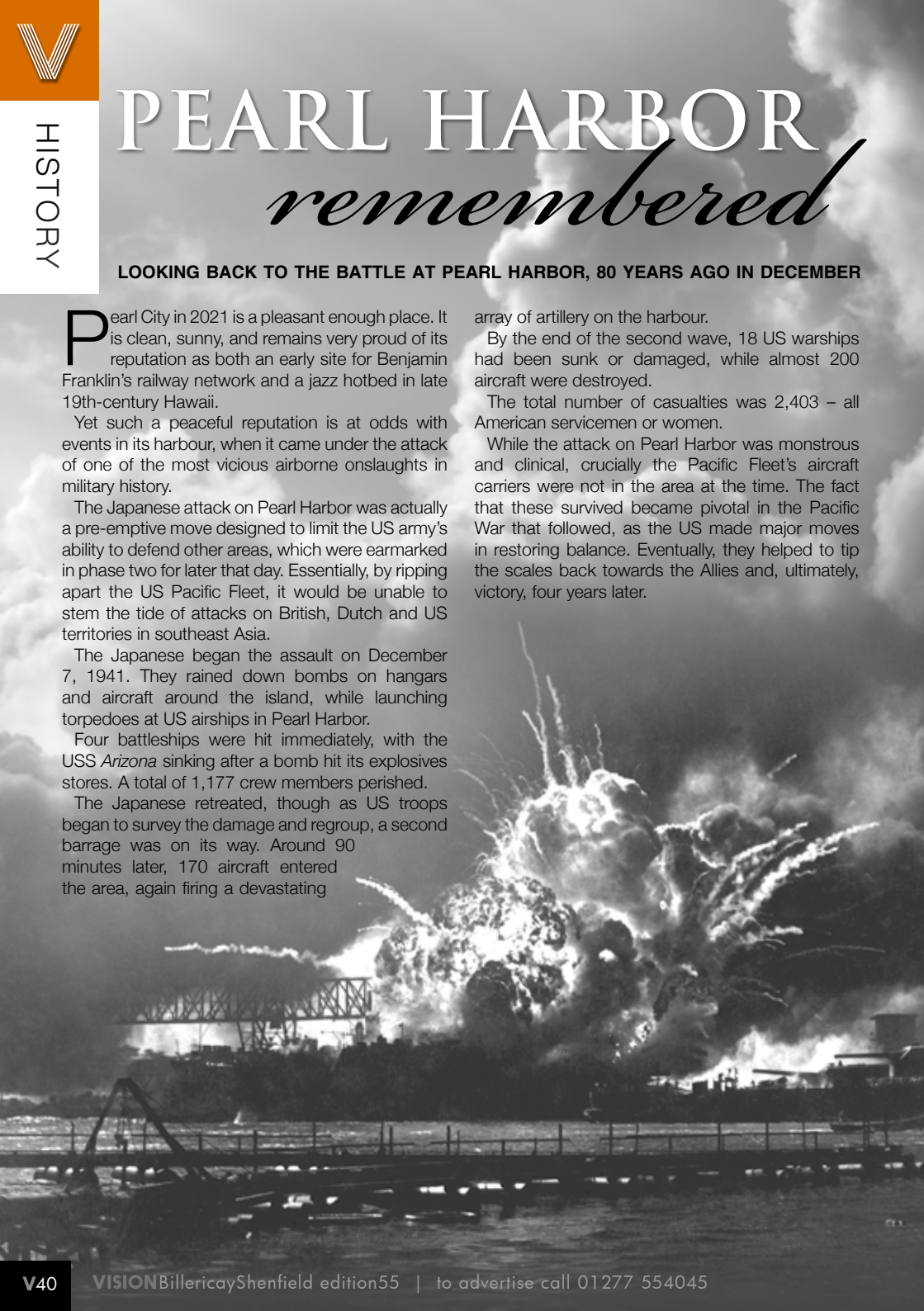
The Japanese retreated, though as US troops began to survey the damage and regroup, a second barrage was on its way. Around 90 minutes later, 170 aircraft entered the area, again firing a devastating

array of artillery on the harbour.

By the end of the second wave, 18 US warships had been sunk or damaged, while almost 200 aircraft were destroyed.

The total number of casualties was 2,403 – all American servicemen or women.

While the attack on Pearl Harbor was monstrous and clinical, crucially the Pacific Fleet's aircraft carriers were not in the area at the time. The fact that these survived became pivotal in the Pacific War that followed, as the US made major moves in restoring balance. Eventually, they helped to tip the scales back towards the Allies and, ultimately, victory, four years later.



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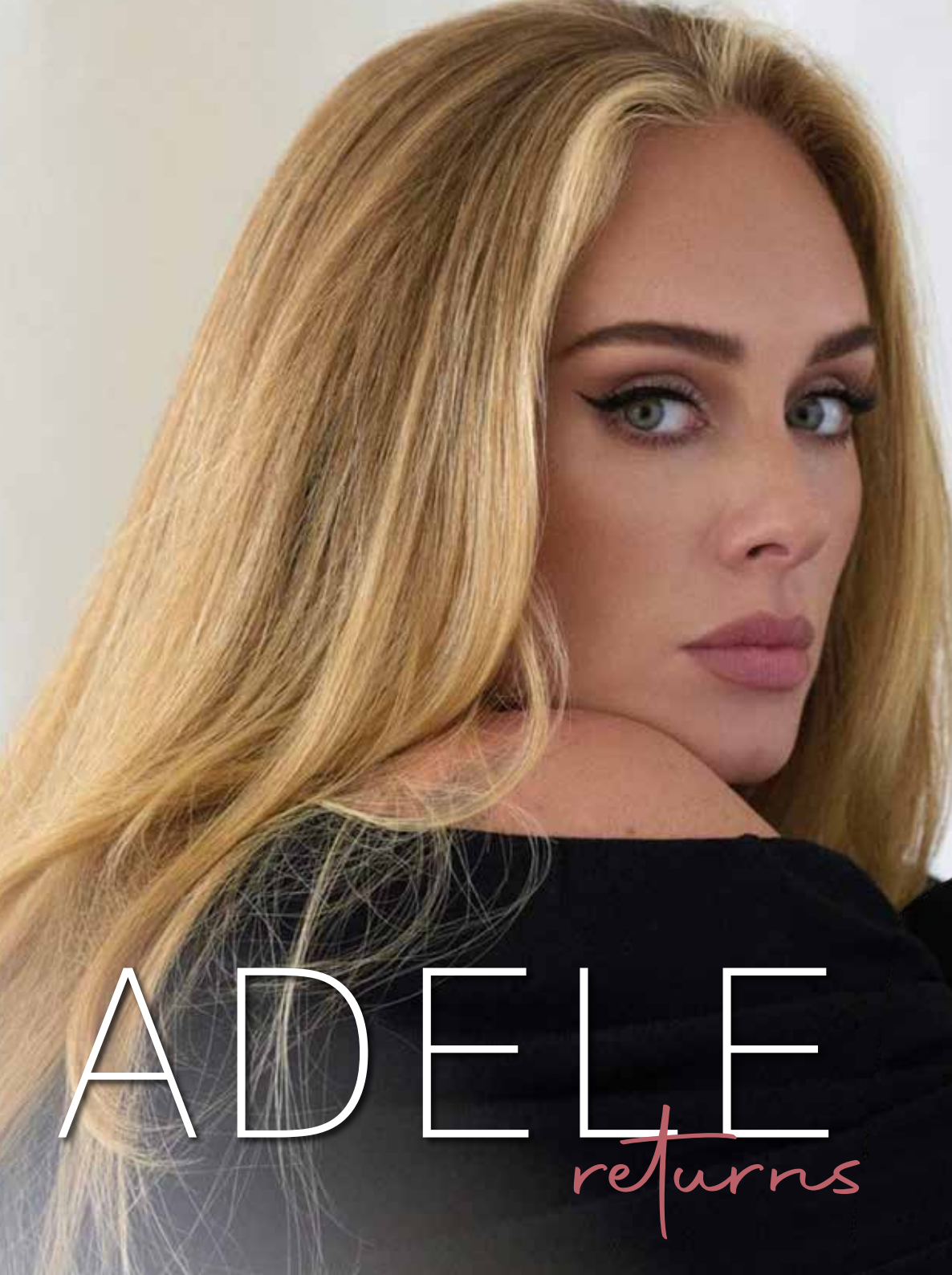
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Adele is one of the most successful female artists in history, and the universal acclaim behind 30, her new album and the first in six years, reinforces beyond doubt the fact that in a changing, fragile, often artificial music industry, raw talent will always find a path to the top.

Perhaps what makes Adele, the Tottenham-born singer/songwriter, a cultural icon in the modern music world is an admission of her own frailties.

From relationships to confidence, through philanthropy and inclusion, the star's honesty in terms of how she positions herself is admirable. Yet there is always something real to back up the message – from the music to the five stunning *Vogue* magazine covers (three in the US, two in the UK, and the first person to achieve both at the same time), which continue to document the star's visual transformation.

From the moment the first melancholic and soulful opening lines of Adele's *Chasing Pavements* reached the world's airwaves, it was abundantly clear that the British songstress would go on to achieve big things, even if the eventual scale of her success was impossible to predict. The first single released from her 2008 debut album, *19* – named after the age at which she composed it – *Chasing Pavements* announced the beginning of a career that, some 13 years on, has seen Adele become an instantly recognisable name, face and voice across the globe.

---

“The first thing is to be happy with myself. to appreciate yourself – only then can you try to change things”

---

*19* earned the star – born Adele Laurie Blue Adkins – the first of 15 Grammy Awards. More importantly, the album marked a point in time from which came the star's ever-growing list of popular records. Each is named in the same manner – *19*, *21*, *25* and *30* marking her musical milestones – and as well as the ever-increasing plaudits heaped upon their creator, each can be seen as a distinct point in Adele's journey to the elite of the musical world, littered as it was along the way with all of life's struggles.

“Every album is a phase in my life,” she says. “Each comes with a different reputation and pressure and baggage, and that can make things tough.”

Romantic relationships have often affected Adele's more melancholic musical musings, and her new album has its fair share of these. Debut single *Easy on Me* went to number one across the world, and reflected mistakes made both in childhood and adulthood; while tracks *Cry Your Heart Out*, *To Be Loved* and *Love is a Game* offer similar themes. But the singer insists she now has the ability to focus on herself, rather than dwelling on mistakes.

“I have a greater resilience to myself nowadays,” she says.

“That's just something that comes with age. In the past, I'd sit in darkness and feel sorry for myself. I loved the drama of it all.”

Now 33, things have certainly changed for Adele. The birth of her son, Angelo, in 2012 has been stated as a real turning point in her ability and willingness to call the shots; certainly the failing of her marriage to Angelo's father, Simon Konecki, doesn't seem to perplex her.

She adds: “The first thing is to be happy with myself – only then can you try to change things.”

“My career's not my life; it's my hobby, but I'm glad I have it.”

# ADELE

returns





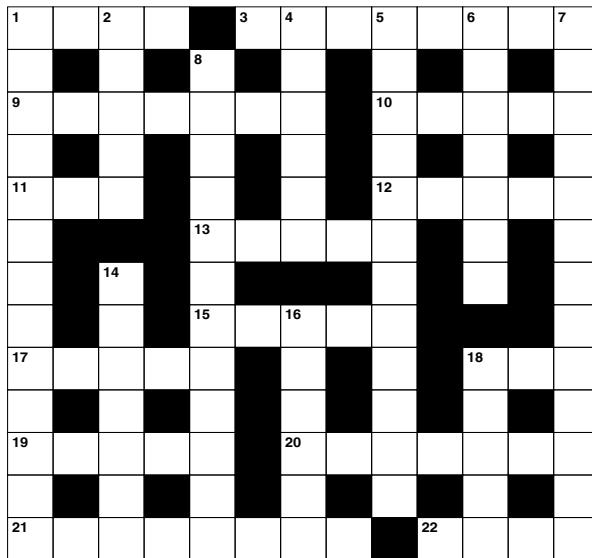
# PUZZLES & TRIVIA

## ACROSS

1. Skin irritation (4)
3. Assembled (8)
9. Allocations (7)
10. Small dust particles (5)
11. Drivel; nonsense (3)
12. Exit (5)
13. Long-handled spoon (5)
15. Ellipses (5)
17. Steep slope (5)
18. Intentionally so written (3)
19. Buffalo (5)
20. Become less intense (4,3)
21. On the outer side (8)
22. Examine by touch (4)

## DOWN

1. Not capable of being restrained (13)
2. Destroy (3,2)
4. Utterly senseless (6)
5. Vagrancy (12)
6. Take back (7)
7. Rude and discourteous (13)
8. Metal device for removing tops (6,6)



14. Receiver (7)
16. Ratio of reflected to incident light (6)
18. Heating apparatus (5)

## DID YOU KNOW?

- ▶ An adult male lion's roar can be heard up to five miles away
- ▶ Elephants often use their trunks as 'snorkels' when swimming to help them breathe when they're underwater
- ▶ Female turkeys can occasionally develop their eggs into embryos without the need for sperm. This is a form of reproduction called parthenogenesis
- ▶ Owing to the position of horses' eyes, they can see almost 360 degrees. Their only blind spots are directly in front and behind their body
- ▶ Leopards' tails are so long so they can act as counterbalances when running, jumping or climbing trees
- ▶ Honey badgers have been listed in Guinness World Records as the most fearless animal on the planet.

## SUDOKU

9			7					4
7			8		5			
	4			2			6	
			6			7		1
				9				
1		8			3			
	2			3			5	
			2		6			3
6					8			2



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# Doggy DOWNTIME



PETS

**H**ave you ever noticed your dog watching the TV? If yes, you may want to try DogTV, a unique streaming service designed just for dogs.

### WHAT IS DOGTV?

DogTV is a television channel that has been specifically created for dogs and their owners. It can be particularly useful for dogs that suffer with separation anxiety and stress. Its programmes are divided into three categories that are designed to meet a dog's typical daily cycle and to enrich their environment.

- 1. Relaxation:** Soothing music, sounds and visuals will help keep your dog calm and reduce their stress levels.
- 2. Stimulation:** Stimulating scenes with and without other animals, animation sequences and moving objects to encourage playfulness even when your dog is home alone.
- 3. Exposure:** Special sounds and visuals to help habituate your dog and make them feel more comfortable in their environment.

### DO DOGS REALLY WATCH TV?

Yes, they do! There are thousands of videos on YouTube featuring dogs watching and responding to TV programmes, with most paying attention when they see other dogs, animals or moving objects. Some dogs will respond best to visuals, while others will lie down and relax when they hear calming music.

### HOW DO I SUBSCRIBE TO DOGTV?

You can select what type of subscription package you would prefer via the [www.Dogtv.com](http://www.Dogtv.com) website. Choose an annual subscription for £59.99 or a monthly subscription for £6.99, both of which include a free seven-day trial. There is no contract and you can cancel at any time. Alternatively, you can sign up through the DogTV app on Roku, Apple TV, Amazon Fire TV or iOS/Android devices.

### DOES DOGTV HAVE PROGRAMMES FOR OWNERS?

Yes, it does! There are hundreds of fun, educational and entertaining programmes for dog owners, including *The Dog Chef*, *Road Dogs*, *Paws For Love* and *Meet The Breed*.







# BRUCE KING

on how to sell yourself and what you do



**In his latest column, sales mentor and personal growth coach, Bruce King, discusses how to speak and present – in any setting and situation – with confidence.**

I started public speaking more than 25 years ago at the insistence of the BBC, who had just published my first book and wanted me to travel around the country promoting it.

I was terrified – so much so that I hired a speaking coach to help me learn how to present with confidence.

Here are three tips, which were the most valuable she gave me:

First of all – be prepared and practise. The larger the audience you're speaking to and the more important your presentation, the more you need to prepare. There was never a truer expression than 'practice makes perfect'.

Secondly, to overcome nerves, she told me to imagine all the audience were sitting on toilets with trousers rolled down or skirts pulled up. That worked a treat.

I did it every time I first walked on stage. I paused, saw a sea of people sitting on their toilets with their trousers down and their skirts up, and it put such a big smile on my face that the audience warmed to me immediately.

Of course, they didn't know what I was smiling at. The third thing she taught me was not to get intimidated by people you are presenting to with impressive job titles. They are just people like you and me. And they also go to the toilet.

Big businesses are nothing more than the sum total of many individuals, all working under the same umbrella. They have the same or similar concerns as you and me.

If you can help them in any way whatsoever, they will truly appreciate you.

*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](http://bruceking.co.uk)



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## BALANCING MONEY AND MINDSET TO BECOME A FINANCIAL WELLBEING 'ALL-ROUNDER'

A new study<sup>1</sup> has found that people with a financial adviser are over four times more likely to display high levels of financial wellbeing than those who have never received financial advice.

The study also revealed that the average advised client accumulated almost three times more pension savings (£246,000), compared to non-advised people (£95,000). Advised clients also accumulated total non-pension savings of £65,000 versus £32,000 (non-advised).

Financial wellbeing relates to the control people have over their financial future. Those with high levels tend to not only meet their long-term financial goals, but also have a clear idea about what makes them happy and what they want from life, thereby allowing them to identify and achieve more meaningful life goals both now and in retirement.

### THE 'ALL-ROUNDER'

This latest analysis was based on a survey of 10,466 UK residents and found that the key to building financial wellbeing is to have both 'money' building blocks and

'mindset' building blocks. People with the best financial wellbeing scores did well on both fronts; in essence, all money and no long-term happiness plan was found to be no better overall than having a plan but no money.

### WELLBEING AND ADVICE GO HAND IN HAND

Perhaps unsurprisingly, the study revealed that people who seek professional financial advice are far more likely to fit into the 'all-rounder' category than those who do not. Overall, just 10 per cent of those who had never received financial advice were fortunate enough to combine healthy finances with a positive money mindset, compared to 44 per cent of those who enjoy an ongoing relationship with a financial adviser.

**At HCR 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.**

<sup>1</sup> Aegon, 2021

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**D**id you know that the average British adult has just under £600 worth of unwanted technical devices gathering dust in their homes? From smartphones to tablets, games consoles to wearables, here's how to make some money from these highly sought-after items before it's too late.

### WHERE TO SELL UNWANTED TECH

You have several options available to you when it comes to selling unwanted or unused tech:

#### SELL ON THE HIGH STREET

Second-hand shops such as CeX or Cash Generator will give you cash for smartphones, wearables, satnavs, speakers, headphones, laptops, cameras and sometimes even TVs. To sell on the high street, your devices need to be working but you do not need the original packaging.

#### SELL ONLINE

Websites such as Mazuma and musicMagpie will buy your old tech items, and they don't even need to work for you to make some cash. You can sell old laptops, consoles, smartphones, tablets and wearables.

MusicMagpie also buys CDs, DVDs and video games.

### TRADE IN

Many retailers such as Apple, Amazon and Carphone Warehouse allow you to trade in your old tech for money or gift cards. How much you get will be dependent on the age of the device and its condition, although most places will accept broken gadgets.

### SELL ON SOCIAL MEDIA

More than 450 million people use Facebook Marketplace to buy and sell goods, making it a quick and easy way to offload any unwanted tech. Craigslist is another option, although this selling site can be a bit hit and miss.

### WHAT TO DO BEFORE RECYCLING OR SELLING YOUR TECH

- > Remove the SIM card and micro SD card if there is one
- > If using iCloud, sign out before passing on the device
- > Use the factory reset tool to remove photos, music, documents, etc, and to erase social media accounts.





# AROUND THE WORLD ON NEW YEAR'S EVE

**H**ave you ever wondered how people celebrate New Year's Eve around the globe? From the funny, to the fabulous, to the ever-so-slightly frightening, discover our six favourite worldwide NYE traditions below.

## SMASHING PLATES IN DENMARK

If you were celebrating the start of a new year in this Scandinavian country, you would pop over to your neighbours' house and smash a plate on their doorstep. Not an act of vandalism, but a ritual to bring good luck for the next 12 months.

## EATING LENTILS IN BRAZIL

Lentils are a store cupboard essential for most UK households, but for the people of Brazil, lentils represent money. To mark the start of a new year, Brazilians tuck into a bowl of lentils in an act that is said to bring good fortune for the year ahead.

## DRESSING UP AS BEARS IN ROMANIA

According to Romanian folklore, bears are special and are able to protect and heal people. Therefore, on NYE, you will see people dressed up as this wild animal to chase away evil spirits.

## RINGING BELLS IN JAPAN

In both Japan and North Korea, you can expect it to get a little noisy when the clock strikes 12 as it is tradition for people to visit their local temple and contribute to a whopping 108 rings to see in the new year.

## THROWING FURNITURE OUT THE WINDOW IN SOUTH AFRICA

In Johannesburg, people like to start the new year without any unwanted items in their home. But rather than take them carefully down the stairs, they throw them out of the window. Well, that's one way to spring clean.

## WALKING WITH AN EMPTY SUITCASE IN SOUTH AMERICA

Believed to deliver a year full of adventures, in some South American countries, you can expect to see people walking around with an empty suitcase on New Year's Eve.



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GARDENING

## GROW YOUR OWN

# fruit trees

If you think that only homeowners with large gardens can grow fruit trees, then you will be pleased to hear that there is a perfect fruit tree to suit every garden, no matter the size.

### WHAT TO CONSIDER WHEN CHOOSING A FRUIT TREE

If you don't have the space to grow a fruit tree in the ground, you need to choose one that is grown on a rootstock as this will thrive in a pot. You also need to check if your chosen fruit tree is self-fertile, meaning you only need one, or if it requires other trees to ensure good pollination.

### HOW TO PLANT FRUIT TREES

To grow a fruit tree in a pot, the pot must be at least 30cm in diameter and 30cm deep and it must have drainage holes. You can also use halved wooden barrels and galvanised dustbins, which look surprisingly attractive. If you are planting your fruit tree in the ground, place in a sunny spot and dig down at least one spade deep. All new fruit trees require support with a post or stake.

### THE BEST FRUIT TREES TO GROW IN THE UK

#### APPLES

One of the easiest fruit trees to grow, you can choose between dessert apples for eating or cooking apples. Grow a dwarf or ballerina variety in a pot if you are short on space.

#### PEARS

Pear trees can be grown in the ground or in containers and, once established, require very little care. If growing in a container, choose one that is 45-50cm in diameter and place broken concrete or clay pots at the bottom to help retain moisture.

#### PLUMS

There are many varieties of plum trees to choose from, with some for even the smallest of gardens. They are best planted in clay or loamy soils.

#### APRICOTS

Apricots can be grown as fans, bushes or pyramid trees and there are several dwarf varieties that are ideal for pots.





# How green IS YOUR GARDEN?

*Presenter Arit Anderson and a celebration of open spaces*

Arit Anderson is the garden designer, writer and presenter who takes the resplendent, relaxed vibes of our outdoor spaces and wraps them in an extra layer of green-fingered greatness.

Perhaps it's her soft voice, her welcoming tone, or just the fact that the 55-year-old flora and fauna fanatic has such a deep and delightful knowledge of the subject in hand. Whatever it is, Arit is one of a modern breed of horticulturalists taking a holistic view of our open spaces.

"For me, it's as much about enveloping yourself in the space around you, as it is focusing on individual flowers or plants or species," she says.

"The outdoors is a celebration in its totality – I think, in many ways, we are all a level on from the real precision prettiness of gardening that we used to have in the 1980s. We're a bit more rugged and

rustic now, and I love that."

That rustic element certainly helped as far as reshaping, restyling and breathing new life into people's gardens went on the hit BBC show *Garden Rescue*. With a simple premise to reinvent a homeowner's outdoor space, Arit and her trusty team worked craft and creativity in abundance.

While fans were disappointed to hear of Arit hanging up her secateurs on the series, the spare time gained does reinforce her focus on *Gardeners' World*. The presenter is also set to co-host the Hampton Court Palace Garden Festival next year.

She added: "Our gardens have been one of the things that have felt ever-present through the mire of lockdown, but being out, talking about them and sharing everything that's so exhilarating about the outdoors is the most special thing, and it's a pleasure to be doing that again."

Photo credit: Arit Anderson via thainormyde.com

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## Ways to recycle your **REAL CHRISTMAS TREE**

**A**n estimated eight million Christmas trees are bought every year, yet sadly, once the festive season is over, most end up in landfill. Not only does their disposal cost the taxpayer £100 per 40 trees, but each tree generates around 16kg of carbon dioxide. Here are six ways to recycle your tree – better for the planet and your pocket.

**TURN YOUR TREE INTO MULCH:** Use a shredder to turn your Christmas tree's branches into mulch and place around the base of your garden trees and shrubs to help prevent soil erosion and treat compaction. Make sure you wear safety glasses and gloves.

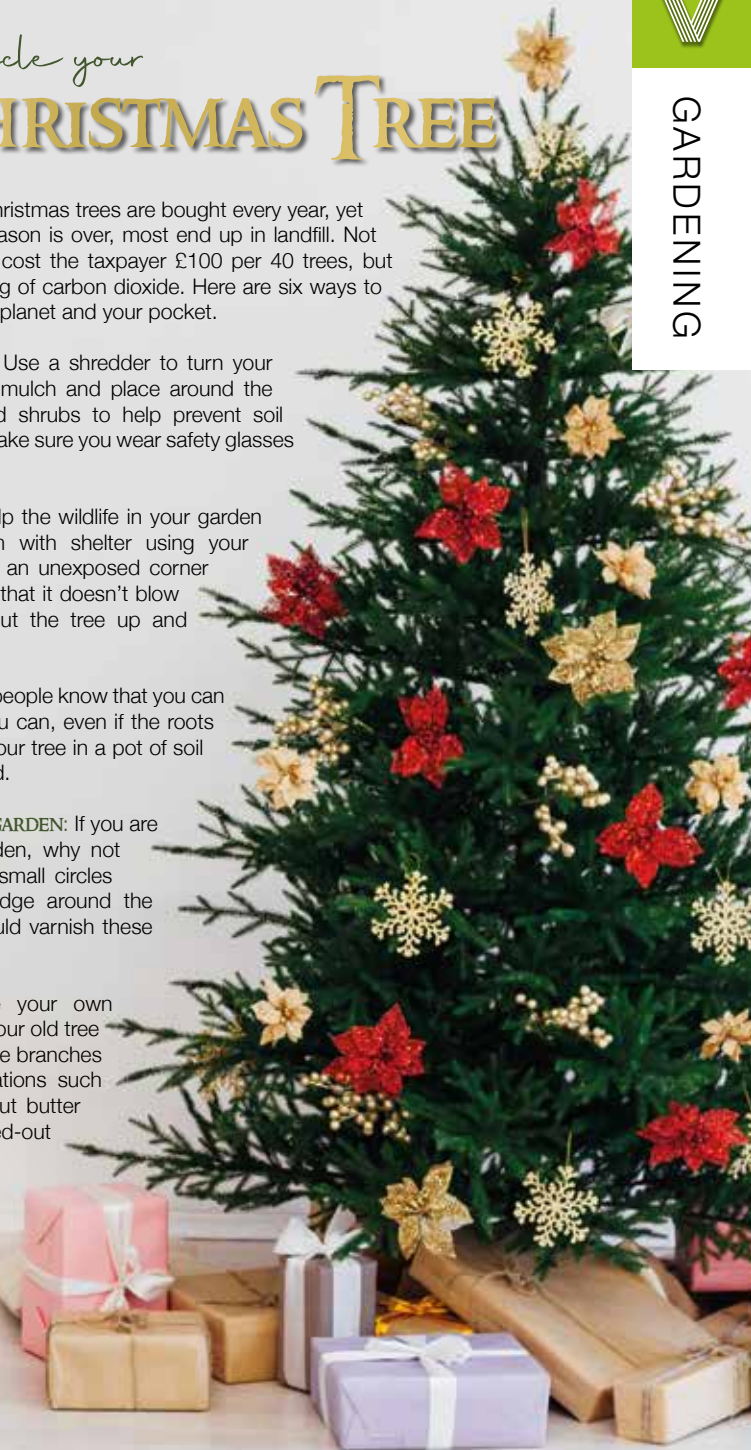
**USE AS AN ANIMAL HABITAT:** Help the wildlife in your garden over winter by providing them with shelter using your Christmas tree. Simply place in an unexposed corner of your garden and secure it so that it doesn't blow over. Alternatively, you could cut the tree up and create a hotel for insects.

**REPLANT YOUR TREE:** Not many people know that you can replant a Christmas tree, but you can, even if the roots have been chopped off. Place your tree in a pot of soil and leave to become established.

**CREATE EDGING AROUND YOUR GARDEN:** If you are looking to landscape your garden, why not cut the trunk of your tree into small circles and use them to create an edge around the perimeter? Alternatively, you could varnish these circles and use as coasters.

**MAKE A BIRD FEEDER:** Create your own superior bird feeder by placing your old tree in a heavy pot and decorating the branches with bird-friendly, edible decorations such as pine cones covered in peanut butter and bird seed, or half a scooped-out orange filled with nuts.

**DONATE YOUR TREE:** If you don't want to do anything with your old tree yourself, the next best thing is to donate it to your local garden centre, who will use it for chippings. Some local councils also offer Christmas tree recycling schemes.



**GARDENING**





LOVE YOUR LEFTOVERS:

# Christmas pudding



While no Christmas dinner would be complete without it, if there is one thing that you are guaranteed to have leftover after the big day, it's Christmas pudding.

## Christmas Pudding Ice Cream – serves 10

**You will need:**  
4 large egg yolks | 100g caster sugar | 175g leftover Christmas pudding | 2-3 tbs brandy | 300ml double cream

- How to make:**
1. Whisk the yolks and sugar until pale and thick.
  2. Stir in the pudding.
  3. Pour in the brandy and mix.
  4. In a separate bowl, whip the cream until it holds

- soft peaks.
5. Fold the cream into the mixture.
6. Pour into a freezer-proof container, cover and freeze until set.

## Mini Christmas Pudding Cheesecakes – makes 12

**You will need:**  
300g ginger nut biscuits | 100g unsalted melted butter | 250g soft cheese | 300ml extra thick double cream | 50g icing sugar | Zest of 2 clementines | 150g leftover Christmas pudding | 12-hole muffin tray

- How to make:**
1. Line the tray with paper cases.
  2. Crush the biscuits and stir in the melted butter.
  3. Pour into the cases and press down. Chill in fridge.
  4. Whisk the soft cheese and fold in the cream.
  5. Sift in the sugar and add the zest of the clementines.
  6. Combine the mixture with the leftover Christmas pudding and then spoon over the biscuit bases.
  7. Top with fruit and chill for at least 2 hours.
  8. Remove from the fridge half an hour before serving and remove the paper cases.

## Christmas Pudding Souffle – serves 4

**You will need:**  
1 tbs golden caster sugar, plus extra for coating | 4 egg whites | 150ml custard | 85g Christmas pudding | Caramel sauce to serve

- How to make:**
1. Heat oven to 180°C/160°C fan/gas mark 4.
  2. Grease 4 x 150ml ramekins.
  3. Coat each one with sugar.
  4. Whisk the egg whites until stiff peaks form.
  5. Add the sugar and whisk again.
  6. In a bowl, mix the custard and pudding.
  7. Stir in ¼ egg whites and gently fold in the rest.
  8. Pour into the ramekins.
  9. Bake for 12-15 minutes until risen and golden.
  10. Top with caramel sauce.



Photo credits: thefoodpocketguide.com, wallrose.com, greatbritishchefs.com

# 18 months on, bigger and better than ever...

This small family-run business has gone from strength to strength after being set up in 2020 by a couple of ex-Londoners who shared a love for the good stuff and begrudged not being able to order it for dinner.

Jason, Stevie and their three-year-old son, Hugo, have been serving the lovely communities of Brentwood, Shenfield and Billericay the best pie and mash around for more than 18 months from their converted vintage horsebox.

Although working through the pandemic was a challenge, they rose to it and are so proud to have expanded to their very own shop in Upminster at the beginning of 2021, which

they worked hard to fit out themselves, and the success has just continued. They now have over 250 six-star reviews on Just Eat!

They offer a late evening/dinner service for pie and mash for all the family, with collections and deliveries to your door up until 7.30pm, so please come down and see what all the fuss is about; you won't be disappointed!



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## HOW TO MAKE YOUR OWN

# Eggnog

Although not as fashionable as it once was, eggnog is still synonymous with the festive season. Easy to make and with a real boozy kick, help us keep this Christmas tradition alive by giving these eggnog recipes a try.

### Eggnog cocktails to try...

#### BAILEYS EGGNOG

##### What you need:

200ml eggnog | 35ml Baileys | 1 cinnamon stick | 1 sprinkle of nutmeg

##### How to make:

Mix the eggnog and Baileys, pour over ice, add a cinnamon stick and sprinkle with nutmeg.

#### SPICED EGGNOG

##### What you need:

45ml vanilla vodka | 30ml amaretto | 55ml eggnog | Ground nutmeg and cinnamon stick to garnish

##### How to make:

Add the ingredients to a cocktail shaker filled with ice, shake for 20 seconds and strain into a martini glass. Garnish with a cinnamon stick and nutmeg.

#### HOMEMADE EGGNOG: SERVES 4-6

##### What you need:

50g caster sugar | 4 egg yolks | 1 tsp vanilla essence | 400g can condensed milk | 100ml brandy

##### How to make:

1. Add the sugar to a saucepan with 75ml water.
2. Simmer until the sugar has dissolved and leave to cool.
3. Beat the egg yolks until smooth and add the vanilla essence.
4. Mix in the milk, brandy and cooled sugar syrup.
5. Pour into a jug and chill in the fridge for 2 hours.

#### ALCOHOL-FREE EGGNOG: SERVES 4-6

##### What you need:

50g caster sugar | 1 vanilla pod – seeds removed | 4 egg yolks | 100ml double cream | 500ml whole milk

##### How to make:

1. Add the sugar to a saucepan with 75ml water.
2. Simmer until the sugar has dissolved and leave to cool.
3. Add the eggs, cooled sugar syrup and vanilla seeds to a bowl and whisk until pale.
4. Add the cream and milk and beat until combined.
5. Fill a large jug with ice and strain the eggnog mixture into it.
6. Stir and serve in tumblers.





# UNUSUAL VEG OF THE MONTH: Purple sprouts

With Christmas just around the corner, we thought this month's unusual veg should be a festive one. Although Brussels sprouts aren't to everyone's taste, they are a Christmas dinner staple, and the vibrant colour of the purple variety promises to add the wow factor to your table.

## DIFFERENT TYPES

There are two varieties of purple sprouts: Rubine and Falstaff. The former is the most popular type of purple sprout and is most likely what you will come across at your local farmers' market. The latter is a more recent cultivar and easier to grow.

## WHAT DO THEY TASTE LIKE?

If you are wondering if these varieties of sprouts only differ in appearance from their green counterparts, you will be pleased to hear purple sprouts have a slightly sweeter and less pungent taste.

## WHAT ARE THE HEALTH BENEFITS?

While green and purple sprouts share a similar nutrient profile, with each containing healthy servings of vitamins A, B6, C and K, owing to their purple pigmentation, purple sprouts contain more anthocyanins. This means that these colourful sprouts deliver even more antioxidants.

## HOW TO COOK

You can choose to steam, stir-fry, braise, boil or sauté purple sprouts. To keep their vibrant colour, add a splash of vinegar when cooking them.

These seasonal vegetables pair well with many different ingredients:

- > Oven-roasted with pancetta or smoked bacon
- > Steamed and served with game meats
- > Tossed with apples and pecans, drizzled with maple syrup and baked
- > Smashed, covered with parmesan cheese and olive oil, and roasted.

## HOW TO STORE

When buying this vegetable, look for sprouts with firm heads and tightly wrapped leaves. Avoid ones that are wilted or discoloured. Store your sprouts in the fridge and they will stay fresh for one to two weeks.



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# Tasty titbits for Rudolph

If your children love to leave a treat for Santa's reindeer, why not have a go at making your own this Christmas?

A fun, festive activity for all ages, the below wildlife-friendly snacks can be created with just a few simple store cupboard staples and some wild bird seed.

### REINDEER FOOD MIX: YOU WILL NEED:

- > A handful of wild bird seed – may include sunflower hearts, yellow millet, kibbled peanuts and black sunflower seeds
- > A few rolled oats
- > A sprinkle of dried fruit such as cranberries, raisins, sultanas and currants
- > Small amount of grated cheese
- > Some dried insects (optional)
- > A small pinch of chilli powder – this will stop the squirrels from eating the mix before Rudolph arrives

### HOW TO MAKE:

- > Simply mix all of the above ingredients together and then sprinkle all over your garden or leave in a small bowl by the front door before you go to bed.

### REINDEER COOKIES: YOU WILL NEED:

- > 250g lard, suet or vegetable shortening
- > 500g wild bird seed mix
- > A handful of dried cranberries
- > Christmas-shaped cookie cutters

### HOW TO MAKE:

- > Melt the lard or suet in a saucepan over a low heat – do not boil. Make sure to supervise children to avoid injury
- > Stir in the wild bird seeds, making sure the mixture sticks together
- > Leave to one side for 10 minutes to start to set
- > While still soft, spoon the mixture into a baking tray
- > Spread evenly, at least 2cm deep
- > Place in the fridge to cool for 30 minutes
- > Remove mix from the tray and place on greaseproof paper
- > Use your cookie cutters to cut out your shapes
- > Leave them to chill in the fridge overnight
- > Place them on your bird table or hang in a tree.

### What NOT to put out for Rudolph

- > Anything with sparkles/sequins or that contains plastic
- > Cake sprinkles or edible glitter.

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How to avoid  
**NAP FACE**

A recent survey has revealed that half of the population feel more tired than before the COVID-19 pandemic. This has led to an increase in naps and, in turn, an increase in the dreaded nap face.

#### WHAT IS NAP FACE?

Although sleep is known for its ability to improve the appearance of your skin, napping the wrong way can result in sagging, puffiness, wrinkles and outbreaks.

- The most common effects of nap face include:
- Sleep spots from friction against rough materials
  - Sagging cheeks from side-sleeping
  - UV damage from naps in the sun
  - Deep lines around your nose and mouth from squashing your face.

#### HOW TO PREVENT AND REVERSE NAP FACE

If you think napping has had a detrimental effect on your skin, don't worry; it's not too late to turn back the clock and prevent further damage.

#### Swap your pillow cases

Certain fabrics grip the skin rather than allowing it to

slide across it. This can cause facial creases, lines and imprints. Prevent this by switching to a silk or satin pillowcase.

#### Sleep on your back

Sleeping face down or on your side causes the skin to fold and crease, which will become permanent over time. Instead, use an anti-wrinkle pillow that is designed to ensure you sleep on your back.

#### Wear a sleep mask

Sleep masks can help to keep your skin in place while you sleep, so even if there is some pressure, the skin will not fold on itself. Again, a silk mask is best as this will not tug on your skin.

#### Use a derma roller

Minimise facial creases caused by nap face by performing microneedling at home with a derma roller, such as the Sdara Skincare Derma Roller.

#### Try chemical peels

If you are struggling to change your sleeping habits, a chemical peel can act as a buffer to ward off wrinkles and improve the appearance of your skin.

## IF YOU BELIEVE IN YOURSELF, ANYTHING IS POSSIBLE!

If you believe in yourself and have dedication, never quit and truly follow your heart, you will be the winner! The price of victory is always high – sleepless nights, ongoing worries, taking on risks. But the rewards you get are definitely worth it.

As a result of hard work over the years, I was crowned as a Therapist of the Year at the Professional Beauty Awards, as well as a Gold winner in British Hair and Beauty Awards 2021. What an amazing way to finish the year!

#### THE PROFESSIONAL BEAUTY AWARDS

The Professional Beauty Awards are the most prestigious awards scheme for the beauty, spa, nails and aesthetics markets, recognising those who make a real difference to the industry and encouraging their development.

The winners of the Professional Beauty awards 2021 were crowned at the Brewery in London on October 17 with a reception and gala dinner.

The prestigious ceremony was hosted by comedian, Joel Dommett, and professional beauty editor, Eve Oxberry. Nine businesses which stand out from the crowd were crowned for their first-class treatment delivery, customer care and industry innovation. That night is definitely something I will always treasure and remember. To be

recognised by the leaders of the beauty industry is a great boost and I wear my crown with pride.

Over the years, the Professional Beauty Awards have grown, not only in size but also importance within the beauty industry. The beauty/

health industry is a vital sector; we play a crucial role in supporting the public's mental health and wellbeing. No matter how big or small you are, we are all making a positive change and it's definitely something to be proud of.

*Christmas and New Year are around the corner. May this festive season bring everyone great health, faith, happiness, good laughter with family and friends, and remind you to never give up on your dreams, no matter how big and unreal they seem to you. Anything is possible.*

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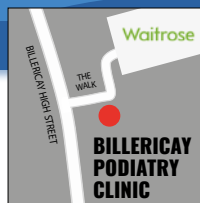
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# INDIGESTION *be gone!*

SEVEN NATURAL WAYS TO BEAT INDIGESTION OVER THE CHRISTMAS PERIOD

While the festive season is the perfect time to overindulge, you may soon regret that extra mince pie or glass of champagne when indigestion comes knocking at your door.

### PEPPERMINT TEA

Known for relieving stomach problems, peppermint tea is a great natural remedy for indigestion as it has an antispasmodic effect on the body. However, if your indigestion is caused by acid reflux, avoid this treatment as it can worsen your symptoms.

### GINGER

A commonly used natural remedy for morning sickness, ginger in the form of tea, ginger ale or a boiled sweet can help to soothe indigestion. Alternatively, boil 1-2 pieces of ginger root in 4 cups of water and flavour with honey or lemon before drinking.

### APPLE CIDER VINEGAR

Indigestion is sometimes triggered by not enough stomach acid, which is why apple cider vinegar is such an effective cure for this common ailment. Add 1-2 tsp of raw, unpasteurised apple cider

vinegar to a cup of water and drink for instant relief.

### FENNEL SEED

Another antispasmodic herb, fennel seed can help to combat indigestion and to soothe other stomach ailments such as cramping, nausea and bloating. Drink fennel tea after a heavy meal or chew on a few fennel seeds.

### BAKING SODA

Baking soda can quickly help to neutralise stomach acid, which in turn will relieve indigestion and gas after eating. To make this remedy, add ½ tsp baking soda to 4oz of warm water and drink.

### LEMON WATER

Lemon water has an alkaline effect on the stomach, which can improve digestion. Simply mix 1tbsp of lemon juice in a cup of hot or warm water and drink a few minutes before eating.

### WARM BATH OR HOT WATER BOTTLE

Heat can help to relax tense muscles and ease the symptoms of indigestion. Either take a warm bath or apply a hot water bottle to your stomach.



HEALTH & FITNESS



DO YOU HAVE A HEALTHY

# vagal tone?

**W**ould you consider yourself a resilient person? Someone who can control their emotions? If not, it could be because your vagus nerve is not being stimulated sufficiently.

## WHAT IS YOUR VAGUS NERVE?

The vagus nerve is one of the cranial nerves that connects your brain with your body. Without it, your body would not be able to carry out basic tasks such as digesting your food or speaking. Often referred to as the body's superpower, the vagus nerve is used to counteract your fight/flight system.

## WHY IS YOUR VAGUS NERVE SO IMPORTANT TO YOUR OVERALL WELLBEING?

The vagus nerve is complex as it provides sensory, motor, special sensory and parasympathetic (the calming part of the nervous system) feedback to the brain.

In terms of the impact of the vagus nerve on your wellbeing, it can be used to:

1. Prevent and reduce inflammation.
2. Slow down your heart rate in times of stress.
3. Regulate the connection between your gut and your brain.
4. Strengthen your memory.
5. Keep you calm in stressful situations.

Furthermore, by stimulating the vagus nerve, you can help to treat obesity, heart disease, mood disorders, migraines, tinnitus, poor circulation and leaky gut.

## WHAT CAN DYSFUNCTION OF THE VAGUS NERVE CAUSE?

If you do not have a healthy vagal tone, you are more susceptible to the following health issues:

Gastrointestinal diseases | Fainting | Anxiety and other mood disorders | Chronic inflammation | Seizures | B12 deficiency | Obesity

## HOW TO SUPPORT AND STIMULATE VAGUS NERVE FUNCTION

- > Take probiotics and prebiotics to encourage healthy gut bacteria
- > Practise deep-breathing exercises to stimulate the vagus nerve
- > Gargle, sing or chant to stimulate the vagus nerve
- > Undergo craniosacral therapy, which helps to rewire the nervous system
- > Practise mindfulness and meditation
- > Splash cold water on your face or place ice cubes against your skin.



# Finding quality care, made simple

**A**nyone who has arranged care at home for a loved one will know just how stressful and time-consuming the process can be.

With so many care companies to choose from, it's difficult to know which ones are available to help, of a high standard and can meet your needs. carecompare.net is an online platform designed to take the stress out of this process. Supported by Oxford University Innovation, the NHS Clinical Entrepreneur Programme and Innovate UK, this free-to-use site is now live across Essex.

Individuals enter information about the care they are looking for onto the site, whether this be help with everyday activities such as dressing, bathing or preparing meals, night-time care or 24/7 live-in care. This

is sent out securely and anonymously to a range of care companies who review the information and, if they can help, reply back with an 'offer' of care. The user can then choose between these offers based on the company profile, availability, price and quality rating and connect with their preferred company.

As one recent user in Essex said, "having the opportunity to reach out to multiple companies at the same time made searching for care so much easier"

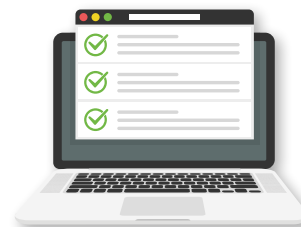
If you are paying for care and need help finding a care company, please visit [www.carecompare.net](http://www.carecompare.net) and take a look. There is also a range of useful information on the site for those searching for care.



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HEALTH & FITNESS

GET FIT WITH

*a hop jump and skip*

**Y**ou probably thought your skipping days were behind you, along with pigtails and hopscotch, but maybe it's time to revisit your childhood hobby.

If you're looking for a simple cardio exercise that can boost your fitness and help you lose weight, then skipping could be for you. Loved by boxers and fitness fans alike, it's an essential move to amp up your workout routine.

### WHAT ARE THE BENEFITS OF SKIPPING?

Skipping is fast-paced, high intensity and, best of all, cheap. It's also a good way of burning calories. In fact, an hour of skipping could burn as many as 1,600 calories. You can use skipping to warm up before your main workout, but doing some skipping drills can be an amazing form of cardio that will have you sweating in no time.

Skipping helps improve your strength and co-ordination, and it can help tone multiple areas of your body, including your arms, legs and core.

One of the great things about skipping is that it can be done anywhere, whether you're at home, in the park or even on holiday, as the ropes are affordable and portable. You can also mimic the action of skipping if you don't have a rope – this is often done as active recovery between sets in a workout, helping to keep your heart rate up.

If you live in an apartment or have a small space,

then give cordless skipping a try. Cordless skipping ropes are weighted and feature cool technology that will make you feel like you are skipping without the need for a rope.

### ARE THERE ANY DOWNSIDES?

While skipping has a lot of benefits, there are some downsides too. For people with an injury, skipping could aggravate things, putting pressure on joints and muscles. If you have problems with your knees or feet, you should probably avoid skipping and find other forms of cardio instead.

### YOUR RECOMMENDED SKIPPING ROUTINE

There are all kinds of skipping routines you can follow to help you enjoy a great workout. Beginners will want to aim for five minutes of skipping, while more-experienced skippers can skip for up to an hour. Start with a classic skip, building up to more difficult moves such as a crossover skip.

Mix up your skipping with other cardio moves such as jumping jacks, mountain climbers and burpees. Create your own HIIT (high-intensity interval training) workout with 40-seconds on/20-seconds off intervals to burn calories and get pumped.

Could skipping be the secret weapon in your fitness routine? Why not grab a rope and give it a try?





## “Relationship-centred care is at the heart of everything we do”

**W**e are social creatures. We thrive in the company of others – talking, laughing, playing... being. At Hutton View, a Hallmark care home, relationship-centred care is at the heart of everything we do. Not only will our team members form strong relationships with each resident, we also encourage residents to form bonds with each other.

Through the range of activities we offer at a Hallmark care home – from cooking classes to singing sessions, days out and gardening – friendships are formed and new memories made. Our social spaces are also abuzz with game-playing, chatting and cake-eating – both with family members visiting and those residing with us.

Of course, we understand the importance of ‘me time’ as well, which is why there’s always the option for residents to opt for some peace and quiet – either in our tranquil gardens, in their stylishly decorated room or in a quiet nook.

You know your loved one best and we recognise that selecting the right care home for them is an emotional decision. Will they be safe? Will they be stimulated? Will they be happy? If our multiple Hallmark awards and our own current residents’ smiles are anything to go by, the answer is a resounding YES. Every resident is unique, with their own needs, interests and personality, which is why we ensure we get to know them properly – by spending time with both them and their family.

We ask questions and, more importantly, we listen to the answers, so that we are able to fulfil each person’s medical, physical, emotional and social requirements. We want each resident to feel comfortable in their new home, without having to give up the things they enjoy. As such, your mum can still enjoy her weekly trip to the hairdresser in our on-site salon and your dad can still have his Friday-night pint at our bar.

When it comes to the health and wellbeing of our residents, the company of like-minded companions cannot be underestimated. Our relationship – centred care encourages friendships both inside the care home and in the wider community, which can both open up new opportunities and allow residents to continue with a much-loved hobby or pastime.

We can’t wait to meet – and get to know – your loved one. After all, we’re in this together.

If you’re looking for the highest quality care for your loved one, let’s get together and talk. We’d be delighted to arrange a family visit and answer any questions you may have.

01277 575 319  
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## Let’s Get Together

### The highest quality care starts with a connection

Every member of our team gets to know your loved one as an individual when they move in, so we can support them to live a life they love.

We call it relationship-centred care.

**If you’re looking for the highest quality care for your loved one, let’s get together and talk.**

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Residential Care | Dementia Care | Respite Care





BRITAIN'S GREATEST SPORTING MOMENTS...

# HEAVYWEIGHT CHAMPION

*of the world: Frank Bruno*

**FRANK BRUNO CELEBRATED HIS 60TH BIRTHDAY IN NOVEMBER, SO WE'RE LOOKING BACK TO 1995 AND THE BIGGEST FIGHT OF HIS CAREER**

In many ways, Frank Bruno seemed too much of a gentle giant to ever be a serious contender for Heavyweight Champion of the World. Certainly, that was the way the experienced fighter was portrayed in the press – he was the pantomime king with a big laugh and a kind heart.

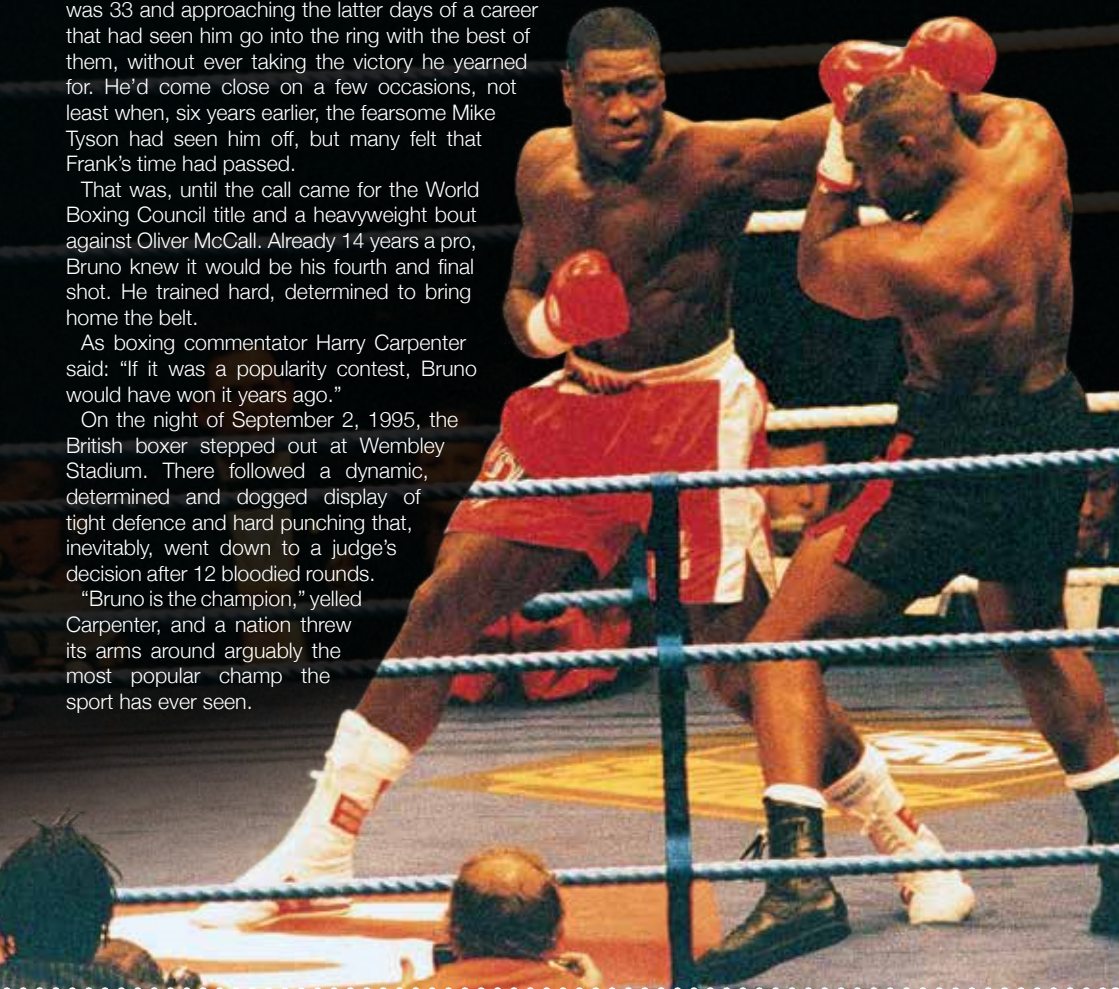
By the time September 1995 came around, Bruno was 33 and approaching the latter days of a career that had seen him go into the ring with the best of them, without ever taking the victory he yearned for. He'd come close on a few occasions, not least when, six years earlier, the fearsome Mike Tyson had seen him off, but many felt that Frank's time had passed.

That was, until the call came for the World Boxing Council title and a heavyweight bout against Oliver McCall. Already 14 years a pro, Bruno knew it would be his fourth and final shot. He trained hard, determined to bring home the belt.

As boxing commentator Harry Carpenter said: "If it was a popularity contest, Bruno would have won it years ago."

On the night of September 2, 1995, the British boxer stepped out at Wembley Stadium. There followed a dynamic, determined and dogged display of tight defence and hard punching that, inevitably, went down to a judge's decision after 12 bloodied rounds.

"Bruno is the champion," yelled Carpenter, and a nation threw its arms around arguably the most popular champ the sport has ever seen.



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