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Editor's notes...

OCTOBER 2022



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** BillericayShenfield. My own platitudes towards the Queen are not unique, and I'm certain no one related to our sadly departed Her Majesty Queen Elizabeth II is going to be hanging on my every word. Yet none of that matters, because what Her Majesty stirred in us all was our own individual image of her, as an icon, as a symbol of strength and resilience, as someone who, despite living through decades of the most dramatic change, ended her days as significant and relevant as ever. You will all have your own memories and anecdotes of the Queen. And to reflect in these weeks after her passing feels so therapeutic and so important. For me personally, as a royalist, the Queen was a reassuring constant in a world of incredible and often terrifying change.

Of course, we will cope, regroup and evolve, just as HM Queen Elizabeth II did throughout her life. She even pre-empted this in her festive message three years ago when she said: "It's worth remembering that it is often the small steps, not the giant leaps, that bring the most lasting change."

Thank you, Your Majesty, for everything, and rest in peace. God Save the King.

Nik Allen

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CONTRIBUTORS | Tabatha Fabray, Dean Shaw, Jacob Collick, Lucinda Walton, Philippa Walton

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HM QUEEN ELIZABETH II

Farewell

While the death of Her Majesty Queen Elizabeth II (London Bridge is down) was unexpected, it was of course true that a plan of action for this sad event had been in place for decades. As such, a strict code of practice and protocol kicked into place as soon as Her Majesty left us – this was called Operation Unicorn as she passed away in Scotland.

September 8: Prime Minister Liz Truss was informed of the Queen's passing at Balmoral Estate at 4.30pm, and the news was announced publicly at 6.30pm. All official flags were set to half-mast. Her Majesty's coffin was laid to rest in the drawing room at Balmoral Castle.

September 10: King Charles III was formally proclaimed as the new Monarch and 21-gun salutes were fired around the country.

September 11: Her Majesty's coffin was draped in the Royal Standard of Scotland and a wreath of flowers from the Balmoral Estate was placed on top. The coffin was then driven from Balmoral Castle to the Palace of Holyroodhouse in Edinburgh, the monarch's official residence in Scotland.

September 12: A procession took Her Majesty's coffin from Holyroodhouse down the Royal Mile to St Giles' Cathedral. Members of the Royal Family attended a service followed by the chance for the public to pay their respects as the coffin lay in state for 24 hours. Her Majesty's children held a vigil at 7.20pm.

September 13: The Queen's coffin, accompanied by Princess Anne, was flown from Edinburgh at 6pm, arriving at RAF Northolt at 6.55pm. During this journey, the Royal Standard of Scotland was changed to the Royal Standard. Her Majesty was then driven to Buckingham Palace in a customised state hearse which she helped design. It was beautifully lit with a glass roof, so the public had a clear view of Her Majesty's coffin. The Royal Family paid their respects in private.

September 14: The Imperial State Crown was placed on the coffin before it was taken on the Gun Carriage of The King's Troop Royal Horse Artillery from Buckingham Palace to Westminster Hall via Queen's Gardens, The Mall, Horse Guards and Horse Guards Arch, Whitehall, Parliament Street, Parliament Square and New Palace Yard to lie in state for four days.

September 16: Her Majesty's four children held a vigil at Westminster Hall at 7.30pm.

September 17: Her Majesty's eight grandchildren held a vigil at Westminster Hall at 6pm.

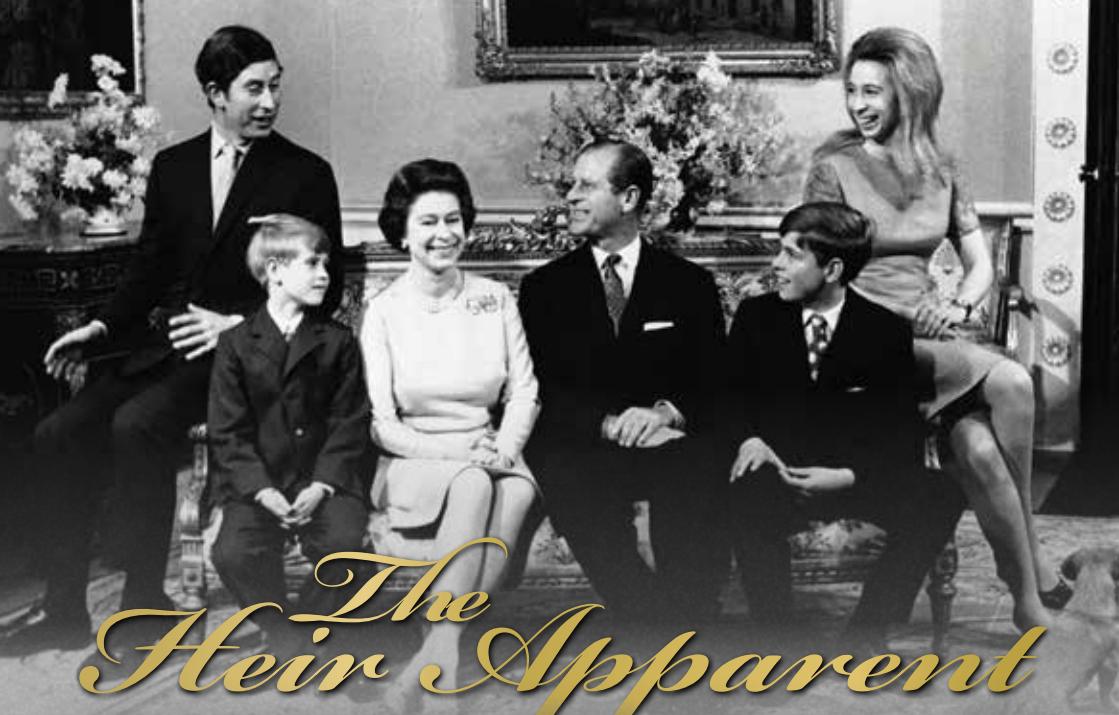
September 19: The Lying-in-State ended at 6.30am. This day was confirmed as a bank holiday in the form of a Day of National Mourning by King Charles III.

10.44am: Her Majesty's coffin was placed on a 123-year-old, 5,600-pound Royal Navy State Funeral Gun Carriage, followed by the King and members of the Royal Family, which travelled from Westminster Hall to Westminster Abbey for the State Funeral. The Gun Carriage was drawn by 142 Royal Navy service personnel.

11am: The State funeral began, and ended with a two-minute silence. A procession then took place where Her Majesty's coffin was taken to Wellington Arch and transferred to the state hearse, which was then driven to Windsor.

4pm: The committal service took place where the Imperial State Crown, the Orb and the Sceptre were removed from Her Majesty's coffin and placed on the altar. King Charles III placed the Queen's Company Camp Colour of the Grenadier Guards, and The Lord Chamberlain 'broke' his Wand of Office and also placed it on the coffin. The Queen's coffin then descended into the Royal Vault, and the congregation sang 'God Save the King'.

7.30pm: The King and members of the Royal Family attended a private burial service. Her Majesty's final resting place is in the King George VI Memorial Chapel, where her mother and father are buried, along with her sisters' ashes. The coffin of her late husband, Prince Philip, has been moved from the Royal Vault to the Memorial Chapel to join her.



The Heir Apparent

BRILLIANT AND BEAUTIFUL, HER MAJESTY QUEEN ELIZABETH II MAY HAVE BECOME A MONARCH SOONER THAN EXPECTED, BUT IT WAS THE ROLE SHE WAS BORN TO PLAY

When Princess Elizabeth Alexandra Mary Windsor was born on April 21, 1926, she was third in line to the British throne.

Her Uncle Edward, Prince of Wales, the eldest son of King George V, but with no children of his own it was expected that on his death the crown would be passed either to his younger brother Albert, Duke of York, or, should he no longer be with us, Albert's eldest daughter, Elizabeth.

In other words, Elizabeth was always expected to become Queen at some point in her life, but in 1936, after the death of King George V, the process was accelerated when her uncle's love for American divorcee Wallis Simpson proved stronger than his love for the crown.

With her father now the reluctant King, the young princess fully embraced her new role as heir apparent. She joined the Auxiliary Territorial Service during the war – where she learnt to fix engines and drive military vehicles – and on her first overseas visit to South Africa in 1947, gave a speech dedicating herself to the Commonwealth. It turned out to be a promise Her Majesty kept to the very end.

In these early years before she became Queen, Elizabeth was also busy cultivating her private life. On November 20, 1947, she wed her sweetheart, Lt Philip Mountbatten (also her third cousin), in a lavish ceremony at Westminster Abbey. The following year, Prince Charles was born, followed

by Anne in 1950, with the young family settling into a quiet life in Malta where Philip was stationed as a naval commander. But the plans to put her husband's career first until her inevitable accession to the throne were thwarted by the King's faltering health and his untimely death in 1952.

She may have been a young Queen, aged just 25, but she was devoted from the start and wasted no time in winning over the hearts and minds of everyone she encountered. Her coronation at Westminster Abbey was the first to be televised, and on her gruelling first tour of the Commonwealth, alongside Prince Philip, Her Majesty's warm spirit and ceaseless enthusiasm made even the most reluctant among her audiences fall helplessly in love with her. She also became the first reigning monarch to visit Australia on her maiden tour as Queen.

Despite her tender age, Queen Elizabeth II was natural in her role as Head of State. No task was too formidable as she effortlessly won over her fiercest critics, including Prime Minister at the time, Winston Churchill, who declared her to be "only a child". However, the pair soon became fast friends, and remained so until Churchill's death in 1965.

Now, 70 years after those early days of her reign, the legacy of HM Queen Elizabeth II seems even more extraordinary. So devoted, so beloved and so effortlessly full of grace and kindness; Her Majesty was truly one of a kind.

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Spruce up
YOUR HOME



If you're after some wallet-friendly home decoration this autumn, get out to your local park or woodland and gather some pine cones. All conifers produce cones to protect their seeds. But the best ones for autumn decorations are standard pine cones – the ones with thick, woody scales. Collect your pine cones on a dry day, while they're still fresh. If the scales are closed, don't worry. They'll open in a couple of days. When you get home, give the cones a quick soak in warm water with a splash of washing-up liquid. Leave them to dry naturally or pop them in an oven at 180°C/gas 4 for half an hour. Cones look great piled into a bowl, or add some mini fairy lights for a festive look. For scented cones, leave them in a sealed polythene bag for a few days with 10-20 drops each of cinnamon and orange essential oil. You can also make a simple wreath.

YOU WILL NEED

- > Pine cones
- > A glue gun and glue sticks
- > A packet of brown pony beads
- > 1m of thick wire – 12 gauge/2mm diameter aluminium wire is ideal (a wire coat hanger will do but is harder to work with)
- > Jute string or ribbon for hanging
- > Wire cutters
- > Decorations (optional)
- > All extra materials you need can be found at craft stores or online.

INSTRUCTIONS

- > Trim off any stalks at the base of the cones
- > Glue the side of a pony bead to the base of each cone to form an eyelet
- > Thread the wire through the eyelets till you can form a circle the size you want. You may need to jiggle the cones to make sure they're tightly packed and stay in place. To secure, twist the wire ends together
- > Tie on your string or ribbon to form a hanging loop
- > If you like, add a few decorations.



Photo credit: www.wikihow.com



BREADY... SET... *go!*

THE CLEVER BREAD BIN HACK TO CREATE A STYLISH BEDSIDE TABLE

It's the trend that's been a viral hit on TikTok, and now it could be making its way to a bedroom near you... It's the DIY wooden bread bin into bedside table hack. That's right, with just two wooden bread bins and some wood glue, you could soon have a new wooden bedside table that's not only stylish, but looks incredibly expensive too. And the good news is, it's super easy to put together.

YOU WILL NEED

- > 2 x wooden bread bins
- > Strong wood glue
- > Table legs – optional
- > Paint/wood stain – optional

HOW TO MAKE

1. Take one of your bread bins and apply some wood glue to the base.
2. Place the second bread bin on top of the glued section and align them together.
3. Use a damp cloth to wipe away excess glue before it starts to dry.
4. Paint or stain your bread bin (optional) or leave as it is for a natural wood look.
5. Apply legs to the corners of your new table for height (optional) or leave it as it is. Legs are available cheaply from DIY stores or online.
6. For an extra upgrade, change the handles. You can also find these at DIY stores or online.
7. Et voilà, your new table is ready to be placed by your bedside and topped with a lamp or other decorative items.

As far as home and DIY hacks go, this has to be one of our favourites, saving a lot of money compared to a real bedside table. Give it a try and enjoy your revamped bedroom interior.

Photo credit: ikea.com, @extraordinary Instagram, amazon.co.uk

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HOME & DIY

FADE TO *grey*

In a modern era where we're so attached to the political, sporting and social trends of the moment, the ongoing debate over whether grey is pulling its weight as an interior design colour rages on.

Sure enough, at the start of each year many noble names in home renovation declare grey's day is done, while just as many applaud it for its innovative ability to ignite the imagination.

Yet once again this Marmite tone looks likely to win us over. Here's why:

NEUTRALITY: Grey is neither white nor black, and for that reason it holds a split personality when being matched with other shades and tones. It can lift up a darker tone, or darken a lighter one, and this versatility gives it endless potential.

A PASTEL PAL: Most of us love pastel shades, though in abundance they can often come across as child-like or boring. By layering pastels with grey, however, they are given a rebellious edge.

WOOD WORKS: The ubiquity of Scandi style and use of wood textures and tones is something many of us stand by, and greys certainly lift the light browns and blues of wintry warmth to provide rooms with a traditional yet modern aesthetic.

A TOUCH OF CLASS: Grey has long been a colour associated with style and substance. Mixing tones of grey will also provide a space with a set of artificial textures that lead the mind into greater spatial awareness and visual satisfaction.

MAKING A STATEMENT: Grey also acts as a stunning backdrop to a statement piece. It's not as blasé as white, so will shape a piece of furniture, an antique or a painting in a way that guides the eye rather than forcing it to fix on something.





GUY OLIVER'S OBJECTS OF DESIRE

WHY MATERIAL POSSESSIONS ARE SO IMPORTANT TO DESIGNER GUY OLIVER



In his twenties, designer Guy Oliver spent a large amount of time in Soviet Russia with the British Navy. His perception of the country was enforced as one of suspicion and mistrust, but when the whole state opened up at the end of the Cold War, the now Kensington-based designer discovered a style and beauty in the possessions and memorabilia he picked up.

It was that initial investment in objects and items that had real provenance in a specific era, and with personality attached, that has led Oliver into building a landscape that focuses completely on the items we use to make our houses feel like homes.

Across a background tone of whites, beiges and occasional blues, Oliver incorporates cherished possessions, statement antiques and "familiar things" into his living space.

"I believe we can only really be comfortable when we're living and existing around things that give us

place and purpose," he says. "We fill our homes with items that represent places we have loved, people we have admired, time we have spent."

On this point, Oliver zooms in on what truly makes a living space feel perfect and the importance of how the things that fill our homes make us feel. In the designer's case, that's everything from a portrait of an 18th-century Levantine merchant, a Japanese temple model purchased from Harajuku market in Tokyo, or even a set of sketch caricatures dating back 100 years that sit perfectly within the windowpanes of a door.

He adds: "My parents taught me to appreciate antiques and fine craftsmanship – the importance of the provenance of an object and if it can be authenticated.

"We can't take anything with us when we go, so let's surround ourselves with life memories while we're here. The seemingly commonplace can have enormous value in our own minds."

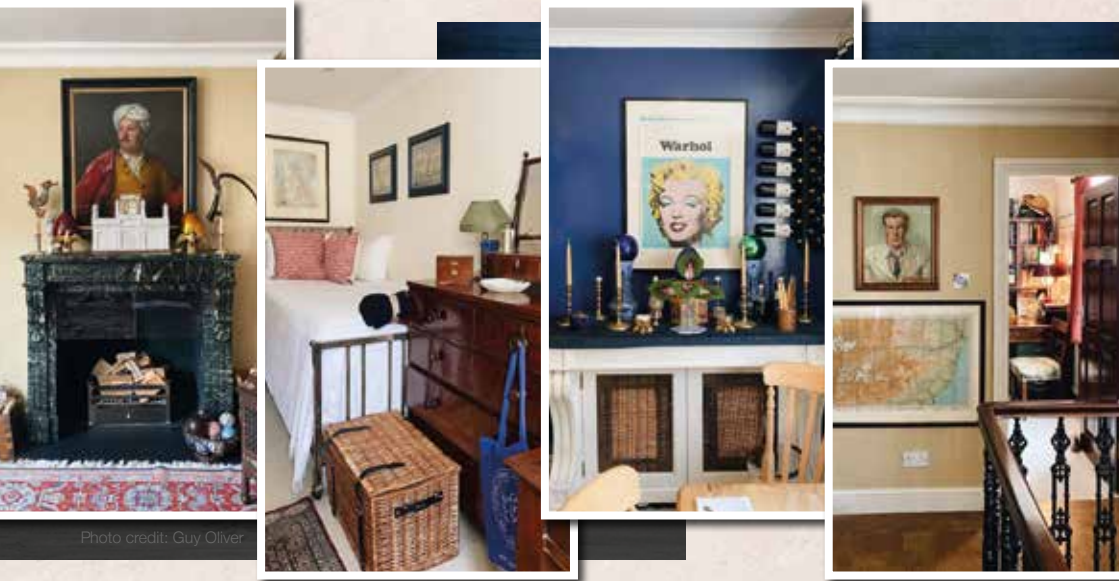


Photo credit: Guy Oliver



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WHY REPOINTING YOUR BRICKWORK COULD SAVE YOU THOUSANDS

Is there a more misunderstood home renovation term than 'repointing'? Cue the *Fawlty Towers* clip where John Cleese exclaims: "Repoint my chimney? It looks pretty straight to me."

While Cleese had (for want of a better phrase) a point, in reality all brick masonry will require repointing over time. The literal building blocks of our homes endure all manner of abuse, in all weathers, and a brick's insulation qualities mean it is constantly heating up and cooling down during the day, something that also weakens it over time.

The repointing of a wall essentially refers to the repair of breaks, splits and holes in the brick or cement matter. It is through these gaps that water ingresses can form, and once a leak has found its way through into the home, the fault will only accelerate, compromising not just the external wall, but also plaster, wood and decorative elements inside the house.

The actual process of repointing is relatively straightforward for an experienced bricklayer, and it centres on repacking mortar sitting between individual bricks or stone blocks.

Many home DIYers have taken on the task of repointing, achieving adequate results. The risk is that poor craftsmanship will not only look bad, but may also fail to solve the problem of a leaky ingress.

A good repointing job should preserve the integrity of a wall for many decades, adding a small amount of value to a property while protecting its contents from the elements.

A bricklayer will also have the knowledge and expertise to point out other developing issues, as well as being able to safely work at heights, hence it's recommended that the work is outsourced to a professional.



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HOME & DIY

mood-boosting

HOUSE PLANTS



Do you suffer with low mood in the winter months? Then a few well-placed plants could be just what you need to lift your spirits and put a smile back on your face.

PEACE LILY: As the name suggests, the peace lily brings an aura of calm and tranquillity to your home. It is also highly effective at improving air quality, which can make you feel better both physically and mentally. Place in a warm room but away from direct sunlight.

LAVENDER: Lavender is known for its soothing properties and is the perfect plant for relieving stress. Place in your bedroom or in a home office and see all your worries wash away. Lavender loves the light and requires regular watering.

SNAKE PLANT: Not only does this plant look great, but it can also help to boost your mood owing to its ability to pump oxygen into your home. Easy to care for, the snake plant is ideal for people who suffer with allergies as it can help to lessen the impact of airborne allergens like dust and dander. Place on a sunny windowsill.

ENGLISH IVY: If you struggle to fall asleep at night, then this is the house plant for you. English ivy contains properties that can help to prevent restlessness and help you drift off to sleep more easily. It also absorbs mould in the air. Place in a sunny spot in your home and make sure its soil remains slightly dry.

ALOE VERA: Aloe vera has multiple health benefits, including the ability to treat acne, soothe inflammation and hydrate dry skin. On a spiritual level, this plant is known to ward off negative energy and cleanse space. Position in bright but indirect sunlight for best results.



Photo credit: reponsibile via Pinterest



LOCAL NEWS

from your neighbourhood



School headteacher charged with sex offences

The headteacher at Mayflower High School has appeared in court over a series of historic child sex offences and is set to stand trial next month.

Currently suspended from his job, Lee Brumby appeared at Basildon Magistrates' Court on September 15 and the court heard he had indicated a plea of not guilty to all charges.

Speaking to Brumby, district judge Christopher Williams said: "These offences are too serious to be dealt with by the magistrates' court so the matter will be sent to Basildon Crown Court for a pre-trial and preparation hearing on October 13."

An Essex County Council (ECC) spokesperson said: "We are aware that a member of teaching staff at a secondary school in Essex has appeared at court

having been charged with non-recent sexual offences.

"The charges do not relate to any current or previous pupils at the school.

"When allegations were made, the school took immediate action. The male member of staff was suspended, and he has not been at the school since.

"The school has informed parents and carers and has offered support to anyone that may need it. As always, the safety and wellbeing of pupils is the utmost priority for both the county council and school.

"Our specialist teams have been working with Essex Police and the school and will continue to support staff, students, parents and carers.

"As this is an ongoing court case, the school and ECC will not be able to comment further at this time."



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Action group speaks out over plan for new homes

Campaigners are angry at proposals that could see new homes being built on green belt land to the north east of Potash Road, Billericay.

The Billericay Action Group (BAG), which is part of Billericay District Residents' Association, said that a consultation launched by PD Developments and P&A Investments was for plans to build new homes in the area that would be "potentially unsafe considering the narrow and residential nature of [the road] and the immediate area" and that the area is "inappropriate for large-scale development".

Andy Wilson of BAG said: "Being some 2.5km from the primary services in Billericay, with limited public transport, we believe that it will generate a considerable amount of traffic in what is already a busy area."

Mr Wilson said that while BAG recognises the need for more housing in the borough, members believe that "local housing need can be met primarily through the use of identified brownfield land".

He said that following the council's withdrawal earlier this year of its previous Local Plan which protected green belt land, developers are now "chancing their arm and testing the system" with speculative planning applications for green belt sites, while the new Local Plan is being prepared.

Mr Wilson called for Basildon Council's new Local Plan "to maintain its position of upholding the green belt and rejecting this development accordingly".

PD Developments and Basildon Council have been contacted for comment.

MP shares emotional tribute to Queen Elizabeth

The MP for Billericay has paid tribute to the Queen and thanked her for her service on behalf of local residents.

John Baron, MP for Basildon and Billericay, shared an emotional tribute to Queen Elizabeth II on September 9.

He said: "Throughout her life, Her Majesty gave a constant example of selfless devotion and service to her people in the UK and the Commonwealth.

"Her unstinting service stemmed from her vow to devote her whole life to serving her people in her determined but understated way – a vow she certainly kept.

"She led by example with dignity and grace, in both her private and public lives, and was sustained by her constant faith. She was loved and admired by her people.

"On behalf of my constituents of Basildon and Billericay, I send the Royal Family our condolences and best wishes. God Save the King."

Mr Baron MP was unable to join other MPs and Peers in the House of Commons on September 8 and 9 as he was recovering from eye surgery.



LOCAL NEWS BILLERICAY

Photo credit: Howard Cheng/Shutterstock.com



Photo credit: Nicky Haighs Photography

Football club proud following significant victory

Billericay Town FC's women's side created history with their first-ever win in the Southern Premier Division (SPL).

They beat MK Dons at New Lodge on September 4 to claim three points in the FA Women's National League SPL.

Jess King and Zoe Rushen (pictured right) each scored a goal to make the final result 2-1 – which was all the more impressive as Ricay finished the game with 10 players after Logan O'Shea was sent off in the second half.

The historic win followed narrow defeats to London

Bees, Ipswich Town and Cheltenham Town.

Scott Chickelday, manager of the women's team, said: "I'm very happy. It's probably relief more than anything else after getting our first points on the board.

"After our first three games, we came away finding it difficult to work out how we got nothing out of them, but this was another game. They battled through and put their bodies on the line. It was really hard but we knew it was worth it for three points so we kept on battling.

"We got over the line and got the three points, which was much needed."

Inquest into teenager's death launched

An inquest into the death of a Billericay teenager has been opened.

Harley Griggs, 15, was killed in a motorbike crash minutes after leaving his home in the early hours of July 31.

An inquest, held at Essex Coroner's Court (ECC) on August 16, determined that a full hearing should be heard, with a date earmarked for March next year.

Sean Horstead, area coroner for ECC, said: "This is a case that requires an inquest, I am so satisfied. I formally open the inquest into the death of Harley Griggs. This is a case where collision investigation reports are required. It will take a little time to become

available for the coroner's court."

A huge number of tributes poured in for Harley following his death and his friends have raised more than £8,000 for his family.

Councillor Andrew Baggott, Leader of Basildon Council, said: "When a community does come together like this, it is bittersweet as it's tinged with the tragedy. We must thank all those who have contributed, and while it doesn't alleviate the loss felt by the family, I hope it does give them some comfort."

A fundraiser has been set up in Harley's memory. To donate, visit www.gofundme.com/f/harley-griggs-memorial-fund

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Man hospitalised after High Street robbery

One man has been injured and another hospitalised following a robbery on Billericay High Street in the early hours of Monday, September 19.

Police cordoned off large sections of the High Street after being called to the area by the ambulance after those on the scene reported injuries.

In a statement, a spokesperson for Essex Police said: "We were called to High Street, Billericay, just before 1.30am on Monday, September 19, following notification from ambulance colleagues of an injured

person following a robbery. "Two men, both in their 30s, sustained injuries. One victim was taken to hospital.

"A 23-year-old man from London has been arrested on suspicion of robbery. He has been released on bail until October 17."

Billericay has noticeably lower crime rates compared to Essex overall, at 86 per cent lower than the Essex rate of 81 per 1,000 residents, according to CrimeRate.co.uk

Supermarket to provide community hub

Billericay Street Pastors have been asked to set up a community supermarket to help residents who are struggling with the rising cost of living.

Essex County Council (ECC) has chosen the Christian volunteer group to help find an accessible site for the new store, which will sell food and household goods at low prices, as well as provide the opportunity for residents to connect with their neighbours.

Councillor Andrew Baggott, Leader of Basildon Council, said: "[It] couldn't come at a better time given that some residents in the borough are struggling with the spiralling cost of food and essentials. Hopefully the perfect location can be found."

ECC plans to open the community supermarket in Basildon by the end of the year.



Photo credit: Billericay Street Pastors



Photo credit: Stephen Knight

Teenager races to victory in competition

A 16-year-old Billericay resident claimed class pole position at the British Racing and Sports Car Club (BRSCC) Airtec Motorsport Fiesta Championship in Scotland on September 17 and 18.

Joseph Knight (pictured second from left), driving in a Ford Fiesta ST150 at the Knockhill Racing Circuit, won the first race by a staggering 23 seconds and converted his class pole position into a class victory.

In the second race, he came fourth after his engine exploded and needed to be changed, which took three hours. In the final race of the weekend, Joseph finished in first place despite starting at the back.

Joseph's ambition is to make racing his career, and winning the 24 Hours of Le Mans – the world's oldest endurance racing event – is his dream.

He said: "Le Mans is the pinnacle motorsport in every way, so to win that race would be surreal."

His father Stephen said: "I am immensely proud of Joseph's racing achievements this year.

"When Joseph is on track, I'm an absolute bag of nerves. We are a father-and-son outfit operating on a shoestring budget, but we race to win."

Joseph said that he doesn't get as nervous any more, as when you're driving at 100mph you can't lose focus with doubt and nerves.

New Barclays branch opens two days a week

John Baron, MP for Basildon and Billericay (pictured right), has urged residents to make use of a new part-time Barclays bank branch which has opened in Billericay, just days after the closure of the original branch.

The new branch, which offers face-to-face service two days per week, is housed in a meeting room on the first floor of the Chantry Centre on Chantry Way.

Mr Baron MP said: "I am pleased that Barclays has recognised the need to provide an in-person service in Billericay and has understood that customers may not wish to, or cannot, engage with telephone and online banking methods.

"I encourage customers to use this service to ensure its ongoing future viability."

Councillor Jo Clark, Billericay Town Council chairman, said that council members had "been working very hard" over the summer to prepare the Chantry Centre for the bank.

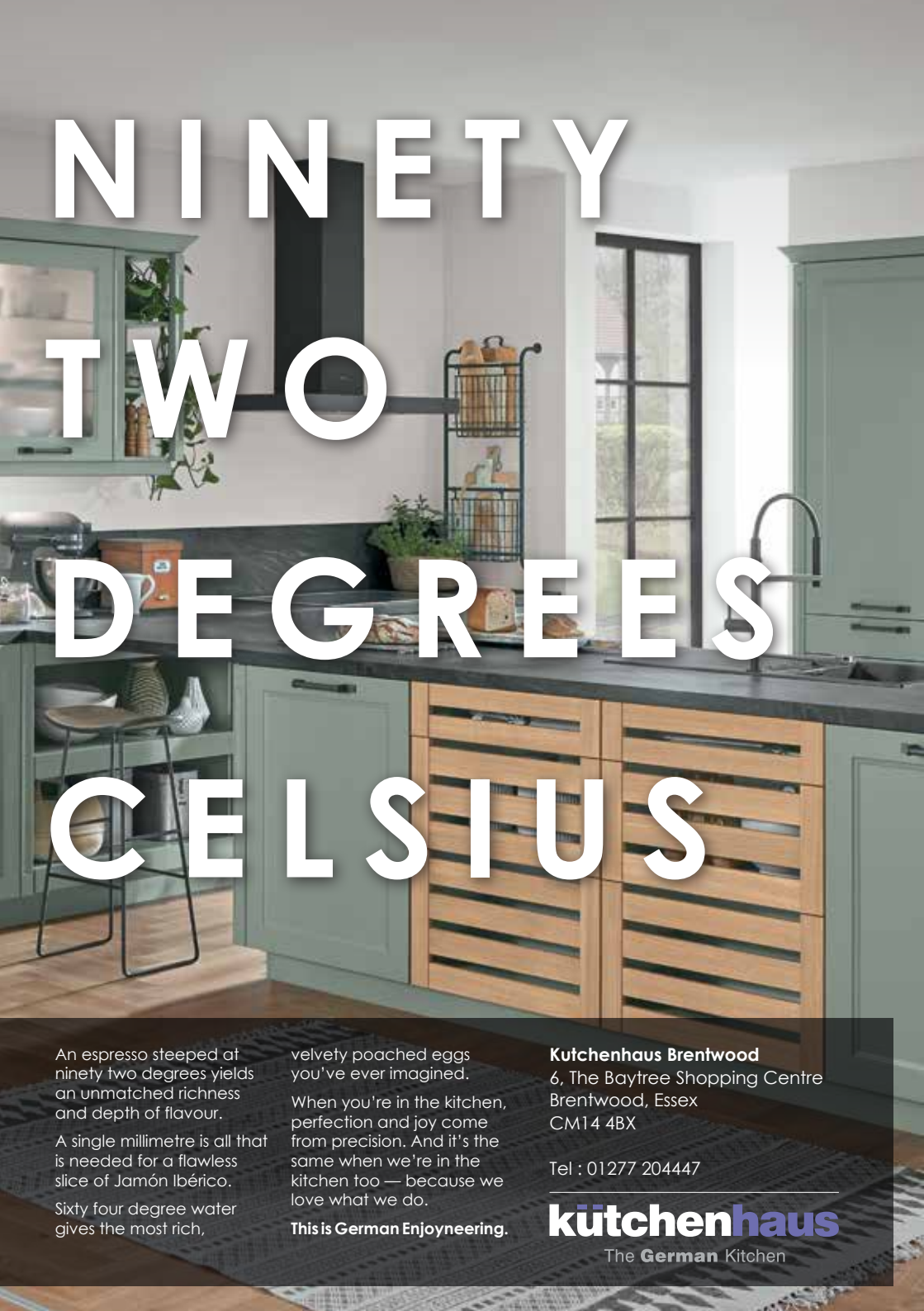
Stuart Pugh, Barclays customer care leader, said: "We're delighted we will be able to operate from the Chantry Centre and they have made us feel very welcome."

The bank will open from 9am to 5pm on Mondays and Wednesdays.

The Chantry Centre has a lift and parking is available at Waitrose and behind Santander in the High Street.



Photo credit: Parliament UK



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LOCAL NEWS

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Photo credit: BMC Event Photography



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Countdown already on for popular festive events

The countdown is on after the date for this year's Shenfield Christmas Fayre was confirmed.

Brentwood Borough Council's (BBC) popular annual festive event will return to Shenfield High Street once again on Sunday, December 4.

The family fun day attracts an average of 3,000 visitors and has something for everyone.

Supported by independent traders, the event celebrates the Christmas season with arts, crafts, food and gift stalls along with entertainment and walkabout acts.

Hutton resident Sally Hart says the event is the highlight of the Shenfield calendar.

She said: "I always take my kids and it is something

for us which really signals the start of Christmas. It never disappoints even if the weather isn't very good."

The date for this year's Lighting Up Brentwood event has also been confirmed, as November 26.

The event was cancelled in 2020 and 2021 but this year it will return to Brentwood High Street, with a crowd of 15,000 people expected.

Councillor Will Russell, chair of BBC's Community, Environment and Enforcement Committee, said: "I know it is early to be talking about Christmas, but after the last few years it will be wonderful to see everyone out enjoying themselves again."

For more information about these events, please email events@brentwood.gov.uk

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LOCAL NEWS SHENFIELD

BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar

The last month will be part of our history and memories for decades to come. The death of Her Majesty Queen Elizabeth II on September 8 was unexpected – just two days earlier she had been looking frail, but determined, as she welcomed the new Prime Minister Liz Truss.

The death of the Queen brought the UK together and saw the pomp and ceremony of a State Funeral. Thousands of people joined the queue, waiting to see the coffin of Her late Majesty as she Lay in State in Westminster Hall. This has been a uniquely eventful time – a new Prime Minister, the death of our much-loved Queen and the succession of King Charles III.

No one can doubt that HM Queen Elizabeth II was one of the finest public servants ever to have lived, respected and loved to the last, an inspiration throughout her entire life. It has been

profoundly moving over these past few weeks to watch the nation come together to remember her and give thanks for her. One can't help but think not just of the elderly servicemen and women who have come to London to pay their respects, but also of the young children who will carry the memory of the occasion well into the next century.

As I said in my tribute to her in the House of Commons, HM Queen Elizabeth II connected us with a previous generation that had fought in the war – but she also linked us to a much older time. She had known her grandfather George V, who had known his grandmother Queen Victoria. Victoria had, as an infant, met George III who in turn had spoken to men involved in the Glorious Revolution of 1688.

A great chapter in our history has come to an end. But the story continues. Thank you, Ma'am. God Save the King.



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Photo credit: Shenfield AFC

Over 45s win division cup

Shenfield AFC Over 45s won the Premier Division Cup after a 3-2 extra time win over Bishop's Stortford in the Essex Veterans League.

The game on September 20 was Shenfield's first cup final in 10 years and was delayed from the end of the last season.

Shenfield fell behind twice. After they equalised early in the second half thanks to a Rob Collins free kick, Bishop's Stortford took the lead once more.

Equalising late on, Shenfield earned themselves

extra time in which they managed to find a winner through a Bishop's Stortford own goal.

Shenfield had only won one of their last five encounters with Bishop's Stortford.

The competition, established in 2019, has only had one previous winner in Broomfield in the 2019/20 season, as it was not played during the pandemic.

The Essex Veterans Football League was founded in 1993, and during this season it has 86 teams playing across nine divisions with a minimum age of 35.

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Photo credit: Essex Cricket in the Community



LOCAL NEWS SHENFIELD

Under 16s cricket club successful at finals

Shenfield Cricket Club won the Trevor Bailey Matchplay Under 16s title by a staggering 128 runs at the Old County Ground in Brentwood on Tuesday, September 20.

The match, played against Harlow Cricket Club, saw Shenfield storm away with the result and bowl Harlow 82 all out.

Harlow had won the toss and elected to bowl but couldn't prevent Freddie Thorn from earning 45 runs from 38 balls.

Max Toolan and William Dunleavy (pictured above, left), with 32 and 31 runs respectively, also contributed to win the trophy for Shenfield Cricket Club.

The Shenfield bowlers also impressed, with William Dunleavy returning an impressive five for 16 from a seven-over spell. Although Harlow initially took the lead, Shenfield fielding made short work of the Harlow batters.

Adam Pryor, along with Sam Bear who recently won the Jack Petchey Award and secured a place in the first team, took two each as Harlow were dismissed. Excellent bowling and fielding allowed only two of the Harlow batters to reach double figures in runs.

A superb performance overall by both batters and bowlers provided Shenfield with a much-deserved win they can be proud of.

Woman injured after car crashes into shop

A woman was injured after a Range Rover crashed into a butcher's shopfront in Shenfield last month.

Police were called to L. Buckle, which has stood on Hutton Road since 1957, at 11pm on September 10 when a vehicle crashed through a low brick wall into the window of the shop.

A female occupant of the car was rushed to hospital. Essex Police are still investigating the incident and

the woman's condition is yet to be confirmed.

A police spokesperson said: "Officers are continuing to investigate the circumstances of the crash and would like to hear from anyone with CCTV or dashcam footage or who saw the incident."

Anyone with information about the incident should contact Essex Police at www.essex.police.uk quoting incident 1478 of September 10.

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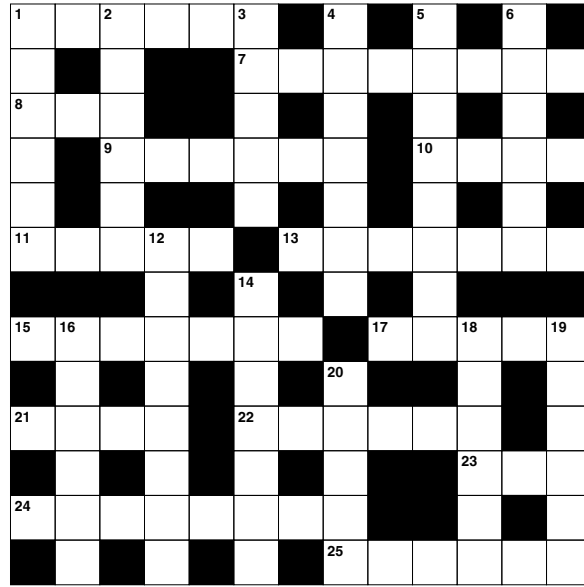
Answers: see end of The VISION Listings

ACROSS

- 1. Stitching (6)
- 7. Restored (8)
- 8. Legume (3)
- 9. Lunatic (6)
- 10. Release; give out (4)
- 11. Purchaser (5)
- 13. Cowboy hat (7)
- 15. Majestic (7)
- 17. Foam (5)
- 21. Ruminant mammal (4)
- 22. Slender (6)
- 23. And not (3)
- 24. Stalemate (5-3)
- 25. Moved back and forth (6)

DOWN

- 1. Majestic; wonderful (6)
- 2. Devastating blow (6)
- 3. Small particle (5)
- 4. Cloudiness (7)
- 5. E.g. Steven Spielberg (8)
- 6. Sheep known for its wool (6)
- 12. Going inside (8)
- 14. Omission of a sound when speaking (7)
- 16. Special rewards (6)
- 18. Frankly (6)
- 19. Intense dislike (6)
- 20. Submerged ridges of rock (5)



DID YOU KNOW?

- ▶ Bananas contain high levels of tryptophan, which converts to serotonin, helping to improve our moods.
- ▶ Frank Epperson is believed to have discovered ice lollies by accidentally leaving a glass of soda water with a mixing stick in it outside during a cold night.
- ▶ Chilli peppers contain capsaicin. This tricks your sensory nerves into feeling like your mouth is being burnt.
- ▶ If you put lemons and limes in water, the lemons would float and the limes would sink. Lemons have around the same density as water, whereas limes are denser than water.
- ▶ In 1974, at a supermarket in Ohio, Wrigleys chewing gum became the first-ever product to have its bar code scanned.

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Or what about a Crunchie, Flake or Curly Wurly? The average Brit puts away a staggering 11kg of chocolate a year – that's three bars a week. And the bar that topped a poll of this year's favourites was Cadbury's Dairy Milk, the firm's best-selling bar since 1914.

So how did it all begin?

George Cadbury, who died 100 years ago this month, was just 21 when he and his brother took over their father's Birmingham-based cocoa business. The family were Quakers and believed hot cocoa drinks were a great alternative to alcohol. But George's father was ill and business was going from bad to worse.

However, the brothers quickly turned things around.

In 1878, they moved to the countryside outside Birmingham and built the Bournville factory.

George wasn't just a good businessman; he strongly believed that all working people had the right to a decent home and a good education, whatever job they did. So on land near the factory and at his own expense, George built Bournville village, which had shops, churches, 300 homes, a Quaker meeting hall, and plenty of open space.

It was at the new factory that George developed the original Dairy Milk bar in 1905. It had the distinctive purple wrapper, even back then. And, of course, it was Bournville village that gave its name to Cadbury's dark chocolate bar, first sold in 1908.

The Cadbury company is now owned by Mondelez International and its chocolate is manufactured in more than 180 countries. But Bournville is still at the centre of its operations and produces almost all its Dairy Milk bars.

Photo credit: Universal History Archive/UIG/Shutterstock, cadbury.co.uk, chrisdorney/Shutterstock.com, urbanbuzz/Shutterstock.com, DenisVAr/Shutterstock.com



HISTORY





SPORT TECH:

CHANGING PERCEPTIONS OF SPORT

As a sport-watching nation, we have become much more accepting of the role of technology. The early days of video assistant referees (VAR) were awkward and unsatisfying, and many football fans felt a sense that they were losing the raw wholesomeness of the sport amidst a blur of replays, lines on screens and toenail-width decisions.

While the calm that's followed has proved that, conducted in the right way, the technology does work, it has altered our investment in key moments.

WE HOLD BACK ON SUCCESSES

When a goal is scored, a wicket is taken or a forearm smash tickles the baseline, sports fans have acquired a unique hesitation. We fear a decision review, and only when action restarts can we fully relax.

IT AIN'T OVER TILL IT'S OVER

Sports tech reviewing has added extra hope and drama into the equation; even bad news comes with the hope of a reprieve.

WE OBSESS OVER TECH

In days gone by, the precision of sport was a fingertip save or a catch in the slips. Nowadays, we over-scrutinise computer graphics and millions of pixels on a screen with all the same elegance of a Usain Bolt dip over the finish line.

SPORTING CONTESTS LAST LONGER

Delays brought about by review decisions have extended the duration of sport. Ultimately, this gives fans more 'live game' time, but also extends the length of televised sport, with greater post-match analysis and therefore more opportunities for advertisers to pepper us with their messages.

OUR KNOWLEDGE INCREASES

One big advantage of VAR, Decision Review System, Hawkeye and all manner of other innovations is that they enhance our understanding of the legalities and rules of sport, which can be no bad thing.



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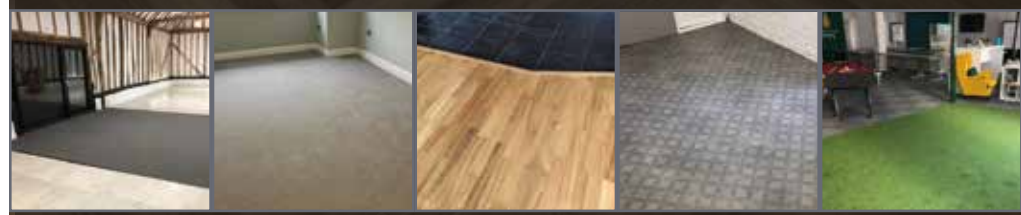
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A Lady

TO THE LAST

REFLECTING ON HER MAJESTY QUEEN ELIZABETH II IN HER LATER YEARS AS A SERVANT TO THE PEOPLE

“This is our country’s saddest day. In the hearts of every one of us, there is an ache at the passing of our Queen, a deep and personal sense of loss – far more intense, perhaps, than we expected,” began former Prime Minister Boris Johnson in his moving tribute to Her Majesty Queen Elizabeth II. And while he may not have quite lived up to his expectations as Prime Minister – Her Majesty made sure to ‘see him off’ two days before her passing – his ability to transpose feelings into words remains second to none.

For many of us in Great Britain, life without our Queen is something we have never known, and it is only in her passing that we truly appreciate how extraordinary her feat of 70 years on the throne was. Even her twilight years were spent cementing her legacy through continued work and devotion, and over seven decades she travelled to 117 countries and hosted countless high-profile guests and heads of state, including Robert Mugabe, Nelson Mandela and Donald Trump.

Upholding to the very last one of the cornerstones of the British Constitution – that the monarch ought to always stay out of politics – Her Majesty saw 15 Prime Ministers come and go. No matter how turbulent the political seas became, she always stood steady and calm; a constant port in the storm for the British people to depend on.

As is to be expected, Her Majesty saw her fair share of good and bad times. The year 1992 was particularly dire, with revelations of lusty phone calls between Camilla and Charles, the separation of Andrew and Fergie, and the blaze that almost destroyed Windsor Castle. Her ability to play out such tragedies in the public space was forced upon her, in many ways, yet she took the hits and moved forward.

While she later admitted to being desperately sad at the demise of so many great things around her that she believed were so strong, the humanity displayed during that period – and more recently with the scandal involving Prince Andrew and the Harry/Meghan storm – has served to align the Royal Family with our own families.

Rather than their being regarded as a group of people immune to the disturbances and disappointments that come to us all, the Queen has readily admitted the Windsors’ fallibility.

And while the passing of Prince Philip, just 17 months before her own, may have struck another blow to a lady we believed would always be with us, at least her own departure means the two can be reunited again, wherever that place is.

Certainly, it’s fair to say the truest echoes that remain from Queen Elizabeth’s life are the laughs, the pleasure, the playfulness, and the reinvention of how we view our monarchy.

A job well done, Ma’am.



TRAVEL

YOUR GUIDE TO visiting Antarctica

Looking for your next travel destination? Why not make it Antarctica? Here's what you need to know about visiting the world's southernmost continent.

WHY VISIT?

Antarctica is one of the world's last untouched destinations. With its beautiful wilderness, it's a place unlike any other, a real trip of a lifetime.

Away from the tourist traps, busy cities and constant connectivity, it's the perfect getaway from reality.

WHEN TO VISIT

The best time to visit Antarctica is from November to March – the Antarctic summer. You'll get to enjoy 24-hour sunshine, giving you the best chance of seeing the continent's incredible wildlife.

WHAT YOU WILL SEE

Besides the stunning landscapes, Antarctica is home to some of the world's most fascinating

creatures. See penguins, albatrosses, whales and more in their natural habitat – a truly spectacular experience.

WHAT TO PACK

Brace yourself for some cold temperatures on your adventure. Take plenty of thermals and layer up your clothing to help you stay warm.

Remember to take your camera. You won't want to miss out on those amazing photo opportunities.

WHAT TO DO

A trip to Antarctica will give you the chance to discover the history of famous explorers, including Robert Falcon Scott and Sir Edmund Hillary.

While these explorers might have had to survive in difficult conditions, you could enjoy your Antarctic adventure on board a luxury cruise, with all of their modern comforts.

Could a visit to Antarctica be on the cards for you in 2022 or 2023?

Photo credit: auroreexpeditions.co.uk/redsevanah.com



ON THE MONEY

Financial advice from our financial adviser **Karyn Vogel**
Contact 01277 654153



DON'T GIVE UP YOUR PROTECTION POLICY

With households facing the biggest squeeze on their incomes in many years, it's understandable that families are looking for ways to cut costs.

When looking to cut back, reviewing our subscriptions and direct debits (for example, for streaming services or gym memberships) is often a good place to start, but there is one cost that you shouldn't be so quick to give up.

PROTECTION IS VITAL

As tempting as it is to cancel protection insurance policies, times of financial difficulty are exactly when we need protection the most. Many policy-holders aren't aware that life insurance cover can be flexible, and there are ways to reduce your cover rather than cancelling it outright.

GET IN TOUCH

If you have any questions about your protection policy, please do get in touch. We can help you organise your finances and keep your vital protection cover in place.

GOOD TO KNOW – JISA TO ADULT ISA TRANSITION PERIOD

A Junior Individual Savings Account (JISA) can be held by a child until the day they turn 18, the annual allowance for which is currently £9,000. On their 18th birthday, the child can open an adult stocks and shares ISA, the annual subscription for which is currently £20,000. All straightforward.

Now for the interesting part – at present a child can open an adult cash ISA when they turn 16, benefiting from the full £20,000 adult allowance. A child can hold an adult cash ISA alongside a JISA whilst they are aged under 18.

So, with current allowances, a total of £29,000 can be paid into their ISAs in one tax year. Repeatable in the tax years they turn 17 and 18, contributions totalling £87,000 can be made in under three years.

IT'S A WRAP

For people looking to put money aside for their children or grandchildren, there are interesting tax wrapper opportunities out there for you to consider.

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Sally Ward
Head of Family Team
sallyward@mplaw.co.uk



Roisin McCorry
Consultant
roisinmccorry@mplaw.co.uk



Jessica Thrower
Associate Solicitor & Mediator
jessicathrower@mplaw.co.uk

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Shenfield Office: 194 Hutton Road, Shenfield, Essex CM15 8NR | **T: 01277 245015**
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Crafty

HOW BREWD OG FOUNDER JAMES WATT KICKSTARTED THE CRAFT BEER REVOLUTION

The BBC recently broadcast an exposé on BrewDog founder James Watt, which attempted to highlight a darker side to the craft beer visionary's persona, including working practices at the brewery's Aberdeenshire HQ.

While it dressed up the drama of wrongdoing, the response from the beer-buying public was decidedly lukewarm. The reason? People love IPA more than they love scandal and salacious gossip.

In fairness, BrewDog has always been built on an image that begins and ends in the can or bottle. 'Equity for punks' is a phrase that the brand has long carried around with it – a linking of a drinks revolution with social cohesion and sustainability, fuelled by the momentum of the hipster movement.

It all began in 2007 when twenty-somethings James Watt and Martin Dickie found themselves in Fraserburgh, the foggy, windy, cold Scottish outpost. While frustrated at the lack of real choice in a drinks market populated by imported lagers, they remained sentimental about the role of traditional

alcoholic staples that had fuelled generations of factory workers, miners and engineers.

Sure enough, by feeding new life into old flavours, progressing from their bedrooms and kitchens to their first brewery, they fused creativity with credibility. Punk IPA was born.

"I think a lot of people felt there was a disconnect at the time between a certain demographic and the drinks they were consuming," says Watt. "Lager and fizzy beer had gone the way of the young lads, with football and nightclubs piggybacking and then driving the trend. Ciders and fruit-based drinks had a very summer existence, while spirits, shorts and wines were mostly for women. The market needed something different."

BrewDog's ability to provide that, initially through signature brew Punk IPA, then a raft of variations, expanding into a pub empire that now totals more than 80 locations worldwide, has taken Watt's personal fortune to more than £250million – a self-made punk now living life in the fast lane.

Photo credit: Shutterstock



ON THE MOVE

HERE'S A CHECKLIST OF QUESTIONS YOU NEED TO ASK WHEN VIEWING A HOUSE

Buying a house is one of the biggest purchases you'll ever make. And, as with any big purchase, you'll want to do a lot of research before you make an offer.

As you view different properties, be prepared to be nosy. A house may seem perfect on the outside, but asking the right questions will help you decide if it's the right house for you. Keep this checklist of questions in mind when going to viewings.

✓ HOW LONG HAS IT BEEN ON THE MARKET?

If a house has been on the market for a while, there could be a reason why buyers haven't snapped it up. It could also be a sign that the house is overpriced, putting you in a good position to come in with a lower offer.

✓ WHY ARE THE SELLERS SELLING?

There are a lot of reasons why someone might sell their house. If someone has only lived in the property for a short while, it could be a red flag that something isn't right with the home or the area.

On the other hand, someone who's been in the house for many years might be more interested in selling to a family or someone who will enjoy the house, rather than someone who's looking for an investment or development opportunity.

✓ IS THE PROPERTY FREEHOLD OR A LEASEHOLD?

Buying a freehold property means buying the property and the land it is built on. When you buy a leasehold property, you own the property but

not the land – which is retained by the freeholder. Understanding which one applies to the property could impact your decision to buy.

✓ IS THERE A CHAIN?

Being stuck in a chain could mean you have to wait a long time before you can move into your house. Find out what the buyer's situation is to help you decide whether to go for the property or to keep searching.

✓ WHAT IS THE AREA LIKE?

It's important to research the area you're buying in. Feel free to ask about the neighbourhood, shops, pubs, schools and so on.

✓ WHAT DO THE UTILITIES COST?

With living costs on the rise, it's wise to ask about the property's running costs. Find out what the utilities and council tax are and don't forget to ask for the property's Energy Performance Certificate.

✓ WHAT'S INCLUDED IN THE SALE?

Some sellers include items like furniture and white goods as part of the sale. Ask what is included – there may be room for some negotiation to keep some of the property's existing items and save yourself some money.

When you're checking out a property, feel free to ask as many questions as you want to help you feel confident in your decision. You'll be glad you thought of everything when you sign on the dotted line.

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CELEBRATING 50 YEARS OF THE FIAT 126, WHICH WAS INTRODUCED AT THE TURIN AUTO SHOW IN 1972

Fiat has never rushed things. Perhaps it's the Italian confidence and sense of candour that means when the car manufacturer commits to something, it sticks to it.

How else can you explain the fact that the Fiat 126, which is 50 years old this year, was the first new model Italian manufacturer Fiat launched onto the market in almost two decades.

With that in mind, the 126 had quite a reputation to live up to, given that it followed the iconic Fiat 500.

Sure enough, it came with its own personality – for a car hitting the market in 1972, it was a rear-engine city runaround. It was cute, small – just a smidgeon over three metres long – boxy and bold, and almost exactly the same dimensions as the Mini.

What became notable about the Fiat 126 was that the Italians never really took it to heart, yet over in Poland its success was prolific – so

much so that within 18 months of launch, most manufacturing was shifted to the Bielsko-Biala factory, and the car was renamed the Polski Fiat.

In fairness, in Italy more than 1.4 million were produced, though no models ever made it beyond a basic 700cc engine. A total of 4.6 million were produced, most in the Eastern Bloc.

While the 126 wasn't perhaps the natural successor to the 500 that Fiat had imagined, what made the car iconic was the belief it gave other manufacturers in the pursuit of the classic urban runaround.

In an era when cars were getting bigger, bulkier and more expensive, Fiat was steadfast in its belief that not everyone desired the cost or clumsiness of a large vehicle. While the 126 wouldn't win kudos points in the same way that the 500 might, it did at least unite a new generation with comfort and convenience – motoring morals we all still stand behind today.



MOTORING

DEAD gorgeous.

Remember *Coco*, the award-winning Disney Pixar film? It featured cute skeletons and was inspired by Mexico's Day of the Dead, a festival that is all about honouring the lives of dead relatives and reminding yourself that death is just part of life. In the lead-up to the day, skull and skeleton decorations can be seen almost everywhere, and streets are festooned with colourful bunting. Marigolds are popular too – their sweet smell is believed to entice the dead back to life. The day is celebrated on November 2. So get busy now with these Day of the Dead crafts and you'll also be ready in time for Halloween.

SKULL STONES

You will need: A smooth, flat, oval stone (8cm-10cm long) | White acrylic paint | A paintbrush | A set of acrylic marker pens (including black) | PVA glue | Glitter | stick-on gems

How to make: Paint a simple white skull shape on the stone and leave to dry | With the black marker, outline the shape and draw on the features | Decorate with the coloured markers, and stick on the glitter and gems.

TISSUE PAPER MARIGOLDS

For two flowers you will need: A sheet of orange tissue paper (approx. 51cm x 66cm) | 2 x 30cm green chenille stems (pipe cleaners) | Scissors

How to make: Cut the tissue paper sheet into quarters | Then cut each quarter into half so you have eight small sheets | Stack four sheets together | Fold in concertina pleats, starting at the short end | Cut each end into a point | Twist the end of a chenille stem round the middle of the paper | Fan out and gently separate the layers.

BUNTING

You will need: 12-15 round paper doilies (approx. 16cm diameter) | Acrylic paints in red, pink, purple and orange | A paintbrush | Jute string | PVA glue

How to make: Paint each doily with diluted paint | Dry thoroughly | Fold the doilies in half | Run the string inside the half-circles and glue the sides together.

Photo credit: ailsaburke.blogspot.com, iagriffith.com, kitchenbibleclassroom.com

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A dish fit for our Queen's coronation

There are a multitude of food dishes that carry with them a certain historical significance that's evident in the name – from beef wellington to eggs benedict. Some point to the person we expect; others are a little more misleading (the Caesar salad is named after an American restaurateur, not the Roman emperor).

In the case of the subtly curried coronation chicken, it's satisfying that the dish was indeed invented in order to mark the Queen's coronation in 1953, even if its origins actually point to a similar chicken recipe conceived for George V's Silver Jubilee in 1935.

The recipe was published as the nation prepared for street parties, although in those post-war years, some ingredients may have been deemed extravagant as it was previously more complex, and

only recently has it evolved into something more sultana-heavy.

The recipe took more than four weeks to create, and was perfected by Angela Wood, now 88, a student at Winkfield Place College, which was preparing the menu for a banquet at nearby Westminster School for more than 350 dignitaries after the coronation.

She said in an interview: "The brief was 'something that had a bit of flavour, but not too much', to appeal to the banquet guests. For a month or more, I was cooking a chicken a day and we had to alter the balance of the spices in the sauce to get it right."

The dish has now gone down in national folklore, used in sandwiches, salads and jacket potatoes.

Coronation chicken recipe

INGREDIENTS: 6 tbsp mayonnaise | 2-3 tsp mild curry powder, to taste | ½ tsp ground cinnamon | 500g shredded cooked chicken | Black pepper | Optionals which can be added are 2 tbsp mango chutney and 1-3 tbsp sultanas, or to taste

STEP ONE: Mix the mayo, curry powder and cinnamon (add the chutney and sultanas if using) together and season with black pepper.

STEP TWO: Add the shredded chicken and stir to coat in the sauce. Stir in 2 tbsp water to loosen if needed, then season and serve as desired.



GET READY TO PARTY AT THE BEAUVOIR ARMS: THE FESTIVE SEASON ALL WRAPPED UP!

The long hot days might finally be over but there's so much to look forward to this autumn and winter at The Beauvoir Arms, including new live music sessions, fabulous fireworks and winter BBQ, Take That Tribute night and Christmas kicking off in style on 19 November

Perfect for a Sunday chill: the new Sunday Sessions begin on 16 October from 5pm with Essex's finest Charlie Regan entertaining you in the restaurant and bar. Book a late lunch, early evening dinner or just enjoy a drink.

On 13 November, Sunday Remembrance Day, popular vintage singer Lorraine Cater will perform some treasured songs from days gone by you can enjoy over a two-course lunch for just £22, with 10 per cent going to support the British Legion.

Bring friends and family along to the Winter BBQ and Firework Party on Saturday 5 November, with great food, outside bar, DJ and fabulous fireworks, taking place from 6pm until late.

Love a bit of Take That? Come and sing along to all your favourites at the Take That Tribute Night on Saturday 19 November, with a four-course meal, welcome drink and great live music, £40 per person.

All the best coverage of the World Cup will be ready to view with a drink or two during November and December.

The party season starts on 19 November, with festive food available through November and December. Perfect to get together with friends and family or to host a works party.

On 16 December The Beauvoir Arms presents Johnny Mack as George Michael as part of a Last Christmas tribute night, just £45 for a three-course festive meal with welcome drinks.

Once a traditional pub, the creative owners at the Beauvoir Arms have reworked the space to



make it a great place to drink and dine with a spacious bar. Ashraf Ali and his talented team of chefs and friendly staff offer a special take on Italian and British festive favourites.

Serving a fabulous feast on Christmas Day of five courses with welcome drinks reception, £80 adults and just £40 for children under 12, it's great value too.

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To cut or NOT TO CUT?

There are several jobs that need doing in the garden ahead of the colder months, and one of them is trimming back your perennials. However, it is important that you know which ones to cut back and which ones to leave alone.

Cut back

Irises – Irises are vulnerable to infestations of iris borers, which tunnel into the base of the rhizome and lay eggs. To avoid this, trim the fan of their sword-shaped leaves at an angle so that they slope upward into a peak no higher than eight inches.

Chrysanthemums – These autumn-flowering plants should be cut back after they have bloomed or if they have been hit by a hard frost. Trim the plant out to between six and eight inches from the soil.

Lilies – Once their greenery has disappeared and they turn yellow or red, lilies should be cut back for the winter. All it takes is one quick snip of the stalk near the soil line.

Peonies – Peonies are vulnerable to mildew so should be cut back when the first frost hits. Grab the leaves and then cut back the stems to just a few inches above the soil.

Hollyhocks – Growing up to six feet high, hollyhocks can get gangly in autumn. Cut back their sturdy stems to about six inches from the soil to avoid diseases such as leaf rust.

Let be

Hibiscus – As a late-emerging plant, hibiscus does not need trimming back as otherwise it can take too long to show growth in the spring.

Coneflowers – Not only do coneflowers look pretty when covered in frost or snow, but they also offer important sustenance for winter birds.

Russian sage – Russian sage can survive the colder weather and can also add texture and shelter to your winter garden, so leave this ornamental grass alone.



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GARDENING



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GOING POTTY

Perk up your garden, porch or patio with a unique display of flowers and foliage. Read on to find out how to create a stunning container for late autumn and winter.

- WHICH PLANTS WORK WELL?**
- > Hardy autumn-flowering cyclamen
 - > Pansies and violas
 - > Hebes
 - > Heathers
 - > Evergreen ornamental grasses
 - > Trailing ivy
 - > Heucheras
 - > Ornamental cabbage or kale
 - > Hardy ferns (e.g. hart's-tongue, polypodium)
 - > Evergreen shrubs (e.g. skimmia, sarcococca)
 - > Evergreen euphorbias
 - > Perennial herbs (e.g. rosemary, sage)

- WHICH COMBINATIONS WORK BEST?**
- Choose an eye-catching 'hero plant' that's relatively tall. Ornamental cabbages, spiky grasses or hebes all work well. If your pots are round, put your hero plant off-centre, not right in the middle.
 - Now choose at least one bushy plant and one trailing plant, like ivy. Then fill the gaps with

complementary plants. Try to include a variety of shapes, textures and shades of green.
Remember, plants don't grow much in late autumn and winter, so fill your pots generously – you don't want to see bare earth.
Finally, cast a critical eye over your selection to make sure you're happy.

WHICH COLOURS LOOK GOOD TOGETHER?
We think harmonious colours work best. These are the ones next to each other on the colour wheel, not opposite – so mauve and pink rather than orange and blue. But of course, it's a matter of personal taste.

WHAT ARE THE BEST CONTAINERS?
Choose containers made from plastic, stone or frost-proof terracotta, with a wide top. For something different, why not repurpose an old tin bucket or watering can? But remember to drill drainage holes.
Raise your container off the ground using special pot feet or bricks. This will help drainage and help prevent the pot from freezing.
Always use new, good-quality multipurpose compost – don't be tempted to use soil or reuse last year's compost.

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GARDENING



LOOKING

beneath the wreath

Flowers are perennially at the heart of the way we offer our tributes to the departed, and few presentations have been as beautiful, perfect or significant as the floral wreath that adorned the Queen's coffin as she made her final journey on September 19.

The choice of flowers on the wreath is not done by luck – it represents a carefully selected process that uses beautiful sprays of colour to celebrate and commemorate so many of the things that enlightened, amazed and enchanted Queen Elizabeth II during her life.

First, the provenance of the flowers is important – they were picked from the gardens of Buckingham Palace, Clarence House and Highgrove House. It was touching to see the use of the myrtle flower, grown from a sprig of the Queen's wedding bouquet when she married her late husband, Prince Philip, in November 1947.

Also present was English oak, a foliage that represents the strength of love, plus pelargoniums, garden roses, autumnal hydrangea, sedum, dahlias

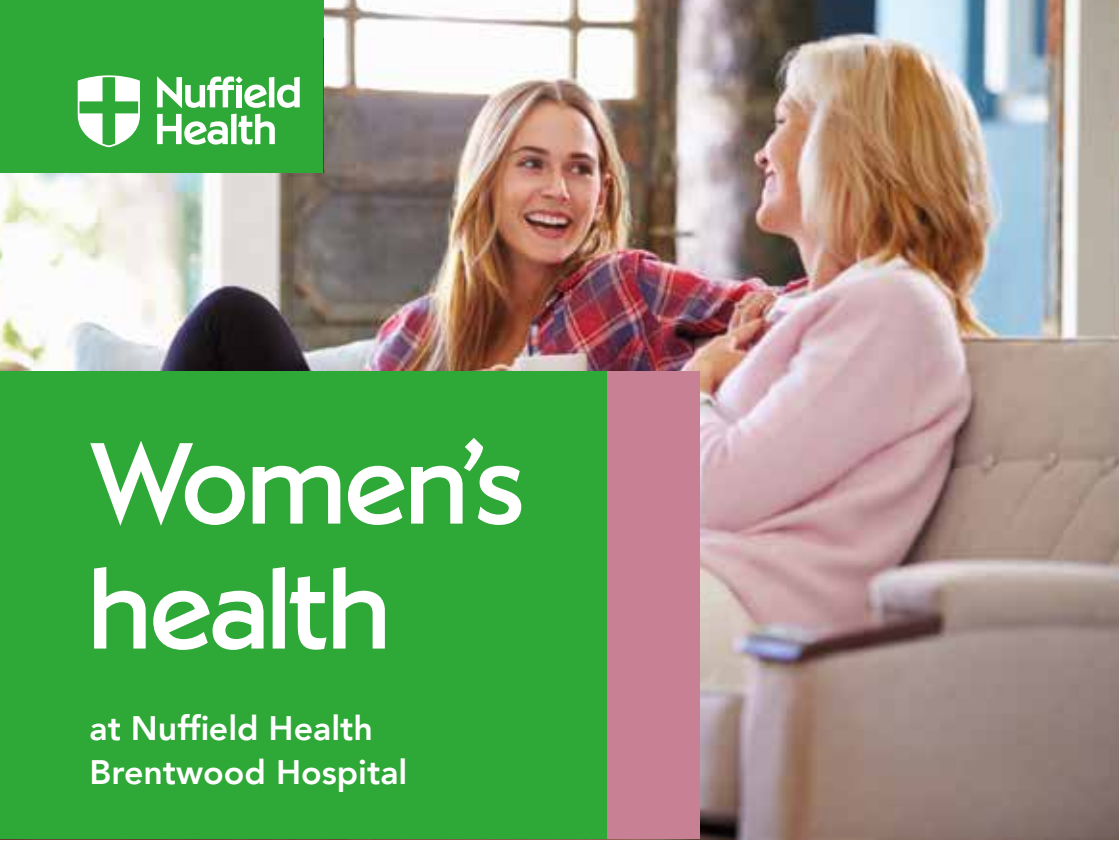
and scabious. All flowers were sustainable, on King Charles' request.

This was a different wreath from the one that accompanied Her Majesty Queen Elizabeth II on her journey south from Scotland. Using flowers picked from her Balmoral Estate, the wreath featured sweet peas – one of her favourites – dahlias, phlox, white heather and pine fir.

While the wreath flowers have garnered much attention, the large quantity left at Green Park and by the gates at Buckingham Palace represented a huge challenge for the authorities.

There is a set process for the disposal of these flowers, which began seven days after the funeral. Gradually, those flowers wilting first would be removed and taken to Hyde Park nursery for composting. This compost will be used on the flowerbeds at Kensington Gardens.

Cards and labels are put into boxes – some will make it into museums; most will remain stored away forever and are unlikely to see daylight again for decades.



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OCTOBER IS BREAST CANCER AWARENESS MONTH, AND WITH 55,000 WOMEN DIAGNOSED WITH THE DISEASE EACH YEAR, IT'S NEVER BEEN MORE IMPORTANT TO BE BREAST AWARE

What is normal?

Every woman's breasts are different, in terms of size, shape and consistency. It is also not uncommon for one breast to be larger than the other. It is a good idea to get used to how your breasts feel at different times of the month so that you can notice any changes.

How to be breast aware:

The NHS Breast Screening Programme has produced a five-point plan for how to be breast aware:

1. Know what's normal
2. Look at your breasts and feel them
3. Know what changes to look for
4. Report any changes to your GP immediately
5. Attend routine screening if you are aged between 50 and 71.

How to check your breasts:

Look at your breasts and feel each one and your armpit, including up to your collarbone. Many women

find this easiest to do in the shower or bath. You can also look at your breasts in the mirror, both with your arms by your side and with them raised.

Breast changes to look out for:

- > A change in size, outline or shape
- > A change in the look or feel of the skin, such as puckering, a rash or redness
- > A new lump, swelling, thickening or bumpy area on the breast or armpit
- > A discharge from the nipples
- > Change in the position of the nipples
- > A rash or crusty or scaly skin around the nipple
- > Any discomfort or pain in the breast.

When is the best time to check your breasts?

You should check your breasts once a month on the same day, ideally a few days after your period. This is because many women notice changes to their breasts during their menstrual cycle and they may become swollen, tender and even lumpy.





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Hula! Hula! Hula!

Did you have a hula hoop as a child? Fun, wasn't it? Offering a whole host of health benefits, the joy of hula hooping doesn't have to end when you reach a certain age.

WHAT ARE THE BENEFITS OF HULA HOOPING?

Burn calories: Hula hooping can burn anywhere between three and seven calories per minute, depending on your body weight and the type of hoop you use. This equates to up to 210 calories per half-hour session, which is on a par with kickboxing.

Build core strength: Hula hooping requires strong movement of the hips to keep the hoop from falling, which means that you have to work your core muscles hard.

Maintain good posture: If you spend most of the day sitting at a desk, then hula hooping offers a great way to improve your posture. When keeping the hoop moving, your body form is stabilised and engaged throughout, which can help your form with other exercises.

Boost cardiovascular system: It is recommended that you get 150 minutes of moderate exercise a week, and hula hooping can help you to reach this goal. A fun form of cardio, it can also help to boost your heart and lung health and lower your cholesterol.

HOW TO HULA HOOP

1. Start by swinging the hoop clockwise for as long as you can.
2. To keep the hoop around your waist, move your hips forwards and backwards as opposed to in a circular movement.
3. Then change direction to a counter-clockwise movement.
4. Repeat a few times and try to increase the duration of each set as you get stronger.
5. To further isolate your abs, concentrate on keeping your lower body steady.
6. Try a weighted hoop for enhanced fat burning.

OTHER WAYS TO USE A HULA HOOP

- Skipping through the hoop is fun for kids to try
- Circle a hoop around each arm
- Do crunches with the hoop between your legs
- Do squats or lunges with the hoop held over your head.



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Control your CHOLESTEROL

Although it gets a bad rap, cholesterol is actually an essential molecule in the body that produces vital hormones such as progesterone, testosterone and cortisol.

However, around 40 per cent of people in the UK have high or borderline high levels of bad cholesterol, which can have a detrimental effect on health.

WHAT CAUSES HIGH CHOLESTEROL?

There are several factors that increase your risk of having unhealthy cholesterol levels, including: A poor diet which is high in saturated and trans fats | A high body mass index | Lack of exercise | Being a smoker | Drinking too much alcohol | Being over 40

Certain medical conditions such as chronic kidney disease, diabetes, lupus and hypothyroidism can also lead to high cholesterol. If you are aged 40-74, you can get your cholesterol checked as part of an NHS Health Check.

WHAT HEALTH COMPLICATIONS CAN OCCUR FROM HIGH CHOLESTEROL?

High cholesterol can lead to a dangerous accumulation of cholesterol on the walls of your arteries. This is known

as atherosclerosis and can cause complications such as chest pain, heart attacks and strokes.

HOW TO PREVENT HIGH CHOLESTEROL THROUGH DIET

Foods to eat: Oats | Wholegrains | Beans | Nuts | Soy | Oily fish

Foods to avoid: Fatty and processed meats | Animal fats such as butter, ghee and margarine | Full-fat dairy products

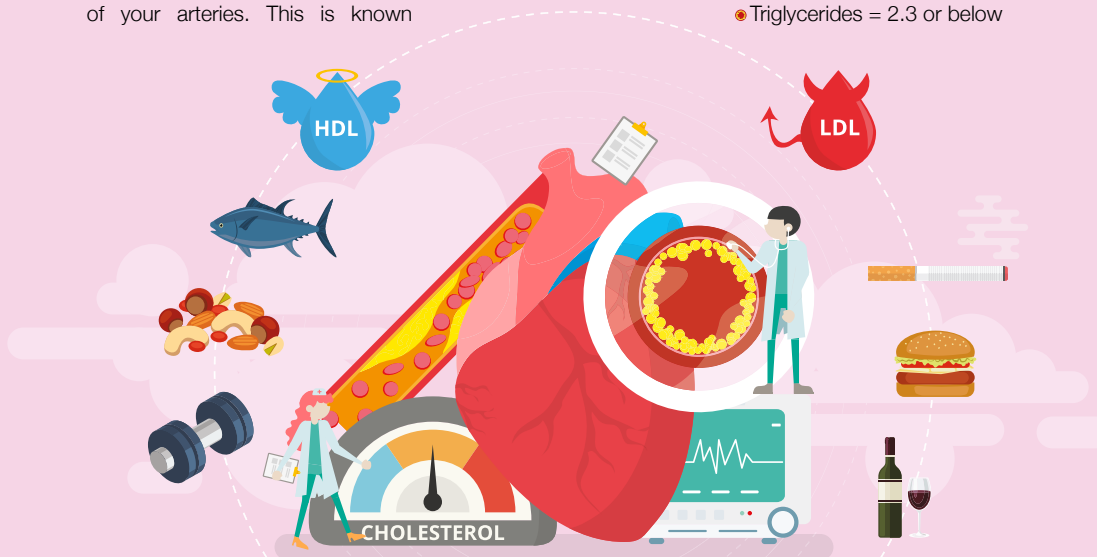
HOW TO FIND OUT YOUR CHOLESTEROL LEVELS

As high cholesterol does not cause symptoms, you can only find out if you have it by requesting a blood test from your GP.

A cholesterol test can measure your total cholesterol levels, both good and bad, including low-density lipoprotein (LDL) and high-density lipoprotein (HDL), and your level of triglycerides.

Healthy cholesterol levels for each are as follows:

- Total cholesterol = 5 or below
- Good cholesterol = 1 or above
- Bad cholesterol (LDL) = 3 or below
 - Bad cholesterol (non-HDL) = 4 or below
 - Triglycerides = 2.3 or below





High volume hairstyles



SIX HAIRSTYLES TO BRING MORE VOLUME TO YOUR HAIR

Do you suffer with fine, limp or thin hair? Then these volume-boosting hairstyles are just what you need to add a little oomph to your locks.

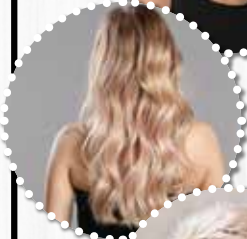
Asymmetrical bob

If you are looking for a shorter style that promises to add volume, then the asymmetrical bob is the hairstyle for you. Adding both volume to your hair and definition to your face, this ultra-sleek style suits women of all ages.



Messy lob

For those with shoulder-length fine hair, a messy lob is a great choice. Ask your hairdresser to add choppy layers to your locks and you will instantly see more movement and volume.



Tousled loose waves

Long hair can be prone to looking flat, so why not add some tousled waves to give the appearance of more volume? Simply wash your hair with a volumising shampoo, put in braids and leave overnight. Let your hair down in the morning for gorgeous waves.



Textured pixie

For those who dare to go super-short, the textured pixie is the ideal cut for people with thin hair. This versatile style works with any texture of hair, from curly to straight. To style this look, use a water-based pomade or a matte wax.



Heavy fringe

A full fringe can make your entire head of hair appear thicker and more voluminous. Adding both density and fullness to your locks, this hairstyle works best with no parting. Opt for either a blunt or textured style but be sure to keep it heavy.



Vintage pompadour

The pompadour is making a huge comeback this year and is another short style that is perfect for adding volume and height. Pair short, edgy sides with a curly texture on top for a modern look that demands to be noticed.



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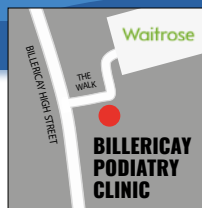
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BRITAIN'S GREATEST SPORTING MOMENTS:

DROP-KICK JONNY

Each month, we look at one of the most significant events in British sporting history. This month, it's England's dramatic Rugby World Cup win against Australia in 2003.

The fact that England came into the 2003 World Cup as tournament favourites didn't for one second lead to any sensible suggestion that the Three Lions might actually take the Webb Ellis Cup back to Blighty with them.

Never had a Northern Hemisphere team won the ultimate prize in rugby, and with the formidable force of co-hosts New Zealand and Australia ready to greet them – the latter as defending champions – only the staunchest England fan imagined Clive Woodward OBE's side could emerge victorious.

Yet in captain Martin Johnson CBE, fly-half Jonny Wilkinson CBE, speedster Jason Robinson OBE (fresh from switching codes having grown up playing rugby league) and a batch of other stars coming into their prime, such as Matt Dawson MBE, Mike Tindall MBE, Ben Cohen MBE, Will Greenwood MBE and Steve Thompson MBE, the feeling that we might be witnessing something special heightened as England sauntered through the group stages.

They accumulated more than 250 points in their opening four matches, seeing off Georgia, South Africa, Samoa and Uruguay with little fuss.

In the quarter-final, Wales scored two tries to England's one, but the kicking of Jonny Wilkinson saw the team home 28-17.

And eight three-pointers in the semi-final against France paved the way for a showdown final with Australia. In a match screened live in the UK as rugby fans were tucking into a liquid breakfast, Lote Tuqiri scored the opening try for the hosts at Stadium Australia in Sydney, before three Wilkinson kicks and a try gave England a 14-5 lead. Gradually pegged back in the second half, Elton Flatley's last-gasp penalty brought Australia level.

In extra time, Flatley again restored parity at 17-17 with only three minutes to spare, but just as sudden death loomed, Wilkinson received Dawson's pull-back and drilled over the winning drop goal that won the trophy and changed English rugby forever.

Photo credit: David Gibson/Fotosport/Shutterstock



SPORT



SPORT



THAT'S MY GOAL

THERE'S A NEW GUNSLINGER IN TOWN, AND WHEN HE SHOOTS, HE RARELY MISSES

When Manchester City became aware of a release clause in the contract of one of the most highly sought-after goalscorers in world football, they just had to act. Their efficiency and persuasiveness in getting a deal over the line for the former Borussia Dortmund man has secured for them a star who has all the armoury to emulate generational greats such as Ronaldo and Messi.

The future has arrived, and he's a sharp shooter. Erling Braut Haaland was born on July 21, 2000, in Leeds, England; yet instead of representing the country of his birth, he chose Norway, the nation of his parents, both of whom were world-class athletes in their own right.

Alfie, Erling's father, is a former Premier League player, while his mother is Gry Marita Braut, a national heptathlon champion in her homeland.

It sounds impossible that Erling could set the bar higher, yet he has.

His goalscoring exploits have been well documented and, in 2019, he became the first

teenager to score in five consecutive Champions League games, for Austrian club Red Bull Salzburg. It earned him a move to German giants Dortmund.

In between, he scored nine goals in a FIFA Under-19 World Cup group match against Honduras, subsequently securing the Golden Boot.

Haaland went straight into the full Norway side and is still averaging a goal a game for The Lions.

Yet his club exploits have been just as impressive. At the beginning of October, he became the first player in Premier League history to score hat-tricks in three successive home games, and also now holds the record of being the quickest player to have scored three hat-tricks in the Premier League.

Hitting the ground running for City in the Premier League and Champions League, he appears on course to break yet more records.

What City boss Pep Guardiola ultimately recruited him for, though, was to give the club's Abu Dhabi owners what they crave – the Champions League trophy. Watch this space.

Photo credit: Julio Munoz/EPA-EFE/Shutterstock

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