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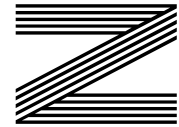
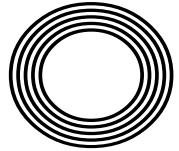
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# Editor's notes...

NOVEMBER 2023



Nik Allen, Editor

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

I've heard about kids going bonkers over conkers - yet now the schools are getting in on the act too.

I'm not someone who is easily riled up, but even I'm surprised at the dismay caused by an inanimate inch-wide object. The consternation came about when my niece's school banned the seed because one mother claimed her little one had a conker allergy.

Even the NHS states (a) "conkers do not pose any anaphylactic threat" and (b) "there is no prescribed evidence that exists that horse chestnuts cause an allergic reaction".

And if the threat were real, this is not the way society works. Parents and children are very capable of going out there in the world equipped with the knowledge and tools to avoid danger when it arises.

If I were this parent, I would be embarrassed. They are not helping their child adapt to real life.

To cancel the fun of hundreds for the debatable protection of one is bad; to do it without even researching the facts is sadly reflective of where we are today, and people are growing tired of it.

Until next month, take care of yourself, each other, and your conkers!

*Nik Allen*

This is your town's hyperlocal magazine, delivering to homes and businesses every month.

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# DOCTOR WHO

60 YEARS



## MARKING THE 60TH ANNIVERSARY OF DOCTOR WHO – THE MAN, THE WOMAN, THE SHOW, THE MOVEMENT

Asking celebrities how they remain so youthful has become par for the course, but none has achieved as much ongoing success and vigorous relevance as the great Doctor, who at 60 is looking pretty fresh.

On Christmas Day, the Doctor's latest regeneration will be revealed, but not before some highly anticipated TV specials for the show's anniversary in November.

Making his grand return as the fourteenth Doctor, fan favourite David Tennant is set to wow once more for three anniversary episodes. The Scottish actor originally starred as the tenth Doctor from 2005 until his final episode aired on New Year's Day in 2010. Catherine Tate will also reprise her role as the Doctor's companion Donna Noble, with Neil Patrick Harris also joining the cast.

Though Patrick Harris is a newcomer to the *Doctor Who* fold, his character, The Toymaker, is not. First appearing in a now classic episode titled *The Celestial Toymaker*, from the show's third season in 1966, he was originally portrayed by actor Michael Gough.

The Toymaker is a memorable antagonist owing

to his whimsical yet sinister demeanour and his ability to create intricate and deadly challenges for the Doctor and his companions. The character's distinctive appearance and personality have made him a notable figure in the show's lore, one that aligns perfectly with Patrick Harris' dramatic and theatrical flair.

One of the greatest success stories for the BBC, *Doctor Who* began in 1963 when Sydney Newman OC, the corporation's head of drama, tasked producer Verity Lambert OBE and writer Anthony Coburn with creating a TV science fiction series. Their vision gave birth to *Doctor Who*, a show that would combine history, adventure and futuristic concepts in a unique way.

William Hartnell portrayed the original incarnation of the Doctor, a mysterious Time Lord with the ability to regenerate. The Doctor, along with his granddaughter Susan and two teachers, Ian and Barbara, travelled in the TARDIS, a time machine that looked like a 1960s British police box on the outside.

The series is listed in the Guinness World Records as the longest-running science fiction television series in the world, with Tom Baker holding the title for starring in the highest number of episodes – a whopping 178.

Despite its popularity, *Doctor Who* faced a significant hurdle in 1989 when it went on an extended hiatus. Aside from a TV film in 1996, the Doctor would not be fully regenerated until 2005.

This was the beginning of the show's modern era, helmed by writer and showrunner Russell T. Davies OBE and starring Christopher Eccleston as the ninth Doctor.

The most recent revamp of the series sees Davies return as the showrunner, taking over from Chris Chibnall who

introduced Jodie Whittaker as the 13th Doctor. Hot on the heels of his 2021 success *It's a Sin*, and with *Sex Education* star Ncuti Gatwa playing the 14th Doctor, Davies is in a fine position to return the show to its noughties glory.

# The King's NEW COINS UNVEILED



## SHOWCASING HIS PASSION FOR CONSERVATION AND EQUALITY

When His Majesty King Charles III was crowned, he thanked the public for their kindness and encouragement, and vowed that he and Her Majesty Queen Camilla would rededicate their lives “to serving the people of the United Kingdom, the Realms and Commonwealth”. Putting his money where his mouth is, quite literally, the edge inscription of the new £2 coin reads ‘In servitio omnium’, which means ‘In the service of all’. It was taken from the King’s inaugural speech on September 9, 2022, and chosen by him personally.

The coin is one of eight that have been unveiled by The Royal Mint, ranging from 1p to £2. Determined to distinguish his reign from that of his beloved mother, the King has also embossed them with another of his great passions: nature.

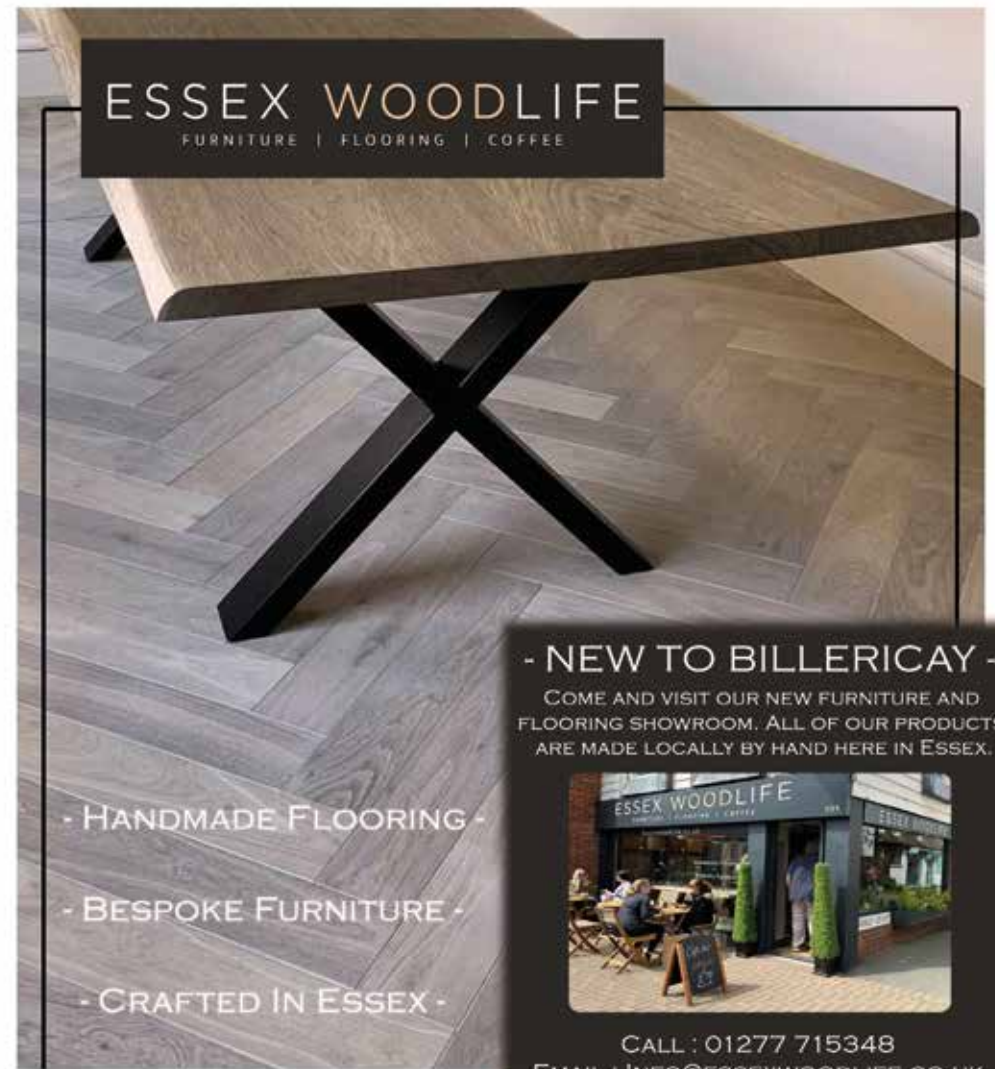
Featuring endangered species from across the British Isles, such as the puffin, the red squirrel and the bee, along with flowers and the oak tree leaf, the coins reflect His Majesty’s devotion to conservation and equality.

Here is the full list:

- **1p coin:** Hazel dormouse... which has seen its population halve since 2007
- **2p coin:** Red squirrel... expected to blend into the colour of the copper coin
- **5p coin:** Oak tree leaf... a rich habitat for biodiversity in woodland areas with a long monarchic association
- **10p coin:** Capercaillie... found in a small part of Scotland and threatened with extinction
- **20p coin:** Puffin... 10 per cent of the world population is on the UK’s coastline
- **50p coin:** Atlantic salmon... at threat from river pollution and habitat loss
- **£1 coin:** Bees... 250 species found in the UK
- **£2 coin:** National flowers – a rose (England), a daffodil (Wales), a thistle (Scotland), a shamrock (Northern Ireland)

The coins will replace those designed by Her late Majesty Queen Elizabeth II in 2008 and may be in use by the end of 2023, but The Mint has confirmed that all existing currency remains legal tender.

Photo credit: royalmint.com



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Tips & Tricks for planning  
your bathroom from

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Olympus Bathrooms was founded in 2018 by Husband and Wife, Joseph and Roxanne Baker. Joseph's background as a plumber and passion for design, paired with Roxanne's ability to organise and manage, created the perfect team.

Five years and two showrooms later, they are beginning to create their own bathroom showroom empire. They have a passion and a vision to bring a new and exciting attitude to the bathroom world and enhance the customer experience.

#### Bathroom Design Tips and Tricks

A few tips and tricks from Lucymai Looker, showroom manager at Olympus Bathrooms Essex.

● A bathroom is not just a place to have a quick shower before work, it is a place to unwind and relax. Consider what helps you unwind, be it a rainfall shower, a freestanding bathtub or a platform beside

your bath especially for that glass of wine you have been saving for a rainy day.

● Lighting is continuously overlooked in bathroom design. You do not have to limit yourself to a LED mirror and a few spotlights. Consider including a sensor light below your wall-hung vanity unit for ease, adding ip44 rated LED strip lighting in your shower niche to make those feature tiles pop or adding a cluster of pendant lights above your bathtub for a calming evening soak.

● Struggling to visualise what your new bathroom could look like? Or if those tiles you love will compliment the colour of the vanity unit you have in mind? That's where we step in. Bring along your Pinterest boards, magazine cut outs, samples, and let's discuss your exciting project. We can help to suggest design ideas, layouts, and bring your bathroom to life with our CAD software.

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### INTERIOR DESIGN PROFILE



# NICOLA HARDING & Co.

HOME & DIY



After five years of working with landscape designer Arne Maynard, Nicola Harding decided to launch her own studio in 2008, a move that has seen her become one of the UK's most respected designers.

Her work has a classic touch, made timeless with the right pieces and colours creating looks that are unique, but work perfectly for the spaces they're in. If you love flashes of colour and quirky features, then Nicola Harding could serve as your perfect designer inspiration.

#### ABOUT NICOLA HARDING

According to Harding: "Our aim is to create places rich in atmosphere, places people feel enchanted by and connected to, places people quickly feel at home in."

This comes from Harding's background of living on military bases that had a standard design, where the smallest personal touches could make a space feel more like home.

Harding's designs are full of personality, using the history of the property to create designs that work with the features, bringing them to life through the pieces and textures that then make the space feel loved and warm. From antique furniture to bespoke pieces, the result is effortlessly charming, a look that people fall in love with.

#### BRINGING NICOLA'S STYLE INTO YOUR HOME

What's fantastic about Nicola Harding's portfolio is that every space is unique. This makes it easy to create similar looks in your home, but with your own personality shining through. Some tips for emulating some of Harding's wonderful style include:

- > Use colour in unexpected ways. From doorways to ceilings, you can use colour in different places to add quirky accents. A dusky or pale pink on the walls keeps the space light, while vibrant blue or green furniture will add some interest. Choose a neutral shade to paint skirtings and coving to break things up and bring your colour scheme together.
- > Enhance your home's existing features. If you have archways or beautiful fireplace settings, why not paint them to make them more of a feature?
- > Consider adding furniture that's of the property's time, with antique finds providing a sustainable way to decorate your home. Keep an eye out for dressers, sideboards and lamps that have hand-carved details, as well as metallic hardware to make the look more high-end.
- > Use tonal elements to bring together different colour palettes. Using different shades of a single colour (pink and grey are popular choices), as well as patterned looks for your furniture, such as sofas and accent chairs and textiles (rugs, cushions, curtains), adds layers to the room and can quickly add interest and personality.



Photo credit: nicolaharding.com





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### HOW TO USE DARK PAINT WHEN DECORATING THIS AUTUMN/WINTER

As we step into autumn, interior design is turning towards the snug and inviting. One of the biggest trends making waves in the world of home décor is the use of paints in all sorts of moody hues. So if you're fed up with all those whites and pale greys, read on and discover how dark paint colours have so many advantages.

#### 1 CREATE A COSY HAVEN

Dramatic colour doesn't have to mean stark charcoals and deep navy blues. For something more alluring, think about using warm, earthy tones like dark beige, deep terracotta or green. These nature-inspired tones will help transform your space into a cocoon-like sanctuary.

#### 2 SEAMLESS EDGES

If you're using dark paints, why not go all in? A dark feature wall won't change the look of your room much or make it look bigger. But if you paint all your walls, woodwork and ceiling the same colour, it can look fabulous. The uniform colour blurs the room's edges, making it appear more spacious. So it's a great idea for small spaces.

#### 3 SOFT AND INVITING

Matt paint and natural pigments will soften the overall look of your walls, making moody colours less imposing and more welcoming. For woodwork, opt for an eggshell finish to blend into your matt walls.

#### 4 AS DEEP AS YOU DARE

Blacks can look great on walls, but many have blue undertones, which will look cool. That's perfect if that's what you're after. But for something warmer, choose a black with brown undertones.

As autumn takes hold, it's time for a paint adventure. Remember, paint can be changed if you don't like it. So unleash your inner decorator, invest in some sample paint pots, and get ready to welcome colourful warmth into your living space.



Photo credit: farrow-ball.com

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# How to make a Christmas CUTLERY POUCH

Cover your cutlery with Christmas cheer with this simple and stylish craft. All you need are a few materials and some basic sewing skills and you are good to go!

**YOU WILL NEED:**

- A sewing machine or needle and thread | A rotary cutter or pair of sharp scissors | A ruler | Cotton fabric fat quarters in your preferred Christmas colours or patterns | 2 x pieces of festive ribbon or trim (optional)

**HOW TO MAKE:**

**Step 1: Cut your fabric**

To create your pouch, you will need two pieces of fabric in contrasting colours or patterns. These need to be cut to 38cm x 12cm.

**Step 2: Decide on your layout**

One piece of fabric will be used to make the inside of your pouch and the other will be used as the flap. Your cutlery will lie on the inside fabric and be covered by the outside one.

**Step 3: Place your fabrics face to face**

Next, place your two fabrics face to face. If the flap fabric has a pattern, this needs to be placed upside down. Using a 10mm seam allowance, stitch around the two pieces of fabric using a sewing machine or by hand. Leave a 4cm gap at the bottom for turning.

**Step 4: Clip the corners**

Clip the corners of the fabrics, making sure not to cut the stitches, then turn the pouch the right way in. Pop out the corners using a pencil and then iron gently to smooth out the fabrics. Sew up the gap.

**Step 5: Add ribbon or trim**

If you want to add ribbon or a trim, lay out your pouch and sew the pieces of ribbon or trim to the edge that will turn up to make the flap.

**Step 6: Complete the pouch**

Fold the flap over with a 13cm measurement and iron it in place. Carefully tuck the ends of the trim inside and pin it in place. Sew all the way around the pouch as close to the edge as you can to create a top stitch.



Photo credit: hobbycraft.co.uk, theseamstress.com

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Home Office/Studies



# CLASH *of the* FABRICS



## TOP TIPS FOR COMBINING CONFLICTING FABRICS TO CREATE HARMONIOUS HOME DÉCOR

We're conditioned to think about our home interiors in ways that mean they match, complement and merge in the most perfect of ways.

Yet true innovation often brings about conflicting elements, so why not try these juicy style juxtapositions en route to awesome in-home ambience?

### LEATHER AND WOOD

Sumptuous soft leather against solid wood is about as luxurious as you can get in a modern home. From leather cushions on a wooden bench or a walnut wood bedframe with leather panelling, the contrast between hard and soft is impossible to resist.

### SUEDE AND COTTON

Both are beautifully soft, and yet the rugged texture of suede almost feuds violently with the plush softness of cotton. Ideal for brightening up bland bedding, suede cushions are the perfect foil to give your bedroom a hotel feel before removing for a restful night of sleep.

### WOOL AND SILK

Wool and silk may be the oddest of bedfellows, but together they conspire to make something rather beautiful. From luxurious rugs to coveted curtains and upholstery for almost anything, the colour, quality and sheer beauty combined make this a dream duo.

### TWEED AND CORD

Tweed is a very harsh material that has bundles of presence, which is why you should match it with something softer, like cord. Both have a vintage and almost classic feel, which works perfectly for a formal sitting room.

### CHROME AND GLASS

Creating an almost retro/futuristic feel, the stunning mirror shine with the transparency of glass transforms an ordinary coffee table into a futuristic centrepiece.

Photo credit: naturalbedcompany.co.uk, swythome.com, barkerrandstonehouse.co.uk, furniturebox.co.uk



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There is an increasing vulnerability among our older population, suffering from the effects of chronic loneliness and feeling like a burden to their families especially during the pandemic. St Michaels Homes shows the benefits residents, and their families can have when living within Howard Lodge or Dudbrook House Care Centres.

### Combat loneliness

According to Age UK, more than two million people in England over the age of 75 live alone and go for over a month without speaking to a friend, neighbour, or family member and this has only got worse with the recent pandemic.

People can become socially isolated for a variety of reasons. Our care homes you can find fun, companionship and warmth within a safe and secure environment. "What you can access through our homes is truly priceless. You're welcomed into a warm, familiar environment where you can socialise and enjoy having a good chat, a home from home place to live.



### Helping a care giver

With independent living, you may be relying on family members for support and care and often an issue for elderly people is feeling like a burden to their relatives or carers.

Our care facilities offer respite care, short stay with us can help offer families the chance to recharge which has been an incredibly stressful year for us all, while being reassured that their loved ones are safe and well cared for. "Its important carers get a break too. They need to take care of themselves so they can look after their loved ones and enjoy good quality time together. Our care homes give them the peace of mind to relax, knowing their loved ones are being care for 24/7.



The care homes are ideal for elders with care needs. It's a supportive space for you to meet with others in similar situations within a safe and secure environment you can benefit from meeting many new faces and forming new friendships bonds with long serving staff and other residents and become part of our supportive community.

St Michaels Homes will be celebrating providing quality elderly & dementia care for 32 years this coming November. We are a family run care home operator and family are at the heart of everything we do.

For more information, please call 01277 372095 or visit us on our Facebook page or website [stmichaelshomesltd.com](http://stmichaelshomesltd.com)

### Action packed activities and events

Even when the rest of the world was been locked away within their homes our care centres activity teams were as busy as ever trying to think of all the different things to do, based on each resident own interests and hobbies.

All our residents have the opportunity to join in with activities and workshops. We organise arts and crafts groups, games, quizzes, spa days within our own hair salons and much more. The feeling of belonging and having something other than the normal daily routine.



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# FROM YOUR AREA



LOCAL NEWS

## Adventurous students climb Mount Snowdon



Photo credit: Billericay School

Students from The Billericay School recently battled winds of up to 50mph as they climbed the highest mountain in Wales.

The students set off for Mount Snowdon on Friday, October 6. Although tiring and challenging in the rainy weather, the mission was a huge success.

The challenge was part of The Billericay Adventure Programme, set up by the school to allow students the chance to take on new adventures and challenges.

On social media, the school said: "It was a fantastic weekend, with lots of fun and memories made by all.

"Thank you to our fantastic staff who have given up their time to lead our adventure challenge."

## Plans for 150 new homes discussed at meeting

Plans for new homes and a care home in Billericay were discussed at a Basildon Council (BC) Planning Committee meeting last month.

The proposal from P&A Investments Ltd and PD Developments Ltd was submitted in September last year, and would require the demolition of two dwellings at numbers 41 and 65 Potash Road to allow for the development of 150 dwellings and a 50-bed care home.

BC discussed the plans at a meeting on Wednesday, October 4, having previously rejected the application. However, P&A Investments and PD Developments lodged an appeal with the government.

In the meeting, the committee reiterated that the plan has been refused once again. This is owing to the fact that "insufficient information has been provided in relation to roosting bats and the mitigation approach

and compensatory measures for any loss of hazel dormouse habitat".

It also stated: "Insufficient information has been provided to determine if the development would be safe for its lifetime and pose a threat in terms of flooding to future occupiers of the site."

To view the application, search '22/01353/OUT' on BC's planning portal via [www.shorturl.at/kDNX7](http://www.shorturl.at/kDNX7)

The agent for the applicant has been contacted for comment.

## Councillors urge Network Rail to 'eliminate the pigeons'

Brentwood councillors are urging for something to be done about the pigeon problem under Shenfield railway bridge.

At a meeting at the end of September, councillors Keith Barber (pictured below left) and Thomas Heard (pictured below right) argued that the lack of anti-pigeon features under the bridge has led to a significant amount of pigeon faecal matter, which they say is hazardous to the health of residents.

Cllr Heard said: "Cllr Barber and I were pleased to incorporate suggested amendments from other councillors to make the matter something that we could all endorse so that we can, as a united council, apply pressure on the legal owner of the bridge to do the right thing and spend the money necessary on permanent measures to eliminate the pigeons.

"It represents a substantial threat to public health. What compounds the frustration surrounding this matter is the repeated attempt to engage Network Rail. We must act swiftly and responsibly."

Network Rail has been contacted for comment.



Photo credit: Cllr Keith Barber



# BURGHART for BRENTWOOD

Alex Burghart MP for Brentwood and Ongar



As a historian, I take every opportunity I can to visit and find out more about local places of historic interest, and I am now compiling them on my website in Dr Burghart's History Notes.

Brentwood is known as being the site of the start of the 14th-century Peasants' Revolt – an event now commemorated in the name of the newest pub and microbrewery on Kings Road near Brentwood Station. I know the brewery/pub has just expanded and is on my list for a visit and a pint.

Some 200 years later, William Hunter became a martyr as he was burnt at the stake. He is commemorated with a stone memorial off Wilson's Corner roundabout and in the naming of William Hunter Way running parallel to the High Street.

In times to come, Brentwood's former White Hart Inn – now the Sugar Hut – may be remembered less for its history as a coaching inn for travellers, and more for its part in *The Only Way is Essex* TV series.

Brentwood and Ongar's wartime history is fascinating – you can still see the remains of Second World War airfields in Willingale and Matching Green. Just last

month, I laid a wreath at the site in West Horndon where two USAF B17 bombers collided in mid-air in bad weather while trying to return to their base in Suffolk 80 years ago, killing 20 young airmen.

The local churches are always a great source of less well-known historic information, and my Friday constituency days are always made better by a quick visit to a village church. I have described them previously as "a stone and mortar history book", with memorial plaques to the local great and good, and stained-glass windows dedicated to the memory of the brave and fallen.

Sometimes a building catches my eye, or a blue plaque, like the one on Lloyds Bank on Brentwood High Street declaring it to be the site of the world's first ATM cashpoint. If you know of any small but significant historic places in Brentwood and the surrounding villages, do let me know and I will add them to my constituency visits for further investigation.

You can see Dr Burghart's History Notes at [www.alexburghart.org.uk/campaigns/dr-burgharts-history-notes](http://www.alexburghart.org.uk/campaigns/dr-burgharts-history-notes)

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# Billericay Christmas Market

## Santa's coming to Billericay!

Billericay Christmas Market is organised and run every year by Billericay Mayflower Rotary (with a little help from their friends, including Platinum sponsors: Anisha Grange; Ground Control; Paul Robinson Solicitors; Razzamataz; Gold Sponsors: Parabar Estates; Papa John's; Andrew Skinner Wealth Management; Essex Autogroup; Fisher Jones Greenwood Solicitors; Silver sponsors: Bennetts Funeral Directors), and this year takes place on Sunday, December 3.

The whole of Billericay High Street will be closed to traffic and lined with a wide variety of stalls, ranging from Christmas gifts, crafts, charity stalls, to name a few, as well as an interesting array of food and drink stalls. There'll be a kiddies' funfair, and great live entertainment on the stage, and of course lots of the High Street shops and businesses remain open for what for many is the most successful trading day of the year.

This free event kicks off with Santa's Parade at 11.00, with Santa finally arriving at the Chantry Centre, where he is on duty all day welcoming the little ones for a chat and a present.

Every penny of the surplus made goes into the Mayflower Rotary charity fund, which is then used to support a number of local and international good causes, such as BOSP; ShelterBox; End Polio Now; Barrow Farm Riding for the Disabled, and many more.



## FREE COMMUNITY & CHARITY EVENT

BILLERICAY HIGH STREET  
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Rotary



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To find out more go to: [www.billericaychristmasmarket.com](http://www.billericaychristmasmarket.com)  
and [www.facebook.com/billericaychristmas](http://www.facebook.com/billericaychristmas)

Rotary is a brilliant (worldwide) organisation that too few people are aware of. If you're interested in finding out more about Rotary in Great Britain and Ireland, please contact: [secretary@mayflowerrotary.org](mailto:secretary@mayflowerrotary.org) or go to: [www.mayflowerrotary.org/](http://www.mayflowerrotary.org/)

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In west Essex on the border of Hertfordshire lies a treasure trove of natural beauty: Hatfield Forest. This enchanting forest, once a royal hunting ground, is a special place where age-old landscapes have been preserved and history echoes through every leaf and branch.

The forest, which spans more than 1,000 acres, features coppiced trees, ancient wood pasture and shimmering lake, making it a paradise for nature lovers, walkers and picnickers alike.

Hatfield Forest isn't just about natural beauty, though. It was preserved as a hunting ground by William the Conqueror and is steeped in centuries of history. It's a living, breathing relic of medieval England, and stories of past royalty and deer hunts are woven into the very fabric of the woodland.

Boundary disputes have dominated much of Hatfield Forest's past, and these dividing lines remain intact to this day, despite the fact that renowned landscape designer Capability Brown was invited to modify elements in the 18th century.

In later times, the Victorians explored agricultural use, and during the Second World War, some parts of the forest even came under military occupation.

These days, the expansive setting is carefully protected by the National Trust, offering accessibility for locals and visitors alike, who are invited to have a picnic in the open grasslands, enjoy the tranquility of the lake, or take a leisurely walk through the ancient woods. With the latter in mind, there are a number of designated routes that can be traversed through the forest, although some of the trails can become quite muddy during the winter months.

Regardless, Hatfield Forest, which is also marked as a Site of Special Scientific Interest, provides a beautiful escape from the modern world.

To find out more about Hatfield Forest and for visitor information, including opening times, head to [www.nationaltrust.org.uk/visit/essex-bedfordshire-hertfordshire/hatfield-forest](http://www.nationaltrust.org.uk/visit/essex-bedfordshire-hertfordshire/hatfield-forest)



Photo credit: National Trust Images/James Dobson



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# The Reading Rooms

## The Billericay home of the Open Bible Learning Group



On Sunday afternoons, The **Open Bible Learning Group** open the doors to anyone with an enquiring mind and interest in reading their Bible and more effectively.

The group meets on **Sundays at 2:30** in the Reading Rooms in Billericay High St. to explore the exciting and powerful message God has revealed in his word, the Bible, by means of talks, discussions and presentations.


The **Open Bible Learning Group (OBLG)**, a group ordinary men and women, first met here in the **Reading Rooms** in 1957 as a place to worship and study. This month the **OBLG's Sunday 2:30 pm** programme includes:

- 5<sup>th</sup> Nov **Who are the devil and Satan?** (*Seminar talk*)
- 12<sup>th</sup> Nov **What is sin, and how does it affect me?** (*Seminar on Zoom see below\**)
- 19<sup>th</sup> Nov **Anxiety - God's solution to world problems** (*Discussion*)
- 26<sup>th</sup> Nov **Lessons from the Lord's Prayer** (*Discussion*)

[OpenBibleLearningGroup.com/Events](https://OpenBibleLearningGroup.com/Events)

Why not come along Sunday afternoon to the Billericay Reading Rooms, or join the 'Live' Zoom session? \*Get your Zoom invitation link\* or leave a message at:

[OpenBibleLearningGroup.com/Contact-Us](https://OpenBibleLearningGroup.com/Contact-Us)

For a full list of **Future Events**, free **Home-Study Packs** or past **Audio Recordings** see our website **Events page**, or check out our new **5 minute Bible Shorts** and past **Specials** on our  **YouTube** channel [@openbiblelearninggroup](https://www.youtube.com/@openbiblelearninggroup).

Scan this QR Code for Details



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## The Open Bible Learning Group – Why listen to them?

So many different voices seem to compete for our attention these days, both online and offline. Take, for example, the appeals that are made by so-called Christian churches... not only are there very many of them (hundreds of groups exist in Essex alone)... but at times they can each seem to have their own 'unique' teaching. How can this be right, given there is just one Bible?

Recently, I caught up with, a member of the Billericay Open Bible Learning Group (OBLG), and asked Simon, how OBLG have come to a clear and simple position on these things? "If something can be demonstrated from the one Bible – and shown to be consistently taught – then there really is no debate. The truth can only be found in God's Word, so that's where the investigation must both start and finish. Misunderstandings," he told me, "generally only begin when the Bible is set aside."

Of course, most paper Bibles are at least 1,000 pages long, so people can understandably feel a bit overwhelmed when they first approach the book. So I asked Simon, how can somebody who is not so familiar with the Bible build up at least a basic starting knowledge? Where should they start? What are the key themes or topics? And, how can someone get a bit of supportive guidance if needed?

"They're good questions, which is why, to help with all of this, the Billericay OBLG have created a series of so-called 'Bible Shorts' for YouTube on key topics (e.g. God; the Gospel; the Christian hope), each lasting



no more than five minutes. These shorts are intended to be just an introduction, but importantly they apply the same approach that any study should, with the Bible as the touchstone and it is constantly referred to."

Alongside these 'Bible Shorts', OBLG also available have various full length recordings of their recent talks and special presentations, which can be viewed or just listened to free of any obligation. So, if you can't make it along in-person or just want to start your Bible journey in your own time, why not check out their website [openbiblelearninggroup.com](https://openbiblelearninggroup.com) or their YouTube channel [@openbiblelearninggroup](https://www.youtube.com/@openbiblelearninggroup). It only needs to start with five minutes of your time... with "Bible Shorts – An introduction to the Bible"

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# YOUR LOCAL EVENTS



WHAT'S ON

**ARTISAN INGATESTONE WINTER MARKET**  
Ingatestone Community Centre, 7 High Street, Ingatestone, CM4 9ED  
Saturday, November 11, 10am – 4pm



Photo credit: Artisan Ingatestone

The Artisan Ingatestone Winter Market is back for another year of unique artisan gifts, indie businesses, children's activities, workshops and entertainment to get you in the festive spirit. There will be stalls inside and out at the Ingatestone Community Centre, special offers from High Street retailers, and activities and workshops in both places.

The event is free entry; however, some talks and workshops cost from £11.55 per ticket. To find out more, visit [www.shorturl.at/npKU9](http://www.shorturl.at/npKU9)

**BRING THE HOUSE DOWN**  
Players Lounge, Unit 5 Radford Way, Billericay, CM12 0DX  
Saturday, November 11, 6pm – 1am

Bring the House Down (BTHD) will showcase the very best of local DJs, along with handpicked headliners that will complement the style and vibe of BTHD.

The line-up includes Groove Assassin, Daren H, Mark Mac, Markosa, Billy Gunyon and Ben Moore.

This event is over-18s only. Tickets start from £9.75 and can be purchased at [www.shorturl.at/eivJ](http://www.shorturl.at/eivJ)

**JUNE 1940: ESCAPE FROM FRANCE WITH DAVID WORSFOLD**  
Shenfield Parish Hall, 60 Hutton Road, Brentwood, CM15 8LB  
Tuesday, November 14, 7pm

Local award-winning journalist and author David Worsfold will be talking about his book, *Operation Aerial 1940: Churchill's Second Miracle of Deliverance*.

The book tells the story of Operation Aerial, an audacious plan to bring home the disparate units of the British Expeditionary Force during the Second World War. Hear from David, who will be focusing on personal stories from the time.

Tickets are free but must be pre-booked by visiting [www.shorturl.at/fk235](http://www.shorturl.at/fk235)

**VIETNAMESE NIGHT AT STAGECRAFT CAFÉ AND BAR**

The Billericay Theatre, 34 Radford Way, Billericay, CM12 0DX

Thursday, November 16, 7pm

Enjoy an incredible evening of Vietnamese fine dining with a three-course sharer menu including Vietnamese pancakes, grilled aubergine, shredded duck, pho noodle soup bowls and Vietnamese fudge coffee.

A fantastic way to celebrate the incredible food of Vietnam and meet new people.

Tickets cost £36 from [www.tickettailor.com/events/thebillericaytheatre/1023085](http://www.tickettailor.com/events/thebillericaytheatre/1023085)

**JURASSIC LIVE**

The Brentwood Centre, Dodinghurst Road, Pilgrims Hatch, Brentwood, CM15 9NN

Saturday, November 18, and Sunday, November 19, 11am and 3pm

*Jurassic Live* is returning to the UK in 2023 as part of its world tour with a new show, bigger cast, more dinosaurs, more sets, better scenery and even more species, including a pterodactyl which flies right off the stage over your heads.

Tickets start from £16.25 and can be purchased at [www.brentwoodconnected.co.uk/jurassic-live](http://www.brentwoodconnected.co.uk/jurassic-live)



Photo credit: Jurassic Live Show

# Book Your Tickets To The Ball!

Following the 5-star success of The Panto Adventures of Peter Pan 2022-23, the Towngate Theatre's spectacular panto for 2023-24 will be the fairytale story of Cinderella!

They'll be sure to sweep you off your feet with magic and have you rolling in the aisles with laughter, with their sparkling adventure for all the family!

The Towngate's award-winning, critically-acclaimed pantomimes are the jewel in the crown of Essex, with their talented panto team winning multiple Great British Pantomime Awards over the years and being awarded 5 star reviews across the board on previous productions.

Their legendary baddie, Sophie Ladds, returns this year as the ultimate female panto villain – the Wicked Stepmother! Their hilarious dame, Ian Hallard, returns for his third year running – he'll once again be popping on his fabulous frocks and wacky wigs as one of the Ugly Stepsisters. Stewart Briggs joins Ian as his fellow Ugly Stepsister sibling, alongside Alice Hoult as the fairytale Cinderella. Completing the panto dream team will be Luke Ward-Wilkinson as cheeky Buttons, Jack Speck as dreamy Prince Charming and Aaron Bladen as mischievous Dandini.



And of course, Basildon favourite, Simon Fielding, will once again be overseeing this enchanting production as the Co-Producer and Director, bringing his renowned panto magic to every performance.

With stunning scenery, colourful costumes, dazzling dancers and a fantastic live band – each show is a non-stop, musical extravaganza that is not to be missed!

After the record-breaking success of The Panto Adventures of Peter Pan, it is strongly recommend booking your tickets now for Cinderella, as another sold-out sensation is certain!

Cinderella runs from Friday 24 November 2023 – Tuesday 2 January 2024

Book tickets online now at [www.towngatetheatre.co.uk](http://www.towngatetheatre.co.uk)  
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BOOK FOR THE BALL!



# The perfect ROAST CHICKEN

From how to create a classic roast dinner to carving it up to get the most meat out of it, the below will guide you through each step.

## TO ROAST THE CHICKEN

### You will need:

1 whole chicken | Half a lemon | Butter | Salt and pepper

### Method:

- > Pre-heat the oven to 200°C/180°C fan/gas mark 6.
- > Take the chicken and remove any giblets that may be in the cavity. You can, of course, buy whole chickens with the giblets already removed.
- > Put the half lemon into the chicken cavity and smear butter over the whole bird.
- > Season with salt and pepper.
- > Cook the chicken uncovered for 20 minutes per half a kilo, with an extra 30 minutes for good measure.
- > To make sure the chicken is thoroughly cooked, give the legs a prod to see if the juices run clear,

or cut into the breast to see if the meat is white.

## TO CARVE THE CHICKEN

### You will need:

A very sharp carving knife | Carving fork | Chopping board (preferably with a well to catch any juices)

### Method:

- > **Remove the legs:** Use the carving fork to hold the chicken in place and cut across the skin between the breast and the leg. Pull the leg away from the breast and use your knife to cut through the joint. Repeat on the other side.
- > **Remove the wings:** Repeat the process above – pull the wing away from the breast and cut through the joint. Repeat on the other side.
- > **Remove the breast meat:** Carefully run the knife down the centre of the breastbone to cut through the skin. Run the knife down the breastbone, cutting the meat from the bone.
- > **The rest:** Pick off any remaining meat to use in a pie or soup or freeze in a container for another day.

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FOOD & DRINK



## What's the difference between... Whisky & bourbon

**D**o you like whisky but say you can't stand bourbon? If yes, you may be surprised to hear that bourbon is actually a type of whisky.

Discover the main differences between bourbon and other whiskies below. Plus, some delicious whisky and bourbon cocktails.

### WHAT IS WHISKY?

Whisky is a family of distilled liquor that is made by fermenting wheat, rye, barley or corn. It is then aged in wooden barrels that are typically made of oak. This is what gives whisky its distinct brown colour and taste.

There are many different types of whisky, including Scotch (Scottish whisky), Irish Whisky, Rye whisky and Japanese whisky.

### WHAT IS BOURBON?

Bourbon is a specific type of American whisky that is made from at least 51 per cent corn and aged in new charred oak barrels rather than reused ones. The name bourbon comes from Bourbon County in Kentucky, which is where this popular spirit originates from. Straight bourbon whisky has to have been aged for at least two years.

### WHAT IS THE DIFFERENCE IN FLAVOUR?

Bourbon has a sweeter flavour than other types of whisky, boasting notes of vanilla, oak, and caramel. This is owing to the high concentration of corn. Rye whisky tastes grassy and peppery with a spicy finish, Scottish whisky is malty and buttery, Irish whisky is known for being light and fruity and Japanese whisky has floral notes with hints of oak.

### POPULAR WHISKY COCKTAILS:

- > *Whisky Sour* – 50ml whisky, 35ml lemon juice and 12ml simple syrup
- > *Old Fashioned* – 50ml rye whisky, 1 sugar cube, a few dashes of water and angostura bitters
- > *Whisky Highball* – 50ml whisky and 100ml soda water or ginger ale
- > *Whisky Smash* – 50ml whisky, 25ml simple syrup, ¼ lemon wedge and 1 sprig mint

### POPULAR BOURBON COCKTAILS:

- > *Bourbon Sour* – 50ml bourbon, 35ml lemon juice and 12ml simple syrup
- > *Kentucky Mule* – 50ml bourbon, 15ml lime juice and ginger beer to top
- > *Bourbon Manhattan* – 50ml bourbon, 25ml sweet red vermouth and 2-3 dashes angostura bitters.



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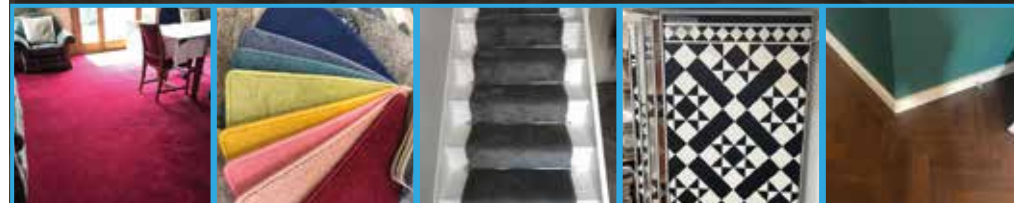
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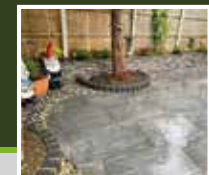


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# Kylie

MINOGUE

After a huge year, Kylie Minogue AO OBE

is revving up for the grand finale with an ITV extravaganza, *An Audience with Kylie*.

Few of us can boast of a career of more than three decades; even fewer can achieve such a feat in the cut-throat music industry, and one in a billion can do it with the grace, style and panache of Kylie.

An undisputed queen of reinvention, the 55-year-old Aussie delighted her fans earlier this year with the sizzling floor-filler *Padam Padam*. It was a track that not only launched her back into the charts (the song peaked at number eight, becoming her 52nd Top 40 single in the UK), but also flaunted her spectacular and seemingly ageless appearance in the accompanying music video.

For Kylie – who returned to where it all started this year in the well-received *Neighbours* finale – such moments have become second nature. Bursting onto the music scene in the late 1980s with her debut single, *I Should Be So Lucky*, her angelic voice, combined with a girl-next-door charm, made her an instant sensation.

Kylie continued to release chart-topping hits that solidified her status as a pop sensation. Songs like *Got to Be Certain*, *Je Ne Sais Pas Pourquoi* and *Especially for You*, a duet with

Jason Donovan, became anthems of the era. Her catchy tunes and memorable music videos created a pop culture phenomenon.

By the time the 90s rolled around, however, saccharine pop was on the wane. Rather than fade away,

Kylie retreated into her cocoon and reappeared as an indie princess, even collaborating with the master of melancholy, Nick Cave, on *Where the Wild Roses Grow*.

Another defining moment of Kylie's career came in the early 2000s with the release of *Fever*. The album's lead single, *Can't Get You Out of My Head*, became a global phenomenon. Its hypnotic beat and unforgettable hook catapulted Kylie back to the top of the charts worldwide and solidified her status as an international pop icon.

Though she is adored across the globe, her status here in the UK is one of particular reverence. So much so that Kylie, who was awarded an OBE in 2007, has spent much of the last few decades living in London and now owns an apartment in the highly coveted Hyde Park One building, alongside a house in her home town of Melbourne.

Fortuitously, her abode in Britain's capital is a short walk from the location of her ITV special, the iconic Royal Albert Hall. *An Audience with Kylie* promises to dazzle with an array of floor fillers from both her recent album, *Tension*, and her award-winning back catalogue. She will also field a bevy of questions from the floor posed by specially invited VIP guests, including celebrity Kylie superfans.

Kylie said of the event on December 1: "I'm so excited to announce that I am teaming up with ITV for *An Audience with...* at London's iconic Royal Albert Hall. I'll be performing some of my favourite tracks from throughout my career and no doubt answering some surprising questions from the audience."

The one query she's sure to bat away is talk of retirement. An icon of modern music, the industry – in all its inconsistency and fragility – is indebted to this marvellous mainstay, and her star will surely never be allowed to wane.



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GARDENING

# ROCK ON

*How to create a rock garden*

In recent years there has been something of a rock revival going in Britain's gardens, front and back.

A trend that came to the fore in the nineties has seen something of a revival, with an increase in sales of rocks and alpine plants. Add in pebble mulches and gravel, and it's clear we are refreshing our garden spaces to add height, texture and, dare we say it, perhaps the odd splash of cascading water.

As for how to style your perfect rock garden, a slope obviously helps. If you don't have one, fear not – you can create a display by banking rocks closely together, filling in gaps with brick, stone or rubble to create a defined ridge.

It's a good idea to look for local stone – this will add character and provenance to the garden; and while many varieties may be expensive to buy, searching locally online may well bring about cheap or even free sources of stone.

Let rocks develop a patina of age – don't clean them or they won't look authentic – and bury them about a third of the way into the ground, tilting backwards, allowing space for grass and plants to flourish around them.

Now all you need to do is pattern surroundings with what you choose – an evergreen, such as miniature conifers will create vertical interest, while smaller shrubs will keep layers of interest even through the cold winter months.

Drought-tolerant plants such as sedums and sempervivums are also a good idea, while trailers, such as creeping rosemary, creeping thyme or aubretia, will guide the eye across the structure.

Finally, for texture, add some contrasting shapes – spikes, slants, velvety leaves – plus smaller bulbs, such as wild tulips, daffodils, snowdrops and crocus.

With your work done, sit back and admire!

Photo credit: Zia Allaway via gardeningetc.com







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# AUTUMN arrivals

While many might scoff at the idea of the UK being a warm winter getaway with gourmet food, it's a top holiday spot in the bird world! That's right – as temperatures drop elsewhere, large numbers of our feathery friends flock to Britain.

## MAJESTIC GESE AND SWANS

Leading the parade of bird visitors is the fabulous pink-footed goose. When the temperatures dip in Iceland, and food gets scarce, the geese fly to the Faroe Islands, rest a bit, and then head to the UK. Similarly, Bewick swans head over from Siberia, while whooper swans make their way from Iceland.

## VIBRANT COASTAL LIFE

Every autumn, the UK's beaches and wetlands burst into life with a big mix of wading birds from northern Europe, the Arctic, Russia and northern Canada. These include lapwings, dunlin, oystercatchers, bar-tailed godwits, redshanks, and grey plovers from the Arctic.

## INLAND VISITORS

Moving inland, colourful Bohemian waxwings, with their distinctive crests, black eyeliner, and peach-tinged plumage, fly in from Scandinavia. You can sometimes spot them in large flocks in berry-laden bushes in towns, car parks and gardens. And it's not uncommon to see large numbers of dainty goldcrests with a radiant yellow stripe along the top of their heads. Despite weighing no more than a ten-pence piece, this remarkable bird journeys across the North Sea to spend its colder months with us.

Other northern European visitors you might spot in your garden include redwing and fieldfare – both types of thrush.

When spring comes, the birds fly back to their homelands to breed. Given the warming world and milder climates in their nesting territories, these winter visitors might one day no longer grace our shores. So let's all appreciate them a bit more – while we still have the opportunity.





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## Don't ask the price, IT'S A PENNY

In 1884, a Polish immigrant opened a stall in Kirkgate Market in Leeds, selling household goods, haberdashery and toys for a penny a pop. Back then, who could have guessed the stall would blossom into retail giant Marks & Spencer?

### SO HOW DID IT HAPPEN?

Michael Marks was born into a poor Polish Jewish family in what is now Belarus. He emigrated to England when he was 23 years old to escape persecution. He settled in Leeds and got work at John Barran & Sons' garment factory.

Marks soon branched out. He started buying goods from a local wholesaler and selling them door to door. With the profits, he opened his first market stall, known as 'Marks' Penny Bazaar', and branded it with his then-famous slogan, 'Don't ask the price, it's a penny'.

In 1894, Marks teamed up with Thomas Spencer, his wholesaler's bookkeeper. The company continued to grow. But sadly, it soon lost its two founders. Spencer died in 1905 at the age of 53, and Marks died in 1907 at just 48.

By then, the company had 145 stalls

and shops nationwide and a turnover of £400,000 – which is worth more than £61million today.

### MARKS' SON SIMON TRANSFORMED THE BUSINESS...

In 1926, the company was floated on the stock market and moved into clothing and food. It made its reputation by selling only British-made products. And it offered cash refunds for items, however long you'd had them, so long as you had the receipt.

Simon Marks launched the St Michael brand name in honour of his father in 1927. The name was a symbol of quality and appeared on items from ready meals to overcoats till the company rebranded in 2000.

Since the late 1990s, the company's had a rocky ride. Be that as it may, it still has around 1,500 stores and turned over £6.6billion last year.



Michael Marks



Tom Spencer

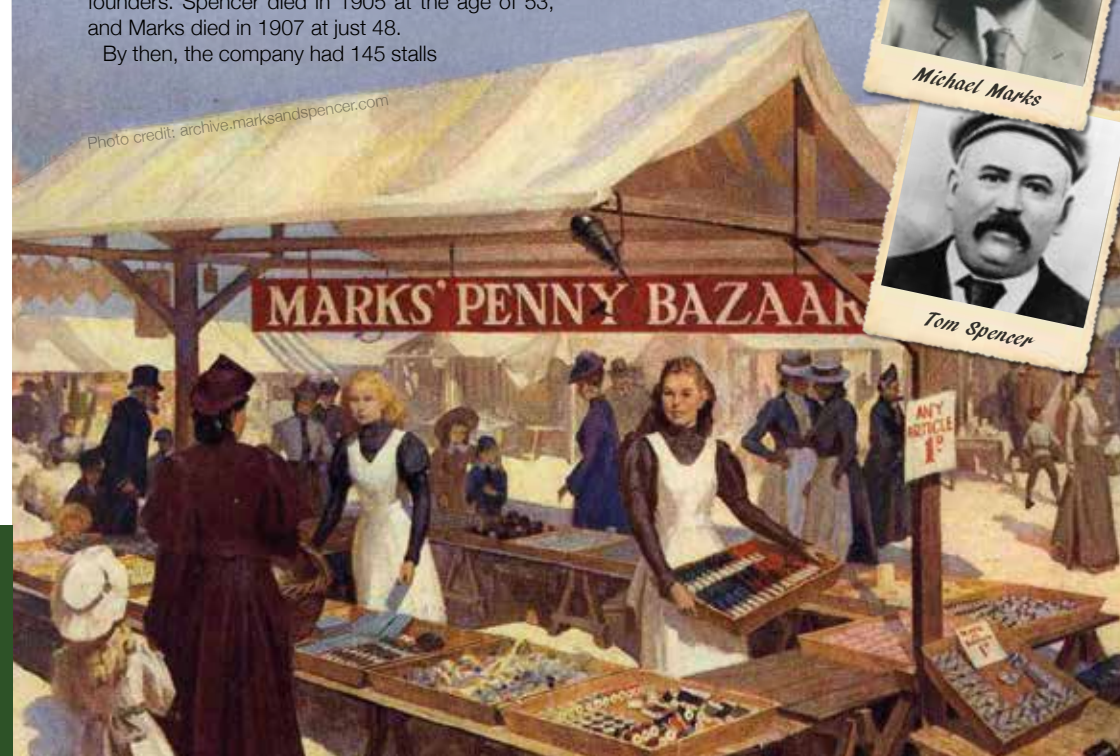


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HISTORY

# NUISANCE NITS



Nits are the bane of every parent's life and can be a nightmare to get rid of. While over-the-counter treatments are effective, they can also dry out your child's scalp and hair. Discover four natural alternatives below.

### ESSENTIAL OILS

With the ability to eliminate nits and nourish the hair, there are several essential oils that you can try, including tea tree oil, lavender oil, neem oil, clove oil and eucalyptus oil. For best results, mix 15-20 drops of your chosen oil with 60ml of olive oil, apply to the scalp and comb through with a nit comb.

### RAW GARLIC

Raw garlic has antibacterial properties and can be used to suffocate nits. To use garlic on nits, crush a peeled bulb of garlic into a paste and then mix with either olive oil or lime juice. Apply to the head, leave for 30 minutes and then wash the hair as normal. No combing needed.

### CONDITIONER

If you are worried about drying out your child's hair, then you may want to try applying a thick conditioner to suffocate the nits before using a fine nit comb to remove them. This also helps to make the combing process less painful for your child.

### VINEGAR

Both normal vinegar and apple cider vinegar can be used to effectively kill and get rid of nits. All you need to do is mix one cup of vinegar with one cup of warm water. Distribute the mixture evenly onto the scalp and cover with a hair cap. Leave for 30 minutes and then wash with their usual shampoo. No combing needed.

### MORE TOP TIPS FOR NIT REMOVAL:

- ✦ Wash all bedding and any recently worn clothing in hot water.
- ✦ Vacuum upholstered furniture, rugs, soft toys and car seats.
- ✦ Recheck the scalp every day for two weeks.



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SPORT

BAD SPORTSMANSHIP:

# BUTT & WARNE

on the spot



Photo credit: Andrew Fesker/Shutterstock, Gill Allen/Shutterstock

Cricket undoubtedly has universal popularity. Combine this with its intricacies, its longevity as a game, the ease of online betting and the variety of bookmaker markets, and you have the potential for foul play, on an international scale.

Take Pakistan's 2010 tour of England, for example; a series that became the centre of a sting by the *News of the World* (*NoTW*) where its reporters secretly filmed Mazhar Majeed, a British bookmaker and agent, giving bribes to visiting players ahead of the Lord's Test.

Money was offered on the proviso that two Pakistan fast-bowlers, Mohammad Asif and Mohammad Amir, would deliberately send no-balls at agreed times – known as spot-fixing. Even the team's captain, Salman Butt, was in on the scam.

The *NoTW* exposé ended with jail sentences meted out to all four, with the three players also receiving lengthy bans.

While the idea was brazen and reflective of the global gambling market, it was not the first time it had happened. Between 1994 and 1995, an Indian man referred to as 'John the Bookmaker' handed over cash to Australian stars Mark Waugh and Shane Warne in exchange for pre-match weather and pitch information.

'John' soon upped the ante, requesting team selections and tactics, but the duo refused. The Australian Cricket Board became aware of the allegations and the action taken was to fine each player privately.

In the aftermath, the Aussies claimed that Pakistan captain Salim Malik had approached them with bribes in exchange for losing matches. While their own credibility as witnesses had evaporated, the story was pursued, and former captain Malik received a life ban in 2000.

In 2023, cricket's abundant riches implies spot-fixing should be less appealing to players, yet the lure of a payday is always there.



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## What is a breast reduction?

Breast reduction is a cosmetic procedure to remove excess fat and skin from the breasts making them smaller, better shaped and more uplifted.

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### What happens during breast reduction surgery?

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There are several different surgical procedures for breast reduction. Excess skin and fat is removed. Your breasts are reshaped, and the nipples are repositioned. All procedures result in a scar around the areola (dark area around the nipple) and each method results in additional scarring. Your surgeon will discuss each procedure with you and together you will decide which is best in your particular case. Breast reduction can also be used to correct asymmetry (imbalance) of your breasts.

### Going home after breast reduction surgery

Patients often go home the same day as their procedure but may need to stay overnight. You will

have dressings on your breasts and there may be drains (plastic tubes). The drains are usually removed before you leave hospital.

You will be given post-operative pain killers and instructions regarding your dressings and any stitches you may have.

Most patients are mobile from day one and return to normal activities within six weeks. However, everyone heals differently. Be sure and discuss your return to work with your surgeon.

The results of breast reduction improve gradually over time. Your breasts should become softer and more natural as the healing continues.

Everyone heals differently so your results may vary. Every surgical procedure has a risk of complications. Be sure and discuss any concerns you might have about these risks with your surgeon.

- Specific complications following breast reduction:
- Developing a lump or swelling inside the breast
- Numbness or persistent pain on the outer part of the breast
- Loss of skin, including the areola and nipple
- Stiff shoulder
- Change of breast and nipple sensation
- Uneven shape: Your breasts will change shape after reduction surgery. There is a chance that they may end up slightly lopsided, lumpy or with uneven nipples
- Reduced ability to breastfeed



# Take a second to put your health first

## Book your mammogram appointment today

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To make an appointment please call the Nuffield Health Breast Screening Centre on **0345 230 2040**



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Shenfield Road, Brentwood, Essex CM15 8EH

For any enquiries, to book an initial consultation or to request more information, please contact our dedicated hospital enquiry team at Nuffield Health Brentwood Hospital on 0345 230 2040.

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HEALTH & FITNESS



### WHAT IS FUNCTIONAL FITNESS?

As the name suggests, functional fitness is a type of physical training that is designed to make your body function better in everyday life. More specifically, functional fitness exercises help to make daily motions such as picking up your children, carrying your shopping and walking around easier and safer.

### WHAT ARE THE BENEFITS OF FUNCTIONAL FITNESS?

There are many benefits to practising functional fitness, including: Enhanced strength | More flexibility | Better balance and agility | Better range of motion

### THE BEST FUNCTIONAL FITNESS EXERCISES

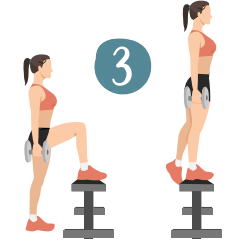
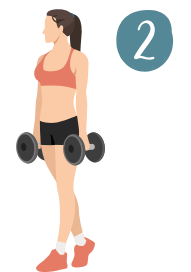
Functional fitness exercises prioritise natural movements over exercises that are carried out on a machine. For example, squats and pull-ups over leg presses and lateral pull-downs or going for a hike rather than using an elliptical trainer. Some of the most effective functional fitness exercises are:

**1 BEAR CRAWL:** Begin in the tabletop position on the floor | Bring up your knees so they hover above the ground | Using opposing arms and legs, take a small step forward with each limb | Return to the starting position, then repeat on each side for one minute, rest and repeat three times

**2 FARMER'S WALK:** Pick up a couple of weights (kgs that you feel comfortable walking with) | Keep a tight posture with your shoulders back | Take small, manageable steps back and forth across the room | Rest and repeat for two minutes

**3 STEP-UPS:** Step up and down from a bench | Continue for one minute, rest and repeat three times | Add weights if you want to challenge yourself | Upgrade to a box jump where you jump up and down with two feet rather than alternate feet

**4 PLANK:** Adopt the push-up position | Push through your hands and squeeze your body, engaging your abs | Hold for one minute, rest and repeat three times.







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# The *Sunshine* VITAMIN

**V**itamin D makes sure our bones, teeth, and muscles stay healthy. It also helps our immune system. And some studies suggest it might even help fight low mood and fatigue.

From early spring to the end of summer, most of us get all the vitamin D we need from our skin reacting to sunlight. And you only need to be outside for around nine minutes a day if you're light-skinned and 25 minutes or so if your skin's darker.\*

But what happens when you're stuck inside and summer sunshine is a distant memory?

### SHOULD I TAKE A SUPPLEMENT?

The government recommends that we all take a daily vitamin D supplement in autumn and winter. There's not enough sun around, and you can't get all the vitamin D you need from food.

Some groups are advised to take a supplement all year round. This includes children aged four and under, people who can't get outside, and people who wear clothes that cover most of their skin when they're outdoors.

### HOW MUCH SHOULD I TAKE?

The recommended dose for adults and children over one year is 10 micrograms daily. This is equivalent to 400 IU (International Units). Supplements vary, so choose one that contains at least this amount. For babies, ask your health visitor or pharmacist.

### WHERE CAN I BUY IT?

You can buy vitamin D in pharmacies and most supermarkets. If you're part of the government's Healthy Start initiative, you can get vitamin D supplements for free.

### CAN YOU OVERDOSE ON VITAMIN D?

Adults shouldn't take more than 100 micrograms (4,000 IU) of vitamin D daily, and children aged one to 10 shouldn't have more than 50 micrograms (2,000 IU). However, for some people, vitamin D could still be harmful even when taking less than the maximum recommended dose. Always check with your doctor if you are worried.

\*Cancer Research Campaign UK



HEALTH & FITNESS

**A Brand New Smile in One Day?**

From the outside, Brentwood High Street's SmileHQ looks more like a boutique hotel than a dental practice.

Inside, owner Dr Vishal Patel and a highly skilled team of dental surgeons provide a treatment that transforms much more than just smiles.

The clinic is earning rave reviews for its Same-Day Teeth treatment — a life-changing procedure that gives patients a brand-new replacement smile in just one day.

**Life Without Smiles**

Life without a complete set of teeth isn't just an oral health challenge, says Dr Vishal. "While it sounds trivial, the problem of loose or missing teeth and poorly fitting dentures can be a real blight on lives.

"These conditions prevent patients from eating their favourite foods and getting the balanced



diet they need. It can also be a constant drain on confidence that leaves people feeling afraid to smile."

**The Same-Day Solution**

In the past, the only option for patients with missing teeth was removable dentures or implanted teeth.

However, dentures often leave wearers facing problems with eating and speaking clearly, while implant surgery is a lengthy process leaving patients without functional teeth during recovery.

SmileHQ's Same-Day Teeth changes this —

reversing even the most extreme effects of failing oral health and tooth loss in a single day.

The procedure uses state-of-the-art dental implants to replace loose or missing teeth, so it's also perfect for those who live with the daily inconvenience of dentures.

Results are such a dramatic improvement that Same Day Teeth are often life-changing for SmileHQ patients, says Vishal: "The changes we see in patients after receiving their brand new smiles aren't just cosmetic. For many, it represents a new lease of life, with improved confidence, a more youthful look and radically improved dental function."

**The Science of Same-Day Smiles**

Same Day Teeth technology uses a series of strong titanium implants as a substitute root for the replacement teeth. Where traditional methods require 6-10 implants per jaw and a lengthy recovery time, Same Day Teeth uses just four for a completely new arch of teeth.

Crucially, this means patients can walk into the practice with no teeth and leave the same day with a brand-new smile.

**Trust SmileHQ's Same-Day Experts**

Dr Vishal and the SmileHQ team have successfully placed thousands of same-day implants and also have extensive experience in advanced implant techniques, including bone grafting and sinus lifts.

If you suffer from loose or missing teeth or have poorly-fitting dentures, they are here to listen to you and explain the options at every step of the way.

"We believe everyone should be able to enjoy the benefits of a healthy, functional smile without the wait," says Dr Vishal.



**Dr Vishal Patel**  
Dental Implant Surgeon

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Dr Vishal and the SmileHQ team are now offering an exclusive 10% discount on the procedure, which could save VISION Magazine readers up to £2,060.

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BEAUTY

# Crystal Craze

According to Pinterest, there has been a 110 per cent increase in searches for crystal eye make-up over the last year, with this beauty trend showing no sign of slowing down.

Versatile, flattering, and oh-so-pretty, find out how to rock this statement look below.

### What tools do you need to do crystal eye make-up?

To master this trend, you will need a pair of tweezers, lash adhesive, and your chosen crystals. For complete beginners, you can also buy jewels that already have adhesive on them. It is worth noting that the smaller the crystals, the harder they will be to apply.

### Where to place your crystals

There is no hard and fast rule when it comes to where to apply crystals around your eyes; you can basically be as creative as you want. However, it can be a good idea to place your crystals in places that you want to draw people's attention to. For example, the inner corner of the eyes, the upper lash line and the lower lash line. Be careful when using adhesive near your eyes.

### Crystal eye make-up looks to try

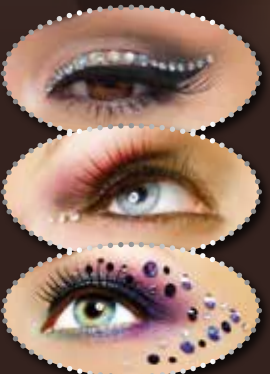
**Crystal cat eyes:** Create your usual cat eyes using black liquid eyeliner, and then apply gems to the upper lash line along the eyeliner for a mega-bling finish.

**Silver gem-encrusted wing liner:** Instead of the basic black winged liner, apply five or six tiny silver crystals from the outer corners of your eyes, extending upwards towards your temples.

**Colour combinations:** Crystals and eyeliner come in a wide variety of colours so don't be afraid to mix it up a bit. We love combining blue and silver, gold and metallic shades, and a full rainbow of crystals with any liner of your choosing.

### How to remove crystal eye make-up:

Not a beauty trend for the office, you can easily remove any crystals using a cream or oil-based make-up remover. This will lift the jewels off the face without causing any irritation to the skin.

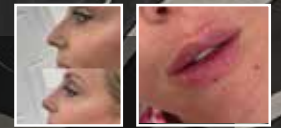


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# Tackle that TARNISH



If your bling is looking more dull than dazzling, then these tried and tested DIY cleaning techniques are just what you need.

#### HOW TO CLEAN STERLING SILVER

##### 1. Try baking soda

For severe tarnish, mix three parts baking soda with one part water. Wet the silver and then apply the paste with a soft, lint-free cloth. Work into the crevices, rinse well and buff.

##### 2. Apply toothpaste

Toothpaste is a mild abrasive and therefore ideal for cleaning silver. Simply apply a dab to your silver jewellery and rub gently with your finger or a soft cloth. Rinse and buff.

#### HOW TO CLEAN GOLD (WHITE, YELLOW AND ROSE)

##### 1. Use ammonia

Ammonia is a powerful cleaner so is best used for occasional deep cleaning rather than frequent use. Add one part ammonia to six parts water, soak your gold jewellery for one minute, rinse and gently pat dry with a polishing cloth.

##### 2. Soak in warm, soapy water

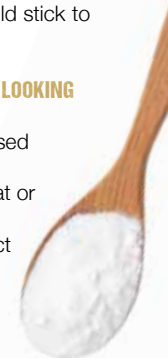
Fill a bowl with warm water, add a few drops of washing-up liquid and leave to soak for 10-15 minutes. Use a soft-bristle toothbrush to dislodge dirt, rinse and dry.

#### JEWELLERY TO BE CLEANED PROFESSIONALLY

Gold and sterling silver can be safely cleaned at home. However, more delicate metals, such as platinum, should be cleaned by a professional. If your jewellery contains precious stones such as diamonds, sapphires or rubies, you should stick to mild soap and water.

#### HOW TO KEEP SILVER AND GOLD JEWELLERY LOOKING ITS BEST FOR LONGER

- > Store your jewellery in an acid-free, closed container.
- > Do not leave your jewellery in direct heat or sunlight.
- > Avoid your jewellery coming into contact with chemicals.
- > Remove your jewellery before bathing, swimming and exercising.



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It all started with our passion for watches that are a bit different, with history or having a story. Our love and appreciation of a fine timepiece remain, you can be assured we know our stuff. If you've spent any time at all around the luxury, new, vintage & pre-owned watch market, you will know the type of experience often offered. Inflated prices, a stock that's not available, long waiting lists & unhelpful & pushy salespeople.

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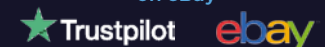


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# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

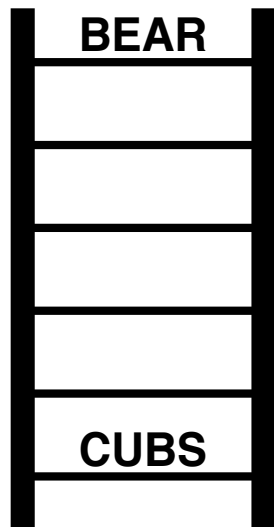
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## DID YOU KNOW?

- ▶ The earliest version of Monopoly was invented by Elizabeth Magie in 1903 and was originally called the Landlord's Game.
- ▶ The longest game of Monopoly lasted for 70 days.
- ▶ There are more than 300 varieties of Monopoly, including *Pokémon*, *Game of Thrones* and *Harry Potter* versions.
- ▶ The Monopoly Man's real name is Rich Uncle Pennybags, and he is said to be based on American investment banker J P Morgan.
- ▶ Monopoly is available in 47 languages and sold in 114 countries.
- ▶ American jeweller Sidney Mobell created a Monopoly set made of 23 carat gold, rubies and sapphires, worth £1.4million.

## WORD LADDER



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

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

DO NOT rearrange the order of the letters.

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

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# SEAL PUP SAFARI



TRAVEL

Have you ever yearned to see fluffy white seal pups in their natural habitat? If so, a trip to Blakeney Point in north Norfolk could be up your street.

Blakeney Point is home to England's largest grey seal colony – and winter's a great time to visit. From the end of October to mid-January, around 4,000 pups are born – and you can't fail to spot some.

### What is Blakeney Point?

Blakeney Point is a four-mile stretch of pebbly beach with a backdrop of dunes, salt marshes and mudflats. It's one of England's 220 National Nature Reserves and is looked after by the National Trust.

### Can I walk there?

You can walk to the point from the car park at Cley beach. But it's not for the fainthearted. It's a four-mile walk, mostly on shingle. But if you're fit and love nature, you're in for a treat!

### What's the best way to get there?

The most exciting way to get a closer view of the

seals is by boat. Several companies offer seal-watching trips from nearby Morston Quay. You can travel there by car or on the Norfolk CoastHopper bus service from places like Sheringham and Cromer.

The boat trip will take around about an hour. Just remember the boat trip is for viewing only; you can't land there.

### Planning ahead

Remember to book your seal trip in advance and get there early. Places on the boats fill up quickly, and the car park can be a challenge. Even on a warm day, the sea can be chilly and might splash you. So pack some warm clothes and some rain gear. And remember your camera and binoculars!

### Let's talk seals

- > Grey seals are marine mammals
- > Adult seals can weigh up to a whopping 300kg
- > Grey seals can live for 30-40 years
- > Britain has more than 120,000 grey seals – 40 per cent of the world's total.

Photo credit: Ruseana Krasteva/Shutterstock.com



# A WILL WRITER'S WORDS OF WISDOM

## WORRYING PROBLEMS

If a married couple dies together, and where there is no Will, the eldest is deemed to have died first, so only the family members of the surviving spouse will inherit

Unless it has a Contemplation of Marriage clause, marriage or re-marriage invalidates a Will, requiring a new arrangement

Without a Will, spouses and civil partners are NOT automatically entitled to all of the estate assets on death, and the Government could inherit your estate if

you die with no surviving traceable relatives

Without a Will, even grandparents have NO automatic Legal Guardianship of their orphaned grandchildren

A beneficiary or their spouse should not be a witness to a Will, or they will disinherit themselves

If you have no surviving parents, siblings, grandparents, uncles or aunts, then under the Intestacy Rules, the whole estate goes to the Crown or the Duchy of Lancaster or the Duke of Cornwall

## PEACE OF MIND SOLUTIONS

Always appoint charities as your final beneficiaries, to avoid your estate being claimed by the Government

By the use of a Property Protection Trust, you can ensure that if you pre-decease and your spouse remarries and has more children, your own children benefit from your share of your home, and not the new spouse. BUT if Probate is not completed, the Trust Deed will not be set up and notified at the Land Registry

A Grant of Probate confirms to Executors that they have the authority to act and carry out the wishes of the deceased

If a Named Beneficiary, Executor, Trustee or Legal Guardian changes their name, e.g., on marriage or by Deed Poll, it is not necessary to amend the Will:

documentary evidence, eg Decree Absolute, is sufficient

The estates of current or retired members of the Armed Forces, fire police and ambulance services, and most rescue organisations are entitled to exemption from Inheritance Tax if they die on active service, or if their later death was caused by an injury or disease that was received or aggravated while they were on active service

A properly worded Will could ensure that half the value of your home is potentially protected against Local Authority care home fees

There is no Inheritance Tax liability if the deceased spouse has left their entire estate to their surviving spouse or registered civil partner

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# A landlord's guide to improving your EPC RATING

**W**ant to attract more tenants, help the environment, and potentially increase the value of your property? Here are some top tips to boost your EPC rating.

can help you to achieve a higher EPC rating. Water-based underfloor heating systems are the most effective.

## What is an EPC rating?

An EPC rating is a standardised indication of a property's energy efficiency. The minimum EPC rating for landlords of private domestic rented properties is E. However, the government has proposed that all rental properties will need a rating of C or above by 2028.



## Triple glazing

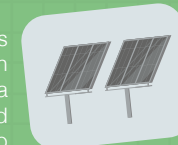
Buildings lose most of their heat through their windows, which means that the better your glazing, the less energy your property will waste. Triple glazing is estimated to be around 40 per cent more thermally efficient than double glazing.

## How to achieve a higher EPC rating



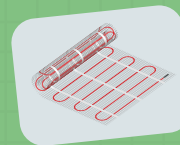
## Smart lighting

Your choice of lighting contributes to your property's EPC rating, with energy-efficient light bulbs, aka LEDs, generating less heat and lasting longer. Smart LED lighting can also be automated, which means that there is no need for light switches as all the lighting is controlled via an app.



## Solar panels

The cost of installing solar panels has dropped considerably in recent years, by as much as 82 per cent since 2010. However, they are still just as effective at making homes more efficient and raising your EPC rating.

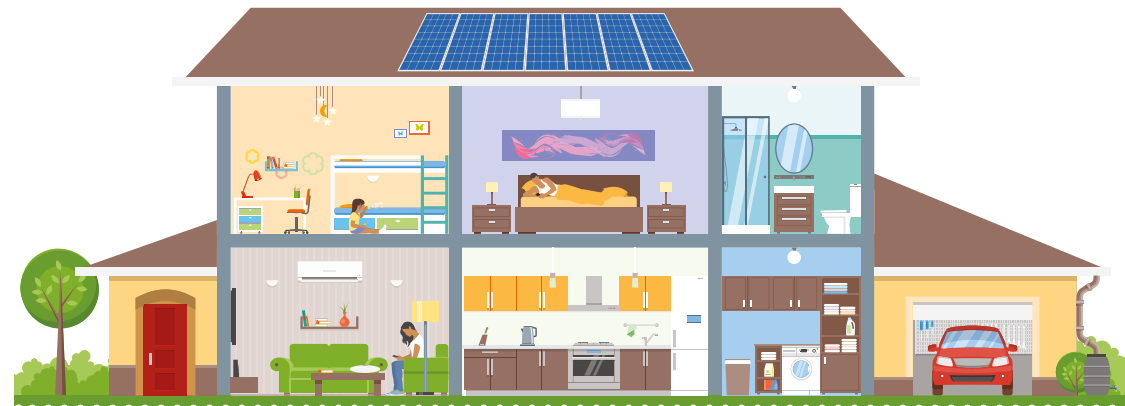


## Underfloor heating

Underfloor heating systems use less energy because they operate at a lower temperature. If your property has effective insulation, underfloor heating

## Help from your energy supplier

If your tenants are receiving benefits such as universal credit, working tax credit or child tax credit, you may be able to get help with the cost of insulation and replacing or repairing the boiler. Your property must have a rating of E, F or G to be eligible.



# PETROLHEAD PODS

**S**earching for a motoring podcast that suits your taste? Whether you're into humorous stories, daring adventures or the latest car news, there's something for everyone.

Podcasts are all the rage nowadays, yet navigating a route through the thousands available to download can be exhausting.

Here are six of the best that will further fuel your love of the fast lane.

**CAR CHAT:** British photographer and fervent car aficionado Sam Moores hosts, with a primary focus on high-performance vehicles and racing.

The podcast features diverse guests, from prominent Instagram personalities to experts from within the automotive industry, and broaches all the trending topics from within the motoring universe.

**FULLY CHARGED:** Robert Llewellyn presents his renowned Fully Charged brand, which comes in the form of a YouTube series, news platform and live event. The podcast also features exclusive conversations with experts deeply knowledgeable about the complex realm of EVs, renewable energy and sustainability.

**GARETH JONES ON SPEED:** Gareth collaborates with Richard Porter (known for Sniff Petrol, BBC *Top Gear* and *The Grand Tour*) and his tech-savvy buddy Zog as they deep-dive everything car-related, from daily commuter routes to high-end supercars, vintage vehicles to motorsport.

**SPIKE'S CAR RADIO:** Spike Feresten, comedy scribe and TV host, unites celebrities, automobiles and comedians in this captivating podcast that's bound to spark car envy.

Engaging with top-tier car enthusiasts, he delves into their most memorable car tales, the prized vehicles in their collections and their all-time favourite rides.

**THE COLLECTING CARS PODCAST:** *Top Gear's* Chris Harris invites guests to discuss all facets of the automotive world. With a special emphasis on racing narratives, this podcast is a perfect fit for F1 enthusiasts, tackling the hot topics with colour and humour.

**THE SMOKING TIRE:** With a sunny Californian edge, car enthusiast and YouTuber Matt Farah treats listeners to interviews spanning the motoring spectrum, showcasing everyone from film stars to industry experts. So plug in and ride the soundwaves!





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